

## Powerful DEMAND

Jason Sloan, fossil mechanical technician III, works on a high-pressure heater for Unit 2 inside Allen Fossil Plant. Sloan, who is a certified welder, is preparing to insert a plug into one of the heater tubes in order to stop the heater from leaking internally. The heaters are used to heat the feed water before it goes into the boiler to be superheated. Without these heaters, the unit would need to burn more coal or be derated.

### The TVA power system met the energy demands during the hottest August ever.

**H**ow can TVA's achievement in meeting the power demands of August 2007 be described?

- TVA's loads during August set the top 13 all-time peak demands.
- All those peaks were above

32,000 megawatts.

"That's a lot of power," says BVI President Bob Steffy and former manager of Power. "The Tennessee Valley is clearly growing, and the load is growing.

"You've got to give credit to the operations people who are able to meet this growing demand in highly unusual conditions. We had a heat

*See "Powerful demand" on page 2*

### 35 years later — still contributing

Page 2

Your opinions  
on health plan

Page 3

### Shocked by your electric bill?

Page 3

### Lundy keeps going and going and ...

Page 4

## TVA doing its part to meet high demands

During the power crunch in August, TVA asked the public and industrial and distributor customers to cut back on energy use.

And TVA did its part, too. Here is a brief summary of the steps TVA took to meet the power-demand challenges:

- Operated TVA power plants as much as possible. Of course, hydro generation was less than normal due to the drought.
- Reduced fossil generation at night to allow maximum generation during times of peak power and remained within the regulated water temperatures.
- Purchased power from other sources, both inside the TVA service area and from the north, where temperatures were milder.
- Industrial customers with "interruptible" power contracts were notified of the medium probability they would be asked to reduce their use of electricity.
- Performed maintenance work overnight or delayed maintenance if possible so plants could continue running.
- Deferred all activities that could possibly cause transmission lines or generating units to come offline.
- Conserved use of power at facilities of TVA and distributors of TVA power.
- Asked the public to use power wisely and provided energy-saving tips.

## Inside TVA RETIREES EDITION

Inside TVA Retirees Edition and Inside TVA are available on the TVA external homepage [www.tva.com](http://www.tva.com).

Comments and suggestions are welcome. Send them to Inside TVA Retirees Edition, WT 7A-K (400 W. Summit Hill Dr., Knoxville, TN 37902), or call 865-632-8004.

Editor, **Nancy Cann**  
Retirees Editor,  
**Carolyn Minter**  
Art Director,  
**Kym Morrison**

Photo Editor, **Cletus Mitchell**

TVA is an equal-opportunity and affirmative-action employer. TVA also ensures that the benefits of programs receiving TVA financial assistance are available to all eligible persons, regardless of race, color, sex, national origin, religion, disability or age.

Inside TVA Retirees Edition will be made available in alternate format, such as Braille, large print or audiocassette, upon request. For information, call 865-632-6124 (TTY 865-632-2178).

Inside TVA Retirees Edition is printed on recyclable, 30-percent post-consumer recycled paper.



### To change your address

Retirees who get pension checks from TVA should update their addresses with the following information if they move: Name, address, Social Security number (at least the last four digits) and signature. Mail it to Retirement Services, 400 W. Summit Hill Dr., Knoxville, TN 37902-1401.

Retirees who do not get pension checks from TVA but have TVA medical insurance need to update their address with the same information as above if they move and mail it to the TVA Service Center, 400 W. Summit Hill Dr., Knoxville, TN 37902-1401.

Forms for updating your information also are on [www.tva.com](http://www.tva.com) under Retirees.

# Browns Ferry employees — then and now

Five of the 26 original licensed operators who were on the initial Browns Ferry Unit 1 start up team are part of the team that returned the unit to operation and restored TVA's nuclear power generation fleet to full strength.

A pioneering team of professionals brought TVA into the nuclear industry when they initiated the first sustained nuclear reaction in TVA's first nuclear-power plant — Browns Ferry Unit 1 — on Aug. 17, 1973.

TVA created the team to focus on the work needed to start up the unit while another team of professionals focused on completing and verifying the work necessary to prepare Browns Ferry Unit 2 for startup the next year.

Walter Banks, Gene Brown, Tommy Jordan, Joe Mantooth and Danny Stewart retired from TVA between 1988 and 1997, but they returned as employees of various companies to help return to service the reactor they started up nearly 35 years ago.

Between them, the men have nearly 200 years of combined experience in the nuclear industry. And although their current work is not in the plant control room, their contributions to the Unit 1 restart range from work control, planning and scheduling to refuel-floor activities to engineering to preparations to operating the unit at higher-power levels.

