



Plugged in to Altamaha EMC

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THE POWER BEHIND YOUR POWER *Lineworker Appreciation Day is April 11*

You've likely noticed Altamaha EMC's crews out and about, working on power lines and other electrical equipment in our community. It's no secret that a lineworker's job is tough—but it's a job that's essential and must be done, often in challenging conditions. This month, as we celebrate Lineworker Appreciation Day on April 11, I thought I'd share some interesting facts about electric lineworkers with you.

The work can be heavy, in more ways than one. Did you know the equipment and tools that a lineworker carries while climbing a utility pole can weigh up to 50 pounds? That's the same as carrying six gallons of water.



LINEWORKER APPRECIATION DAY

We thank lineworkers for their courage and commitment to powering our community.

Speaking of utility poles, lineworkers are required to climb poles ranging anywhere from 30 to 120 feet tall. Needless to say, if you have a fear of heights, this likely isn't the career path for you.

Lineworkers must be committed to their career—because it's not just a job, it's a lifestyle. The long hours and ever-present danger can truly take a toll. In fact, being a lineworker is listed in the top 10 most dangerous jobs in the U.S.

Lineworkers often work non-traditional hours, outdoors in difficult conditions. While the job does not require a college degree, it does require technical skills, years of training and hands-on learning. Did you know becoming a journeyman lineworker can take more than 7,000 hours of training (or about four years)? That's because working with high-voltage equipment requires specialized skills, experience and an ongoing mental

toughness. Shortcuts are not an option, and there is no room for error in this line of work.

Despite the many challenges, Altamaha EMC's lineworkers are committed to powering our local community. During severe weather events that bring major power outages, lineworkers are among the first ones called. They must be ready to leave the comfort of their home and families unexpectedly, and they don't return until the job is done, often days later. That's why the lineworker's family is also dedicated to service. They understand the importance of the job to the community.

Nationwide, there are approximately 120,000 electric lineworkers. Altamaha EMC lineworkers are responsible for maintaining 3,317 miles of power lines across seven counties to keep the power flowing. In addition to the highly visible tasks lineworkers perform, their job today goes far beyond climbing utility poles to repair a wire. Today's lineworkers are information experts who can pinpoint power outages from miles away. Line crews now use laptops, tablets, drones and other technologies to map outages, survey damage and troubleshoot problems.

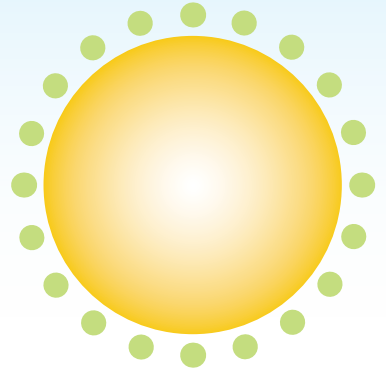
Being a lineworker may not seem like a glamorous job, but it is absolutely essential to the life of our community. Without the exceptional dedication and commitment of these hardworking men and women, we simply would not have the reliable electricity that we need for everyday life.

So, the next time you see a lineworker, please thank them for the work they do to keep power flowing, regardless of the time of day or weather conditions. After all, lineworkers are the power behind your power. Please join us as we recognize them on April 11 and follow *"#ThankALineworker"* on social media to see how others are recognizing lineworkers.

Beware of warm-weather scammers

Springtime is scam season. Don't be surprised if you get calls, uninvited visitors looking for work and loads of door hangers offering landscaping, roofing, painting and home-repair services. Warm-weather hail, lightning and hurricanes bring truckloads of eager handymen, roofers and tree trimmers to your front door—even though you didn't invite them. Beware of hiring them.

Contractors who go door to door begging for jobs may or may not be qualified to do the work they offer. Don't take a chance. If you need work done around your house, use a contractor that you are familiar with or one recommended by a friend or family member. Use only contractors who are licensed, insured, bonded and experienced. Beyond having a license, contractors should be bonded and insured. Ask to see evidence that they are, and check expiration dates.



