

a monthly publication of the
Tennessee Valley Authority

Inside TVA

Volume 31, Issue 6
June 2011

Helping Hands

DANIEL WILSON (LEFT) AND
TIMOTHY HOLLMANN WERE AMONG
THE EMPLOYEES AND RETIREES
WHO VOLUNTEERED ON
STORM-CLEANUP DAY

pages 6-7
and 9

Welcome to the remodeled
**Raccoon Mountain
Visitor Center!**

page 2

SENIOR NATURAL GAS
TRADER SHARON LOVING'S

job rocks

page 8



In this issue

JUNE 2011

Getting the Message Out in a TVA Emergency	3
Across TVA	4
Keeping the Dams Safe	5
Helping Hands: Employees Volunteer on Storm-Cleanup Day	6-7
My Job Rocks – Senior Trader Sharon Loving	8
The Power of Teamwork: Retirees Join Employees on Storm-Cleanup Day	9
New Retirees	9
Your Health Counts – Take Care of Those Eyes!	10
Applause!	11
Welcome New Employee: Power Utilization Engineer Edward Stinnett	12

STAFF & CONTRIBUTORS



Carolyn Minter
Senior Manager, Employee Communications



La'Nita Jones
Editor



Brooks Clark
Production Editor



Cletus Mitchell
Photo Editor



Jennifer Beckett
Contributor



Jason Huffine
Contributor/
Correspondent



Damien K. Power
Chief Photographer/
Contributor



Shannon Ridinger
Contributor/
Correspondent



Julie Taylor
Contributor/Staff

CORRESPONDENTS

Suggestions for articles can be sent to the following correspondents:

NUCLEAR PLANTS

Bellefonte – Susan Gentle
Browns Ferry – Amy Reagan,
Jim Nesbitt
Sequoyah – Shannon Ridinger
Watts Bar – Jim Hopson

Widows Creek – Debbie Crabtree

POWER SYSTEM OPERATIONS and SAFETY PROGRAMS

Myra Ireland

RIVER OPERATIONS

Jason Huffine

ENVIRONMENT & TECHNOLOGY

Bill Stitton

NUCLEAR GENERATION DEVELOPMENT & CONSTRUCTION

Terry Johnson

FOSSIL POWER GROUP

Jessica Stone

FOSSIL PLANTS

Allen – Josephine Moore
and Angela Simpson
Bull Run – Mary Nolan
Colbert – Sharon Johnson
Cumberland – Sandra Parchman
Gallatin – Kristie Lanus
John Sevier – Norma Cato
Johnsonville – Stefanie Moore
Kingston – Beth Jackson
Paradise – Janet Tingley
Shawnee – Debby Abell

ADDITIONAL INFORMATION

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 will be made available in alternate format, such as Braille, large print or audiocassette, upon request. For information, call 865-632-4676 (TTY 865-632-2178).

Inside TVA is printed on recyclable, 100-percent post-consumer recycled paper.

Comments and suggestions are welcome. Send them to *Inside TVA*, SP 2B-C, 1101 Market St., Chattanooga, TN 37402, or call 423-751-2540. Retirees with mailing-address changes should call Retirement Services at 865-632-2672.

Inside TVA is available on the TVA website at www.tva.com/insidetva

HOT TOPICS



Tony Giggy is one of 120 retirees who staff the three visitor centers.

RETIREES HELP REVIVE Visitor Centers

“You put your best career years into volunteering at a place, and you want to leave a legacy that you’re proud of.”

What started as a vision is now a point of pride for Tony Giggy and other members of Bicentennial Volunteers Inc. Giggy, a TVA retiree who works with Bicentennial Volunteers, lent his project-management skills to the effort to renovate TVA's visitor center at Raccoon Mountain Pumped Storage Plant near Chattanooga.

“The first meeting notes I have when we formed a committee to improve the Raccoon Mountain visitor center have a 2007 date,” he says. “It’s been a long haul, but seeing the center now – it’s worth it.”

The Raccoon Mountain visitor center is now open for business year-round after closing March 21 for exhibit upgrades. The visitor centers at Fontana Dam in North Carolina and Norris Dam in Norris, Tenn., are also open for the season. The centers offer information about how TVA operates its electric system and manages the Tennessee River and tributaries.

With help from such groups as Facilities Operating & Maintenance, the Raccoon Mountain center has new exhibits showcasing TVA's history, why and how the Raccoon Mountain pumped storage plant was built, TVA's current activities

and an interactive facility map that shows TVA's generating plants across the service area.

Giggy, who retired from TVA in 1996, is one of about 120 dedicated retirees trained to staff the three centers and welcome about 70,000 visitors annually. “We’d like to see those numbers increase,” he says.

“The Bicentennial Volunteers board was proud to offer funds to help TVA maintain these valuable resources. We hope to begin work on an outdoor phase at Raccoon Mountain and then look into the possibility of improving the educational experiences at other visitor centers.”