"Nobody had ever started up a nuclear plant at TVA before, and we were starting up the largest nuclear plant in the nation, too," says Stewart, who was the assistant shift engineer overseeing the operator at the control panels during the unit's initial criticality. Criticality means there is a self-sustaining reaction in the nuclear core and the unit is nearly ready to start making steam to turn turbines and generate electricity.

"The only generation TVA had then, other than its dams, was a fossil approach," says Brown, who was one of the operators at the control panel manipulating the control rods to bring the reactor critical for the first time. With so few licensed operators, the individuals in the crew interchanged jobs until more operators were hired and trained.



From left, Walter Banks, Tommy Jordan, Joe Mantooth, Danny Stewart (seated) and Gene Brown are five of the original 26 licensed operators who first started up Browns Ferry Unit 1 in 1973 and were part of the restart effort in 2007.

Those first operators trained at Browns Ferry as much as possible, but the onsite training could not reflect an operating plant, and no simulator existed at Browns Ferry to help them gain the experience of actually working in a control room, Banks says.

"Operators traveled to other smaller operating nuclear sites and observed plant activities there for operational experience," says Jordan. "And General Electric, the company that designed the Browns Ferry reactors, provided some training and a simulator in Morris, Ill."

Mantooth says the GE simulators to some degree modeled the Dresden Nuclear Plant near Morris, and TVA's operators earned their initial senior-reactor-operator certification based on those reactors.

In 2002, when TVA announced plans to restart Unit 1, which had been shut down since 1985, the men joined a crowd of employees who were still with TVA or who returned to help recover the unit that was TVA's first use of nuclear power in the electric-utility industry.

"We're going to walk away from

### Part of the team from beginning until now

A large number of employees at Browns Ferry during Unit 1 restart were part of the team that started up TVA's first nuclear-power plant. Here is a list of some of those employees:

Larry Bozeman	Ralph Martin
Mike Calhoun	Terry Mayfield
Robert G. "Tex" Carpenter	Larry Miles
Donald Cobb	Pete Porter
David Cox	Ray Simpson
Fred Darby	Ervin Skipworth
Ed Ditto	J.D. Thompson
J.D. Glover	Mike Totten
R.G. Jones	Jim Vardaman
Ray Journey	Harold Walls
Roger Dale Loosier	Jack Watson
James Marbutt	Donnie Willis

here with all three units back running," says Stewart.

Banks adds, "That's a real sense of accomplishment." — CRAIG BEASLEY

## Powerful demand

*continued from page 1*

wave, compiled with a continuing drought that forced them to shut down a unit at Browns Ferry. It's amazing they've been able to meet these record demands. Hats off to them!"

Here's some perspective:

- Before 2005, TVA had never had two peaks above 29,000 MW on any two days in a row. That summer, TVA had eight straight days above 29,000 MW.
- Now TVA has met peaks for 13 weekdays in a row above 32,000 MW. That's an increase of more than 10 percent in just two years.
- The new all-time record peak demand of 33,499 MW was set at 6 p.m. EDT on Thursday, Aug. 16, at an average Valley temperature of 102 degrees Fahrenheit.

During that peak hour, purchased power provided 21 percent of TVA's load. The system temperature of 103.6 degrees Fahrenheit at 4 p.m. EDT was the highest system temperature in the past 55 years.

The daily load swing of 14,422 MW (from a minimum of 18,901 MW to a maximum of 33,323 MW) on Aug. 15 is the highest on record.

Nashville recorded its second highest temperature of all time during one week at 106 degrees Fahrenheit. Chattanooga recorded its third highest temperature ever at 104 degrees Fahrenheit, and Knoxville broke 100 degrees for the first time in 12 years.

"Floyd Culler, the former president of EPRI, used to say that the greatest technological achievement of all time was the electric-power grid," Steffy says. "Watching it work in periods like this one — with all those plants operating at those high temperatures connected into a single grid — and you understand what Culler was talking about." — BROOKS CLARK

# Retirees voice opinions on Consumer-Directed Health Plan

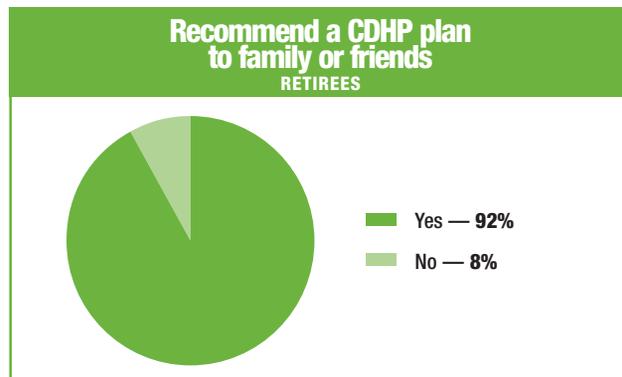
**W**hen it comes to medical plans, non-Medicare retirees can select the Copayment PPO, the 80-percent PPO or the Consumer-Directed Health Plan.