A few other tips include:

- Be wary of contractors with out-of-state license plates or detachable, magnetic company signs on their trucks. These could be “travelers” who follow the warm weather from state to state and hire themselves out as home-improvement contractors. They're almost always unlicensed in your state, and if you discover a problem with their work later, they'll be long gone.
- Do not pay in cash and do not pay up front. Instead, work out a payment schedule that allows you to pay in increments as work is completed.
- Get bids from three reputable companies before you start. If you get one offer that's way lower than the other two, something is probably amiss.
- Don't fall for these two lines: “I just finished a job at your neighbor's house and I'll give you a good price if you hire me today because I'm already in the neighborhood,” or “I have leftover materials from a job I just did and I'll sell/install them here for a deep discount because I don't need them.”

Hiring contractors can be expensive. Don't waste your money on one who's not licensed and legitimate.

***If you need
work done around
your house, use a
contractor that you are
familiar with or one
recommended by
a friend or
family member.***



We Trees, Too.

We know everyone in our community enjoys the beauty and shade that trees provide. But trees and power lines can be a dangerous mix without regular trimming during the growing season.

If you see us out in the community trimming, remember the many benefits it brings:

- Keeps power lines clear of tree limbs
- Helps us restore power outages more quickly
- Keeps crews and members of our community safe
- Reduces unexpected costs for repairs

Trimming improves service reliability for you, the members we serve.



Energy Efficiency Tip of the Month

Even in summer months, adding insulation to your attic can keep your home more comfortable and save energy used by your cooling system. If your attic insulation is level with or below your floor joists (meaning you can easily see your joists), you should add more. If you can't see any of the floor joists because the insulation is well above them, you likely have enough insulation.

Attic insulation should be evenly distributed with no low spots. Make sure the areas along the eaves are adequately covered.

Source: Dept. of Energy





Digging into an Outdoor Project?



Before you dig, dial 811 or visit www.call811.com to protect underground utilities. Careless digging poses a threat to people, pipelines and underground facilities. Contact 811 first and help keep our community safe.

Don't wait for summer to get your air conditioner inspected

A springtime tune-up can prevent your air-condition system from going on the fritz later, when the weather is so hot that you will not want to be without the air conditioning for even a few hours.

It typically costs about \$100 to have a professional inspection of your system, and it's well worth the money.

Some contractors offer an annual preventive maintenance agreement, which will cost a few hundred dollars a year and typically includes a fall and spring inspection of your HVAC system and discounts on repairs and equipment. A better deal most often is to pay as you go for individual inspections.

Either way, your cooling system will get attention from a qualified, licensed service technician who is trained to spot problems that

most homeowners overlook. The tech might even alert you if a small repair now will prevent your family from sweltering this summer during an HVAC breakdown.



ALTAMAHA
Electric Membership Corporation
Community Owned • Community Built • Community Builder





Member RECIPES

Zucchini Casserole

Ingredients

1 box Jiffy cornbread mix
4 young and tender zucchini (cut into cubes)
¼ cup onion (chopped)
1 tsp. paprika
½ tsp. black pepper
Dash of garlic powder
1 can cream corn
1 can cream of chicken soup
6 oz. white cheddar cheese
3 tbsp. canola or extra virgin olive oil

Directions

Prepare Jiffy cornbread mix as directed on box and set aside. Preheat oven to 350 degrees. Combine all other ingredients. Crumble cornbread and add it mixture. Bake in greased casserole dish for 30 minutes.

*-From the kitchen
of Glynda Rowland*

Each month, our newsletter features recipes submitted by our members. If you have a favorite recipe and would like to share it with other readers in the Altamaha EMC service area, send a copy, complete with name, address and daytime phone number to: Tammye Vaughn, Altamaha EMC, P.O. Box 346, Lyons, GA 30436. Each month, a recipe will be selected for publication. The member who submitted the featured recipe will be given a \$10 credit on their next Altamaha EMC bill. Due to limited space, not all recipes received will be featured. Recipes printed in *Plugged In* are not independently tested; therefore, we must depend on the accuracy of those members who send recipes to us.