Bicentennial Volunteers Inc. is a non-profit organization of TVA retirees that provides volunteer support to TVA for a number of activities. It also provides short-term contract employees for TVA and for disaster-recovery efforts by the Federal Emergency Management Agency.

To volunteer at visitor centers, contact Judy Allen at jcallen@tva.gov or visit the Bicentennial Volunteers website at <http://www.mybvi.org>. — Laura

ON THE COVER

COVER PHOTO – On May 12 and 13, teams of TVA employees and retirees volunteered in the effort to help communities clean up after the devastating storms of April 27. In the cover photo, taken by David Luttrell, Daniel Wilson, a refurbishment field engineer and mechanical planner at Watts Bar Nuclear Plant, and Timothy Hollmann, an environmental scientist with Environment & Technology in Muscle Shoals, were part of a team clearing trees and debris from a public park in Phil Campbell, Ala.





Left to right: Senior Manager Brian Dungan, Management Assistant Joan Kirby, System Analyst Dean Dearing and Senior Management Assistant Gwen Barnes receive emergency notifications.

DAMIEN K. POWER

Getting the Message Out

IN A TVA EMERGENCY

BY JULIE TAYLOR

Brian Dungan was in his yard on the Sunday morning following TVA's April 27 Notification of Unusual Event at Browns Ferry Nuclear Plant when he was notified about his shift in the Central Emergency Control Center.

Dungan, a senior manager in Nuclear Operations Support, received a page on his TVA pager and calls on his TVA cell phone and home phone. This happened simultaneously thanks to TVA's new emergency notification system.

Joan Kirby, a management assistant in Talent Management, was also notified by the system three hours before she was supposed to report for her shift.

"I liked that it was a simple process," Kirby says. "The system gave the details of my assignment and clear instructions for accepting or declining."

Al Salatka, a Nuclear Power Group Emergency Preparedness program manager, initiated the notifications that Dungan, Kirby and a handful of other emergency responders received. He says the automated system worked well, but a few recipients had incorrect phone numbers.

"As TVA employees, we must be diligent

with maintaining our contact information," he says. Information is exported from TVA's Human Resource Information System – which stores contact information – to the emergency notification system nightly.

Reaching out to personnel in new ways during emergencies

Imagine a computer system that can deliver a message to employees and contractors on multiple devices. Susan Crawford, TVA's manager of Agency Planning & Coordination, says that's the beauty of TVA's new emergency notification system.

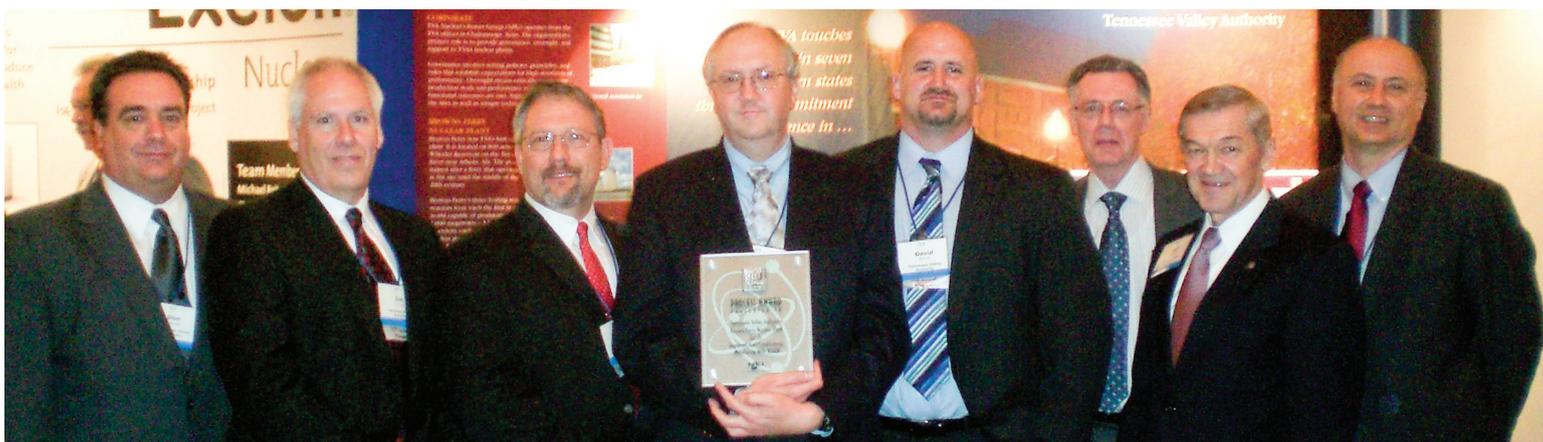
"The system provides TVA with broader notification capabilities beyond pages," she says. "Phone calls can be placed to more than one number, and emails can be sent with attachments and even text messages in the future."

TVA will use the system to notify emergency responders about drills, exercises and emergencies. And because the system is so intuitive and automatic, it can easily be used for all employees and contractors in emergencies, such as activating Continuity of Operations Plans and for pandemic events.

