



Plugged in to Altamaha EMC

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The Official Newsletter of Altamaha Electric Membership Corporation

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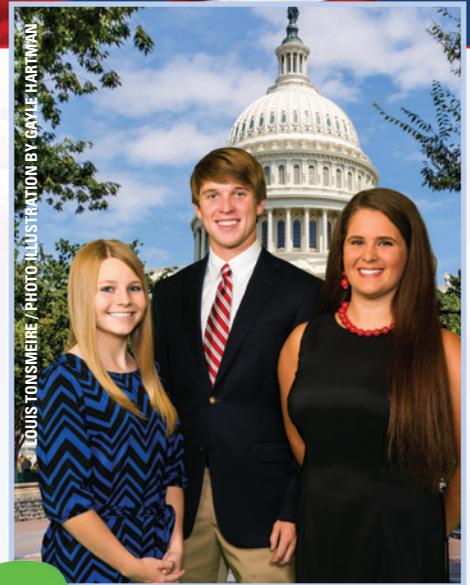
Washington Youth Tour: The Next Generation of Leaders

What do 1,500 high school students, our nation's capital and electric cooperatives have in common? The Washington Youth Tour, of course!

The Washington Youth Tour (WYT) was established with one thought in mind—to inspire our next generation of leaders. Since 1964, more than 50,000 young Americans have taken advantage of this special opportunity offered by their electric cooperatives. Altamaha EMC began consistently participating in the program in 2001 and has sent 39 students to our nation's capital as part of the WYT.

The tour takes place each

June, when hundreds of electric co-ops across the country send participants to Washington, D.C., for a chance to learn about the cooperative business model and a full week of sightseeing. But the Washington Youth Tour is so much more than just a sightseeing trip. Students have repeatedly shared that this experience has helped them grow into successful professionals. It has also benefited our local communities. Youth Tour participants return home with a deeper understanding and skill set of what it takes to be leader and put these skills to use in their local communities.



Casey McDonald, Greg McKenzie and Morgan Page represented Altamaha EMC on the 2015 Washington Youth Tour.

While in D.C., participants have a chance to meet with their elected officials and discuss the issues that are important back home. Without a doubt, the WYT has grown into an invaluable program that gives young Americans an experience that will stay with them for the rest of their lives.



★ Altamaha EMC 2015 ★ Washington Youth Tour Delegates

Altamaha EMC was well represented on the 2015 Washington Youth Tour by **Greg McKenzie, Morgan Page** and **Casey McDonald**.

Greg McKenzie, a senior at Vidalia High School (VHS), is the son of Greg and Ruthie McKenzie of Vidalia. He participates in FBLA, student government, Beta Club and the National Honor Society and is a starting pitcher for the VHS baseball team. Greg was the 2015 Wendy's Heisman winner for VHS and is an active member of First Baptist Church of Vidalia. Greg plans to attend the University of Georgia and pursue a degree in real estate.

Casey McDonald, a 2015 honor graduate of Robert Toombs Christian Academy (RTCA), is in her freshman year at the University of Georgia. She is the daughter of Roger and Sherri McDonald of Vidalia. Some of Casey's

BETH McMILLAN



Altamaha EMC's delegates and chaperone pose for a picture outside the gates of The White House.

high school activities included year-book staff, Toombs Montgomery Youth Leadership, National Honor Society, one-act play, soccer, softball, track and cross country. She won the state title in literary competition in 2015 in humorous interpretation. Casey is planning to earn a law degree.

Morgan Page is a senior at Treutlen High School. She is the daughter of Lisa Page of Mount Vernon, and Chuck Page of Ailey. Morgan plays softball and is a member of the Math Club, Science Club, FFA, Fellowship of Christian Athletes and the literary team. She

serves as president for FBLA and Beta Club and is the sports editor for the yearbook. Morgan is a member of Journey Community Church. After graduation, Morgan plans to play softball at Brewton Parker College.