Last year, employees who selected the Consumer-Directed Health Plan, or CDHP, were asked for their opinions about this plan.

“We wanted to get feedback from members about the level of satisfaction they have with CDHP, which is relatively new, and to identify opportunities for additional information, resources and communications that would be helpful to members,” says Kelly Lawson, program manager in Employee Benefits. “We were pleased with the 44-percent response rate from the plan members.”

The main reason the respondents initially selected CDHP was the plan’s cost. An overwhelming majority indicated they would recommend a consumer-directed health plan to family or friends.

“Since enrolling in the CDHP, 52 percent now believe they are more knowledgeable about the cost of healthcare services and prescription drugs,” Lawson says. “Several respondents actually changed a health-related behavior as a result of the plan. Most of the behavior change oc-



curred in the prescription-drug area, such as comparing prescription-drug costs, switching to generic drugs and changing to mail-order. But other retirees indicated they started an exercise program, lost weight, received more preventive care or self-treated minor health problems.”

Lawson says 40 percent of the respondents indicated they became more knowledgeable about their own healthcare and how to manage it by being more aware of costs, tracking healthcare expenses, researching and asking their doctor questions, receiving preventive care, planning out healthcare services and evaluating the need for care and alternative treatments.

Having easy access to their health-reimbursement-account, or HRA, balance was raised as an issue.

“TVA contributes a fixed amount to the HRA for CDHP participants,” Lawson says. “The amount placed in the account is \$500 for an individual contract and \$1,000 for a family contract. All eligible expenses, including physician, hospital and prescription-drug expenses, are paid in full from this account until the account is depleted.”

The BlueCross BlueShield of Tennessee Web



**For quick access to your Health Reimbursement**

**Account balance:**

- Go to [www.bcbst.com](http://www.bcbst.com).
- Enter your login information or register.
- Click on Member Self-Service.

Your HRA information is shown in the right-hand column.

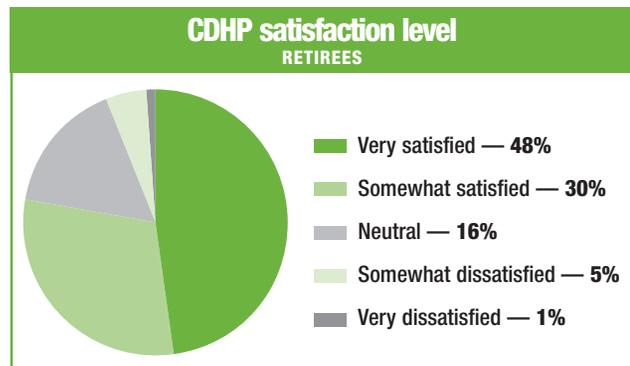
Many decision-support tools also are available on both the Blue Cross Blue Shield of Tennessee and Medco Web sites.

**To find comparisons of hospital costs and quality, as well as cost estimates of different medical procedures:**

- Go to [www.bcbst.com](http://www.bcbst.com).
- Click on Members, then on TVA employees.
- Look under Decision Support Tools.

**To comparison shop for available lower-cost prescription-drug alternatives:**

- Go to [www.medco.com/save](http://www.medco.com/save).
- Enter your login information or register to access the My Rx Choices prescription-savings program, a personalized online tool.



site — [www.bcbst.com](http://www.bcbst.com) — was redesigned after the survey was conducted, and it is now easier to obtain HRA information.

Other feedback continues to be used in developing communications and identifying resources for CDHP members, as well as for all medical-plan members.

## Staying cool when the utility bill comes

**Y**ou may be shocked when you open your utility bill this month, but the truth is most consumers used a lot more electricity in August.

That fact was illustrated when TVA met four record peak demands last month, meaning that people in the Valley used record amounts of electricity to try to stay cool.

“Electricity bills are always highest during the summer months,” says Cindy Herron, general manager in Customer Relations & Services. “When we have this much heat, consumers’ bills go up. We encourage folks to set their thermostats at 78 degrees to help save electricity, but it’s important to stay cool.”

“Temperatures this summer have been dangerously high, and saving money is not worth risking your health.”