TVA's Leadership Council has already

participated in system testing. Additional testing will be conducted with other groups in the coming months. ■





DON LIGHTFOOT

Browns Ferry Team Wins a ‘Best of the Best’ Award

A team from Browns Ferry Nuclear Plant won the Nuclear Energy Institute’s B. Ralph Sylvia “Best of the Best” Top Industry Practice award, the industry group’s top honor, for co-developing a monitoring system to improve nuclear fuel rod performance.

Five years ago, the industry set a goal to eliminate defects in fuel rods that hold the uranium pellets that power a reactor, with the aim of improving plant efficiency, lowering costs and reducing plant repairs. Working with Areva, the France-based nuclear power firm with U.S. headquarters in Bethesda, Md., the TVA team tested a new software system that allows real-

time, online stress calculations for every 6-inch fuel rod segment in the reactor.

There are 91 rods in each Browns Ferry fuel assembly, and about 750 assemblies inside each of Browns Ferry’s three reactors. Inside the rods, the uranium fuel pellets are in sealed metal tubes known as “cladding.”

“For the first time, this new technology allows the reactor engineers to plan and execute reactor power maneuvers with an explicit understanding of the stresses imposed on the fuel rod cladding,” says Jim Lemons, TVA senior manager of Reactor Engineering & Fuels. “This knowledge enhances our ability to improve fuel performance while simultaneously

maximizing power generation.”

According to the Nuclear Energy Institute, this is the first method that can calculate how close fuel rods are to cladding damage, thus helping to ensure fuel-integrity performance.

Shown above are (l-r) Senior Vice President of Nuclear Operations Don Jernigan, Lemons, Manager of Reactor Engineering Mike Keck, Manager of Boiling Water Reactor Fuel Engineering Greg Storey, Reactor Engineer David Marsh, Areva Executive Vice President Gary Fox, TVA President and Chief Executive Officer Tom Kilgore and Areva Chief Executive Officer Mike Rencheck. Not pictured: Reactor Engineer Rod De La Garza.

Gallatin Employees Help Build a Park for Earth Day

A group of about 20 Gallatin Fossil Plant employees participated in a community Earth Day project at Gallatin’s Triple Creek Park. They created an 8,000-square-foot area called Mapleshade Rest, which has a brick perimeter border, a landscaped bed area, and more than 1,100 square feet of concrete with decorative pavers on the interior terrace, placed one by one by Mechanical Technician Chris Conger and Environmental Program Manager Michael Gray.

Park benches were put together with the expertise of Systems Engineer Kevin Meadows and Maintenance Technician Mark Meece, as well as the muscle of several other employees, contractors and spouses. Twelve “Brandywine” maples were planted around the plaza to provide a canopy of shade and a sense of enclosure. A granite monument at the entrance of the area commemorates the event, with TVA in bold letters as a major contributor.

“It was one of the most gratifying events we’ve participated in, to see a patch of land go from nothing to something within hours and to know that we helped make it happen,” says Senior Secretary Kriste Lanus.



PENNY JUDD

Standing, left to right: Kevin Meadows, Kriste Lanus, Tracy Boyd, Chris Conger, Ronnie Carter, Mark Meece, Kevin Dyer, Michael Gray holding Sadie Gray and Rachel Gray. Seated, left to right: Delana Conger holding Avery Conger, Debby Boyd, Beth Sawyer, Martha Murley and Mason McCauley.

Keeping the Dams SAFE

BY JASON HUFFINE

The Chickamauga Dam near Chattanooga is as tall as a 12-story building and stretches 5,800 feet — nearly the length of 20 football fields — across the Tennessee River. While others admire the structure, Jeff Barton is totally focused on dam safety.

Barton is general manager for TVA's Dam Safety Governance organization. He and his team make sure all TVA-owned and operated dam-safety structures comply with federal guidelines by focusing on accountability and transparency.

"TVA learned a lot of tough lessons from the Kingston ash spill," Barton says. "This includes recognizing the benefits of a TVA-wide dam-safety program."

Historically, TVA's Dam Safety program, which was previously managed by River Operations, addressed only dams located on the Tennessee River and its tributaries. Recently, TVA enhanced its existing program by broadening the scope to include ash ponds, dredge cells, wet and dry gypsum stacks, dikes and dewatering levees. Many of these assets are outside the River Operations organization and fall within Nuclear, Fossil, Environment & Technology and even Power System Operations. To date, 155 dams and impoundments have been identified in TVA's service region.

Much of the daily work of Dam Safety Governance consists of reviewing inspection reports and instrumentation data to identify trends that may impact public health and safety. Other priorities include observing inspections to help ensure compliance; reviewing emergency action plans; and identifying industry best practices to share within TVA.

Barton, a civil engineer with more than 25 years of experience, joined TVA in November. His short-term goals with Dam Safety Governance are to foster a collaborative partnership with TVA's asset owners and verify the conditions of all TVA dams.

"Accountability and transparency are so important when it comes to public health and safety," he says. "Our stakeholders deserve to know what we're doing to protect our dams and that we have processes in place to do so." ■

General Manager of Dam Safety Governance Jeff Barton monitors
155 dams and impoundments in TVA's service region. ▶

Helping Hands

Employees Volunteer on Storm-Cleanup Day

On Thursday, May 12, and Friday, May 13, as part of TVA's disaster-relief volunteer cleanup effort, about 1,400 TVA employees, retirees, contractors and their family members participated system-wide on 81 teams in storm-ravaged areas of Alabama, Georgia, Mississippi, Tennessee and Virginia. (For more about retiree cleanup efforts, turn to page 9.)

In Wren, Miss., a team (shown on facing page, picture No. 4) helped get a destroyed home off the lot to make way for a new one.

In Greene County, Tenn., employees from Boone Dam, John Sevier and Knoxville teamed up to clear two home sites.

A team from Chattanooga assisted homeowners in Ringgold, Ga.

"On more than one occasion, the families commented that, after three weeks, help had dwindled and that they were both physically and emotionally exhausted – and then we showed up," says Myra Fuller (see picture at right), administrative assistant to Chief Operating Officer Bill McCollum and a key organizer of this initiative. "It took a village – not just those of us that worked out in the field on Thursday and Friday, but our co-workers who stayed behind to cover the office while we were out. TVA got outside of the box to let us do this work. Whether it was a TVA family served by the volunteers or our neighbors we helped, all the work was really appreciated. We got it right."

In Pisgah, Ala., about 30 TVA employees, contractors and retirees of the Bellefonte nuclear site turned out to help Janice Clem, a TVA Power System



Myra Fuller works in Hamilton County, Tenn.

ANGELA PEACOCK

Operations employee in Chattanooga, begin to clean up the mess. Her house, along with her son's and parents' homes, was destroyed in the tornado. Our goal that day was to help Janice," says Management Assistant Sherrie McCrary. "But we left with something, too. We left as a stronger, closer team." ■



1



2



3



1. Economic Community Development Project Manager Sheila Brooks. **2.** Dondi James, a unit operator at Colbert Fossil Plant. **3.** Near-Term Resource Planning Senior Manager Suzanne Biddle works at the home of Eric Murrell in Apison, Tenn. **4.** The volunteers that worked in Wren, Miss., are, from left, Reggie Segars, James Bell (one of the homeowners), Stephen Williams, Tanner Hopkins, Christi Jolly, Derek McGill, Steve Chunn, Ray Flanagan, Virgil Ledbetter and Rick Foster. **5.** Katie Gruber, an interior design technician with Power System Operations in Muscle Shoals, helps with site cleanup in Phil Campbell, Ala. **6.** Watts Bar Nuclear Plant Resource Planning Specialist Daniel Wilson sees a downed tree behind Phil Campbell Elementary School. **7.** Lee McCalpin, an assistant unit operator at Browns Ferry Nuclear Plant, uses a tractor to drag away fallen tree trunks. **8.** Left to right, Mel Ambrose, Michelle Trousdale and Mark Ray clear trees. **9.** Environment & Technology Atmospheric Analyst Qi Mao dumps a wheelbarrow of debris near the street. **10.** After a hard day's work clearing trees and debris as well as restocking thousands of boxes of donated items at a local warehouse to make space for a shipment arriving the next day, are, left to right, in the back row, Blaine Trousdale, Tim Trousdale, Michelle Trousdale, Jonathan Mallard, Ben McFall, Daniel Wilson, Katie Gruber, Timothy Hollmann, Jeff McCormack, Angie James, Michael Laster, Lee McCalpin, Lee Fugate, Shane Harris. In the front row are Vickey Bobo, Joyce Jackson, Jacqueline Broder, Helen Darby, Ron Hall, Mona Darby, Mel Ambrose, Qi Mao and Robert King.

PHOTOS 1 AND 2 BY DAMIEN K. POWER . PHOTO 4 BY AMY TATE. ALL OTHER PHOTOS BY DAVID LUTTRELL.



my job rocks

BY BROOKS CLARK

TVA employees are on the job 24/7, keeping the lights on, running the river system, managing TVA lands and supporting TVA's operations. In this column, you'll hear from TVA employees who can say, "My job rocks!"

SHARON LOVING | SENIOR TRADER, NATURAL GAS ORIGATION, COAL & GAS SERVICES DIVISION, FOSSIL POWER GROUP



One reason Sharon Loving loves her job as a senior trader in Natural Gas Origination is that it taps into her competitive nature. "I love the thrill of closing the deal," she says. "I love feeling like I negotiated favorable terms, got a good deal and therefore did a good job of supporting TVA's business objectives."

Loving's competitive nature was sparked during her childhood in New Bern, N.C. Her mother, Dorothy Bryan, was a baseball fan, and their family lived across the street from a recreation center, which was a frequent gathering place in the small city. By spending a lot of time there, Sharon gained an appreciation for sports, especially basketball.