Fortunately, TVA’s rates are still competitive with those of other utility companies throughout the Southeast.

So how can you reduce your bills and ‘bill shock’?

“One way is through energy-conservation measures,” Herron says. “Another is through ‘levelized billing’ or a balanced-pay plan through your local power distributor. With these plans, your bill is the same amount each month, even if you’re using more electricity.”

For more information on energy-conservation tips and on your power distributor’s pay plans, go to the distributor’s Web site listed on your bill or call the distributor.



Your energy-conservation efforts can help TVA continue to meet the demands placed on its power system during this period of extremely hot and dry weather, and they can help lower your utility bills.

These efforts also can help reduce the amount of higher-priced power TVA must purchase from other power providers, which will help keep power rates lower.

**The following are some energy-saving practices that could help:**

- Keeping curtains closed on the south and west sides of the house during the day
- Using a microwave for cooking instead of a stove burner or oven
- Using the “sleep mode” on computers
- Avoiding running dishwashers, washing machines and electric clothes dryers between 2 p.m. and 8 p.m.
- Turning up cooling-system thermostats to 78 degrees, and raising the thermostat even more when no one is home
- Changing your air-conditioner filter regularly.

## INSIDER

## Dennis Lundy — Mr. Marathon Man

Dennis Lundy is 56, but when it comes to marathoning, he's just getting started.

**H**e ran his first marathon in 1999 in San Diego, and he's run the Chicago LaSalle Bank marathon eight times. On April 16, Lundy ran his fourth Boston Marathon.

On the heels of the Nor'easter storm that had wreaked havoc across the Eastern seaboard, Lundy — running against a 20-miles-per-hour headwind in waterlogged shoes — finished in three hours, 49 minutes.

"It was slower than I had initially planned and trained for, but it was still enjoyable nonetheless," he says. "In normal conditions, I usually finish the 26.2 miles in around 3:40."

Now he's training for his next marathon in Chicago the first week in October.

"I'm hoping for cool weather," he says.

Lundy typically runs six days a week, taking off Friday for "date" night, which he says his wife, Elena, appreciates. He runs a daily minimum of seven miles and a maximum of 20 to 22 miles on Sunday mornings.

"I run year-round regardless of the weather," says Lundy. "I actually like running in the rain."

When he started running, the 5'8" Lundy weighed 155 pounds. Now he's down to 130. To maintain that weight, he consumes lots of carbohydrates, including whole-grain bread, pasta and potatoes; fresh fruit, including apples, oranges and pears; and garden vegetables, such as okra, beans and corn.

Lundy was a career TVA employee — for 34 years — starting right after he graduated from Virginia Tech in 1973. And he wears his maroon VT cap in every marathon. He was an engineer manager in TVA Nuclear for 30 years and in the Fossil Power Group for two. As a retiree, he has returned to work on a part-time basis in Operations & Maintenance Support Services.

Lundy and Elena met in 1988 at an apartment complex in Chattanooga when he was on loan from Knoxville.

"I picked him up," she says. And he picked up running in 1999.

"He gets hooked on things. When he first got started and said he just wanted to run a half-marathon, I knew it was a lie."