"For a long time I was an avid NBA fan, especially of the Chicago Bulls," she says. "My youngest son is named Jordan Michael Simmons, if that tells you anything. I think it's safe to say I'm the biggest sports lover in my house. Football has eclipsed basketball, however, as my favorite sport. I love the Tennessee Titans. I came to TVA from Houston in 1995, and the team, which was then the Houston Oilers, moved to Tennessee in 1997. So it was almost like we moved here together."

A 1978 graduate of North Carolina A&T University in Greensboro, Loving had worked from 1981 to '95 at several natural-gas companies in Houston, so when she was hired as the first member of TVA's team dedicated to buying natural gas, she knew the business well enough to help TVA realize immediate cost savings in gas purchases and contracts.

As a trader, Loving is part of the team that each day analyzes many variables to decide how much natural gas to buy for TVA's gas-fired generating fleet. "We look at estimated demand, factor in how much gas we have on hand, how much we actually burned the previous day, and determine our net starting position," she says. The traders make the best deals and the schedulers work with the pipeline companies to make sure the gas gets from point A to point B. If conditions change, the plan is adjusted.

Recently Loving was promoted to her current position and has been helping to arrange pipeline capacity and supply for the new John Sevier Combined Cycle Plant in Rogersville, Tenn. "It's been very interesting working on the front end like this, helping to bring in the business as opposed to helping manage it day to day," she says. ■

In 2004, Sharon Loving taught her first Junior Achievement class, which inspired her to become a volunteer coordinator of the 117 TVA employees/retirees who have taught 199 Junior Achievement courses since then. In 2006 she was invited to join the board of directors of Junior Achievement of Chattanooga. Two years later TVA won Junior Achievement's corporate citizenship award for teaching the most classes, and Loving received its Bronze Leadership Award. A crowning achievement for Loving is that she will serve as the Junior Achievement of Chattanooga 2011-2012 board chair. "It's been an amazing journey from volunteer to incoming board chair. It's extremely rewarding to be involved with something that taps into my passion and allows me to cast a shadow of positive influence on behalf of TVA," she says.

DAMIEN K. POWER



Back row: Carol Rosener, John Feurer, Roger Bohren, Owen Cook, Rob Richie, Rick and Judy Driggans, Emily Jones, Dale Depew, Rosanna Clark, Janis Rowland and Dennis McCloud. Front row: Mark and Sandy Koss, Tom Swanson, Jackie Ridge and Tony Smith.

The Power of Teamwork

RETIREES JOIN WITH EMPLOYEES ON STORM-CLEANUP DAY

BY JULIE TAYLOR

Like others in the Chattanooga Office Complex on April 27, Rosanna Clark took refuge in the basement several times as tornados ripped through the area.

Clark, a retiree working as an Information Technology contractor, never imagined she would be affected until her neighbor called to report two downed trees in Clark's backyard.

Without a chainsaw or family to help with the cleanup, Clark requested assistance from the TVA Storm-Cleanup Day volunteers.

As soon as he learned of the special volunteer day, TVA Retirees Association Chattanooga Chapter President Tom Swanson emailed and called retirees. In no time at all, he had eight volunteers, who were assigned to work with Sandy Koss and her employee team at Clark's house in East Brainerd.

"This was a tremendous opportunity to help our neighbors – especially one of our own," says Koss, the team's leader and a program manager in Nuclear Operations Support.

Dennis McCloud was among the retirees

who replied to Swanson's email. His son's home was damaged in Athens, Ala.

"My family was personally affected by the storms, so I wanted to do something to help others," McCloud says.

For retiree Janis Rowland, the email came at a time when she was eager to help her storm-ravaged neighbors, after escaping damage herself in one of the hardest hit areas near Ringgold, Ga.

Power System Operations Project Controls Specialist Emily Jones had donated to the American Red Cross, but like Rowland, hadn't found a way to physically help prior to the TVA Storm-Cleanup Day. Mark Koss also saw it as an opportunity.

"Ever since the storms, everybody has been helping out," says Koss, a Fossil Power Group engineer. "I was glad to finally get a chance."

Using chainsaws, wheelbarrows and elbow grease, the team of 16 was able to clear a significant amount of Clark's fallen trees.

"My fellow TVA retirees and employees formed a harmonious team and worked hard and fast to cut and remove debris," Clark says. "I will always remember their kindness and generosity." ■

Save the Date

TVA Retirees' Annual Picnic

Sept. 16, 2011
Guntersville, Ala.
Civitan Park



new retirees

40 Years

Daniel A. Davis, Operating Support & Fleet Governance, Knoxville

33 Years

Benny E. Fries, People & Performance, Buchanan, Tenn.

32 Years

Dan T. Johnson, Strategy & External Relations, Nashville

26 Years

Dorvin Raymond Reed, Nuclear Power Group, Spring City, Tenn.
James H. Pickens, Fossil Power Group, New Johnsonville, Tenn.

24 Years

Jean H. Friley, Strategy & External Relations, Knoxville
Andrew T. Groth, Strategy & External Relations, Chattanooga
David E. Nowlin, Fossil Power Group, New Johnsonville, Tenn.

23 Years

Richard A. Collins, Financial Services, Bowling Green, Ky.

new retirees

21 Years

Robert W. Christmas, Nuclear Power Group, Spring City, Tenn.

20 Years

Russell M. Couch, Fossil Power Group, West Paducah, Ky.
Tommy W. Jones, Fossil Power Group, Stevenson, Ala.

18 Years

Sandra F. Berryhill, Operating Support & Fleet Governance, Chattanooga

17 Years

Mark D. Sims, People & Performance, Chattanooga

16 Years

Sandra J. Jackson, Operating Support & Fleet Governance, Knoxville

10 Years

David R. Jackson, Nuclear Power Group, Spring City, Tenn.

9 Years

Richard A. Cain, Fossil Power Group, Stevenson, Ala.
Ray B. Mitchell, Chief Operating Officer, Jasper, Ala.

7 years

Fred R. Renard Jr., Fossil Power Group, Drakesboro, Ky.

5 Years

Tiffany M. Love, Office of Inspector General, Knoxville

Take Care of Those EYES

Regular comprehensive eye exams can go a long way toward protecting your vision.

Joe Prueitt follows one of the eye-protection tips below by wearing sunglasses outdoors. ▶



Joe Prueitt, a design technician for Power System Operations in Knoxville knows the importance of having regular eye exams.

Back in 1981, Prueitt had a radial keratotomy operation to correct the nearsightedness in his left eye. “The surgery was a disaster, causing scars in my left eye,” Prueitt says. “I never went back to have the right eye done, leaving it very nearsighted.”

Due to the difference in vision between each eye, Prueitt had been seeing his eye doctor regularly for years. “I would see my eye doctor at least once every two years, if not every year,” he says.

During a regular eye exam last year, Prueitt learned he had developed cataracts in both eyes. In September 2010, he had cataract surgery on his right eye. In a follow-up visit two weeks later, the doctor discovered macular pucker, scar tissue that forms on the eye’s macula, which is responsible for detailed, sharp vision.

Prueitt went back in again for surgery to correct the newly identified problem.

His doctor completed the cataract surgery in his left eye at the end of April, and he has since recovered very well. “After three

surgeries in less than seven months, I always encourage my friends and family to go see their eye doctor regularly,” Prueitt says.

What can you do to boost your eye health?

There are several ways you can help boost your eye health and reduce the risk of future eye conditions, such as cataracts and age-related macular degeneration.

Shield your eyes — Wear sunglasses and a wide-brimmed hat to reduce your exposure to ultraviolet rays.

Eat eye-healthy foods — Choose foods that contain vitamins C and E, as well as the antioxidants lutein and zeaxanthin. These antioxidants are found in most fruits and vegetables.

Exercise — Walking just 30 minutes a day, four times a week, can help reduce your risk of developing cataracts.

Limit exposure to smoke — If you smoke, quit. Smokers are three to four times more likely to develop age-related macular degeneration than non-smokers, and up to twice as likely to get cataracts. Non-smokers living with smokers almost double their risk.

Visit your eye doctor regularly — Everyone is different, so check with your doctor to see how often you need a regular

comprehensive eye exam.

TVA offers its employees and non-Medicare retirees vision benefits in two of its medical plan options. The Consumer Directed Health Plan does not include vision benefits, but participants in this plan option may be eligible for discounts from some providers. The vision plan is administered by Davis Vision.

For more information, visit <http://www.davisvision.com>.

Please note that some vision-care services, such as cataract surgery, qualify as medical plan expenses and are paid out of the medical plan, which is administered by Blue Cross Blue Shield Tennessee.

Tell Davis Vision what you think!

A satisfaction survey is available to employees and non-Medicare retirees enrolled in a TVA medical plan. To access this survey, go to www.davisvision.com/members and log in.

If not registered, enter control code 7396 (Copayment or 80-percent Coinsurance Plan members) or 7397 (Consumer-Directed Health Plan members). Under the Member menu, click on “Satisfaction Survey.”

Applause!

Scholarship Winners for 2011

Twelve graduating high school seniors have been picked to receive TVA Employee Dependent Scholarships.

Eight of the scholarships, worth up to \$5,000 per year and renewable for up to four additional years, are for four-year baccalaureate degrees. The other four scholarships, worth up to \$2,500 and renewable for one year, are for two-year associate degrees. TVA has provided this benefit to children of employees since 1994.

Scholarship America, a national nonprofit educational-support and student-aid services organization, selected the winners from a pool of 116 applicants. The scholarships are merit-based, taking into account applicants' high school grade-point averages, standardized test scores, and leadership/extracurricular activities and honors/distinctions, as well as alignment with TVA workforce needs according to an applicant's declared college major.