— BROOKS CLARK



Dennis Lundy running the LaSalle Bank Chicago Marathon

## new retirees

### 39 years

**Josiah E. Ownby**, Nuclear Power Group, Decatur

### 36 years

**Douglas L. Dueker**, Fossil Power Group, Chattanooga

**Mary Jean Ligon**, Administrative Services, Muscle Shoals

### 34 years

**Stanley Blair**, FPG, Chattanooga

### 33 years

**Doris Freeman-Splawn**, Admin Svcs, Knoxville

**Kenneth T. Hurt**, NPG, Soddy-Daisy

**Daniel S. Jones**, Admin Svcs, Knoxville

**Chris W. Longwith**, Admin Svcs, Spring City

**Paula R. McManus**, Admin Svcs, Chattanooga

### 32 years

**Harold J. Birch Jr.**, NPG, Soddy-Daisy

**Sandra Kay Cook-Campbell**, NPG, Chattanooga

### 31 years

**Jerry J. Allison**, FPG, Memphis

**Thomas G. Bodnar**, FPG, Chattanooga

**William G. Campbell**, Power System Operations, Chattanooga

**Richard D. Cook**, MS District Ct, Muscle Shoals

**Diana W. Davis**, NPG, Spring City

**Robert D. Erickson**, NPG, Decatur

**William D. Ezell**, NPG, Spring City

**Kenneth E. Fields**, FPG, West Paducah

**William R. Fisher**, Customer Resources, Jackson

**James G. Guinn**, Admin Svcs, Chattanooga

**Raul B. Hernandez**, FPG, Cumberland City

**Tommy O. Hurst**, FPG, West Paducah

**Joe L. Jackson**, FPG, New Johnsonville

**James V. Jenkins**, River Operations, Chattanooga

**Jimmie W. Joyce**, PSO, Chattanooga

**Robert E. Littlejohn**, NPG, Soddy-Daisy

**Timothy L. McKeenan**, Environmental Stewardship & Policy, Knoxville

**Robert H. O'Connor Jr.**, FPG, West Paducah

**Jon L. Robinson**, FPG, Kingston

**Darryl R. Rose**, FPG, Kingston

**Arch Y. Slate IV**, FPG, Chattanooga

**Marsha Gail Smith**, PSO, Chattanooga

**Gary L. Thompson**, FPG, Stevenson

**Wiley A. Thompson**, RO, Muscle Shoals

**Lonzo J. Turley III**, FPG, Drakesboro

**James L. Wideman**, NPG, Spring City

**James M. Wiseman**, FPG, Cumberland City

**Arthur M. Wood**, RO, Chattanooga

### 30 years

**H. Loyne Alsop**, NPG, Spring City

**Richard M. Black**, FPG, New Johnsonville

**Edward J. Blasingame**, NPG, Decatur

**George M. Daugherty**, FPG, Cumberland City

**Curtis W. Derington**, FPG, West Paducah

**Michael D. Donilon**, PSO, Chattanooga

**George M. Dykes**, NPG, Decatur

**Phillip E. Elkins**, Admin Svcs, Chattanooga

**David J. Gibbs**, NPG, Soddy-Daisy

**Theresa M. Habiger**, Communications, Knoxville

**Debra A. Hanley**, Admin Svcs, Chattanooga

**Kenneth R. Hester**, FPG, Tusculumbia

**Sheila J. Hinkle**, PSO, Chattanooga

**Sherry C. Kelly**, Chief Financial Office, Knoxville

**James S. Martin**, RO, Kingsport

**Elizabeth E. Mayes**, Cust Res, Chattanooga

**Rebecca N. Mays**, NPG, Spring City

**Jayant A. Naik**, NPG, Soddy-Daisy

**Shirley A. Ratliff**, Admin Svcs, Knoxville

**Delton A. Rhea**, Admin Svcs, Knoxville

**Edward A. Seay**, FPG, Chattanooga

**Richard W. Shell**, PSO, Chattanooga

**Carl Edward Smith**, FPG, Chattanooga

**Royce L. Trousdale**, FPG, Muscle Shoals

**Phillip F. Variot**, FPG, Drakesboro

**Michael A. Vastano**, PSO, Chattanooga

**Dana B. Wilbourn**, PSO, Chattanooga

**Joseph R. Wood Jr.**, NPG, Chattanooga

**Steven D. Wuethrich**, NPG, Spring City

### 29 years

**Gary L. Arnold**, COO, Memphis

**John D. Bailey**, FPG, Kingston

**Jan Bajraszewski**, NPG, Soddy-Daisy

**Danny H. Barnes**, Admin Svcs, Cumberland City

**Charles W. Bishop**, Admin Svcs, Dandridge

**Pamela K. Blakely**, NPG, Decatur

**Larry S. Borens**, FPG, Cumberland City

**Jeffrey T. Callaway**, Cust Res, Cleveland

**Randall C. Cornwell**, FPG, Chattanooga

**Jerry W. Davis**, FPG, Muscle Shoals

**Timothy P. Dewey**, NPG, Spring City

## Did you call about work at Watts Bar 2?

The TVA Service Center has been graciously fielding calls from retirees about possible work with the Watts Bar Nuclear Plant Unit 2 project.

On Aug. 1, the TVA Board approved completing Watts Bar 2 at an estimated cost of \$2.49 billion for the five-year construction project. When completed, the nuclear unit will provide 1,180 megawatts of electricity, or enough power to serve about 650,000 Tennessee Valley homes.

Retirees who are interested in working on the project will need to apply with the contractors that will be doing the work. As of publication, the contractor had not been selected for the project.

Those interested in working on the project should check the news media in the next few weeks for the announcement that TVA has selected the contractor.

### Other work through RRC

Opportunities are available for TVA retirees and former employees to work on other TVA projects through a contract arrangement through BVI's Retiree Resources Corp.

For more information, go to [www.mybvi.org](http://www.mybvi.org) or call BVI toll-free at 1-800-426-8801. In the Muscle Shoals area, dial 256-386-3106.