Here are the scholarship winners for 2011, along with their TVA parents' names:



Nathan Arnwine, son of Knoxville River Operations employee Bill Arnwine. Nathan graduated from Carter High School in Knoxville. He plans to attend the University of Tennessee-Knoxville and major in mechanical engineering.



Jon Eller, son of Chattanooga Power System Operations employee Todd Eller. Jon graduated from Hardin Valley Academy in Knoxville. He plans to attend Pellissippi State Community College in Knoxville and major in chemical engineering.



Alexandra McGee, daughter of Chattanooga Power System Operations employee George McGee. Alexandra graduated from Hopkinsville (Ky.) High School. She plans to attend the University of Louisville and major in engineering.



Meaghan Arundel, daughter of Browns Ferry Nuclear Plant employee Patrick Arundel. Meaghan graduated from Priceville (Ala.) High School. She plans to attend Calhoun Community College in Decatur, Ala., and major in biology.



Destiny Fowler, daughter of Browns Ferry Nuclear Plant employee DeWayne Fowler. Destiny graduated from West Morgan High School in Trinity, Ala. She plans to attend Calhoun Community College and major in biology.



Shannon McGee, daughter of Knoxville Information Technology employee Michael McGee. Shannon graduated from Anderson County High School in Clinton, Tenn. She plans to attend Auburn University and major in chemical engineering.



Hannah Cox, daughter of John Sevier Fossil Plant employee James Cox. Hannah graduated from Morristown-Hamblen High School East in Morristown, Tenn. She plans to attend Vanderbilt University and major in biology.



Justin Freeman, son of Watts Bar Nuclear Plant employee Lonnie Freeman. Justin graduated from Rhea County High School in Evensville, Tenn. He plans to attend Chattanooga State Community College and major in engineering.



Ryan Milstead, son of Knoxville River Operations employee Roger Milstead. Ryan graduated from Hardin Valley Academy in Knoxville. He plans to attend the University of Tennessee-Knoxville and major in biochemistry.



Carly Davis, daughter of Nashville Customer Relations employee Stephen Davis. Carly graduated from Riverdale High School in Murfreesboro, Tenn. She plans to attend the University of Tennessee-Knoxville and major in accounting.



Tara Hoover, daughter of Knoxville Environment & Technology employee John Hoover. Tara graduated from Knoxville Catholic High School. She plans to attend Hope College in Holland, Mich., and major in nursing.



Alexandra Mullin, daughter of Chattanooga Power System Operations employee David Mullin. Alexandra graduated from Notre Dame High School in Chattanooga. She plans to attend Auburn University and major in chemistry or chemical engineering.



DAMIEN K. POWER

WELCOME NEW EMPLOYEE

BY JULIE TAYLOR

ED STINNETT

Power Utilization Engineer – Customer Relations

When TVA power distributors in Middle Tennessee have industrial or commercial customers with issues, they call Ed Stinnett at TVA's Murfreesboro Customer Service Center.

One day he and a customer may discuss an automatic gate's malfunction during a lightning storm. The next he may conduct a power-quality study for an industrial plant. He also looks for ways to help customers reduce their electric bills.

"I look at a problem, do an analysis and produce a report with recommendations to solve the problem," says Stinnett, a power utilization engineer hired in March by Customer Relations.

His work is part of TVA's Comprehensive Services Program,

which allows distributors to request TVA engineering and technical resources to help solve customer problems. Stinnett grew up in Oak Ridge, Tenn., and earned an electrical engineering degree from Georgia Tech.

Stinnett previously worked for Quality Manufacturing Systems Inc., where he designed and installed automated control systems for processes within industrial plants. He also designed military and industrial power-distribution systems while working at the engineering firm, CH2M Hill.

"Before coming to TVA, I did everything on paper," Stinnett says. "Now I get to put my hands on the equipment and troubleshoot it." ■

NEW EMPLOYEES

Eric Steven Allen, Knoxville, Financial Services
Charles E. Boles, Clinton, Fossil Power Group
Edward Justin Boyd, Chattanooga, Information Technology
Darrell Anthony Branam, Spring City, Information Technology
Deanna L. Boehm, Soddy Daisy, Nuclear Power Group
Stephen Lamar Brown, Soddy Daisy, Nuclear Power Group
Thomas Wayne Brown, Drakesboro, Fossil Power Group
Christopher Wayne Burger, Chattanooga, Information Technology
Fred R. Carder, Chattanooga, Fossil Power Group
Matthew Thomas Carroll, Chattanooga, Fossil Power Group
Faron Dean Clair, Memphis, Fossil Power Group
Eric Clark Conney, Stevenson, Fossil Power Group
Michael Lowell Conyers, New Johnsonville, Fossil Power Group
Keith H. Cornwell, Spring City, Nuclear Power Group
Joseph William Corry, Knoxville, People & Performance
Bartolomei Xavier O. Cotto, Chattanooga, Fossil Power Group
Johnny Wayne Cox, Muscle Shoals, Power System Operations
Edward Duane Cornish, Decatur, Nuclear Power Group
Charles E. Darwin, Stevenson, Fossil Power Group
Cliff Ryan Davis, Chattanooga, Information Technology
Emily Lois Dennis, Chattanooga, Power System Operations
Devesh Kumar Desai, Chattanooga, Financial Services
Katherine Pratt Earnest, Chattanooga, Fossil Power Group
Shannon Lynn Everett, Chattanooga, Financial Services
Jason L. Ferguson, New Johnsonville, Power System Operations
Joel C. Forbess, Memphis, Fossil Power Group
Jennifer L. Forrester, New Johnsonville, Fossil Power Group
Michael J. Frost, Chattanooga, Fossil Power Group
Scarlett Rose Gamble, Chattanooga, People & Performance
Mathew James Garver, Chattanooga, Power System Operations
Travis Adam Giles, Chattanooga, Strategy & External Relations
William E. Givens, West Paducah, Fossil Power Group
Tara M. Gray, Decatur, Nuclear Power Group
Michael Shane Guess, Stevenson, Fossil Power Group
Glenda Jean Hall, Chattanooga, People & Performance
Shawn Thomas Hankins, Soddy Daisy, Nuclear Power Group
Walter Maddin Haynes, Murfreesboro, Strategy & External Relations
Jason Dewayne Holloway, Decatur, Nuclear Power Group
Roger Howard, Soddy Daisy, Nuclear Power Group
Oghenero Victor Ikoba, Decatur, Nuclear Power Group
Chastity Dawn Inman, Decatur, Nuclear Power Group
James Christopher Jenkins, Chattanooga, Fossil Power Group
R. Heath Jones, Knoxville, Fossil Power Group
Kelly Christine King, Decatur, Nuclear Power Group
Josiah Joel Lee, Chattanooga, Financial Services
Mark Adam Loyd, Stevenson, Fossil Power Group
Vivian Frances Marshall, Spring City, Nuclear Power Group
Jason Robert May, Knoxville, Financial Services
Andi Rebecca McCarter, Chattanooga, Financial Services
Todd Edward McCarter, Chattanooga, Information Technology
Nicholas Anthony McClung, Chattanooga, River Operations
Christopher Ryan McCrary, Stevenson, Fossil Power Group
Daniel Alan McPherson, Drakesboro, Fossil Power Group
Adrian Delgado Mendoza, Muscle Shoals, Fossil Power Group
Cody Brian Mercer, Drakesboro, Fossil Power Group
David Patrick Moran, Chattanooga, Fossil Power Group
William Thelmin Morris, Decatur, Nuclear Power Group
Paul Franklin Moyers, Knoxville, Information Technology
Steven James O'Bannon, Drakesboro, Fossil Power Group
Charles Leif Ochitree, Kingston, Fossil Power Group
Richard Darrell Owens, Chattanooga, Financial Services
Roger Lee Pierce, Chattanooga, Strategy & External Relations
Patricia L. Plumlee, Chattanooga, Power System Operations
Jeffrey A. Quillen, Tuscumbia, Fossil Power Group
Morris Bradley Ragan, Decatur, Nuclear Power Group
Ryan Biffle Ray, Tuscumbia, Fossil Power Group
Debra Donnell Renfro, Chattanooga, People & Performance
Victoria Anne Rodda Chattanooga Financial Services
Jose Reynaldo Rodriguez, Soddy Daisy, Nuclear Power Group
Taneisha Rachele Roper, Decatur, Nuclear Power Group
April D. Ross, Chattanooga, Strategy & External Relations
Christopher Lamar Saucier, Chattanooga, River Operations
Diane Joan Shenk, Knoxville, Financial Services
Bobby Gene Smith, Stevenson, Fossil Power Group
Robert Shaler Smith, Decatur, Nuclear Power Group
Julie Michelle Standifer, Chattanooga, Information Technology
Kevin Eugene Stanfield, Memphis, Fossil Power Group
Melissa Dawn Strozak, Chattanooga, People & Performance
Jamey Elaine Stubblefield, Hollywood, Nuclear Power Group
Robert Wesley Tanner, Soddy Daisy, Nuclear Power Group
Zachery W. Taylor, Tuscumbia, Fossil Power Group
Claire Eileen Cozens Terney, Chattanooga, Strategy & External Relations
Samantha Virdue Tipton, Chattanooga, Power System Operations
Robert Lee Tugwell, Chattanooga, Information Technology
Mitchell Del Tummins, New Johnsonville, Power System Operations
Larry Wayne Underwood, Spring City, Nuclear Power Group
Robert A. Waddell, Kingston, Fossil Power Group
Richard M. Walker, Clinton, Fossil Power Group
Ricky Otis Waltman, Knoxville, Financial Services
Kenneth Michael Webb, Chattanooga, Information Technology
James Mitchel Webster, Chattanooga, Information Technology
Jonas Gideon Wengerd, Drakesboro, Fossil Power Group
Michael Timothy Williams, Chattanooga, Fossil Power Group