Robert Toombs Christian Academy teacher **Ashley Lampp** was chosen from a field of educator candidates from across the state to serve as one of 17 chaperones on the 2015 tour. Mrs. Lampp has taught high school science at RTCA since 2008. During this time, she has taught chemistry (including general, honors and Advanced Placement), biology (I and II), Anatomy and Honors Physics. From growing butterflies, exploding gummy bears, "whooshing" bottles, dissecting specimens to DNA fingerprinting, she enjoys watching her students grow and learn to love science and apply it in interesting and unique ways.

Mrs. Lampp is also passionate about helping others and has organized many service projects that help our community. She lives in Soperton, Ga., with her husband, Bill, and son, Bishop.

RTCA teacher **Ashley Lampp** was chosen as one of the chaperones for the 2015 Washington Youth Tour.



RODNEY CHRISTOPHER



U.S. Sen. Johnny Isakson (R-Ga.) took time from his busy schedule to meet with Washington Youth Tour delegates.



Arlington National Cemetery is the final resting place for more than 400,000 active-duty service members, veterans and their families.

IN THEIR OWN WORDS:



“The Washington Youth Tour was one of the most unforgettable weeks of my life, and I know everything I learned this week will help me become a

successful leader in the future. My favorite stop on the tour was the Newseum. It was absolutely amazing! Each floor depicts different aspects of journalism, from photography to writing. The 9/11 headlines memorial, the Pulitzer Prize winners display—all of it left me in awe of the journalists who take so many risks to bring this news to us. It will have a lasting impact on me.”

—Casey McDonald



“The Washington Youth Tour inspired me to work hard and be the leader in my community that I know I can be. The people around me on the tour gave off a

sense of drive in their lives, and I know the majority of them will be successful later in life. The Lincoln Memorial made a huge

impact on me. As amazing as it was to see the magnificence of the statue of Lincoln, it was surreal that I could stand where so many great speeches have been given, like Martin Luther King Jr.’s ‘I Have a Dream’ speech.”

—Greg McKenzie



“This trip was the best week of my life. I learned how to love and communicate with people, regardless of the circumstances.

I learned that being a leader is taking initiative to get things done and working together with other people. Don’t underestimate the Washington Youth Tour. I promise you will come home a changed person. The Holocaust Memorial Museum definitely made the greatest impression on me. I’ve always enjoyed learning about the Holocaust, and I’ve always felt a deep sympathy for those who had to experience it, but being able to see what the lives of those people were like was eye-opening. I learned what a real hero is.”

—Morgan Page



BETH McMILLAN

The Lincoln Memorial was one of many stops on the tour.

★ Washington Youth Tour 2016 Tentative Itinerary

June 9: Kickoff banquet, Atlanta

June 10: Team-building activities; flight to Washington, D.C.

Dates TBD for the following activities:

- Tour and lunch at Mount Vernon; dinner at Union Station; evening guided tour of memorials; photo op of White House
- Guided tour of Lincoln, Korean War and Vietnam Veterans memorials; Arlington National Cemetery guided tour; dinner performance of “Peter Pan” at Toby’s Dinner Theatre in Columbia, Md.
- All States assembly; tour Smithsonian museums; cruise on Potomac River
- Tour Supreme Court, U.S. Capitol and Washington National Cathedral; Sunset Parade at U.S. Marine Corps War Memorial (Iwo Jima statue)
- Meet with Georgia’s congressional delegation; tour Newseum and Madame Tussauds Wax Museum; All States farewell event

June 16: Return flight to Atlanta

Note: Itinerary subject to change



Each year, Altamaha EMC selects three local students to represent our area on the Washington Youth Tour. The dates for the 2016 tour are June 9-16. All high school juniors and seniors who are interested in this opportunity can obtain information by contacting our Washington Youth Tour Coordinator, Tammye Vaughn. She can be reached by phone at 912-526-2120 or by email at tammye.vaughn@altamahaemc.com.

Perhaps you know of an exceptional student who would be a great candidate for the program. If you do, please share this article with them.

Reminder—Scholarship Deadline Approaching



January 29, 2016, is the deadline to submit applications for the \$1,000 Walter Harrison Scholarship. For more information, visit our website at www.altamahaemc.com or call Tammye Vaughn at 912-526-2120.

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Member RECIPES

Easy Crockpot Snack



From the kitchen of Anita Shepherd

- 9 cups Chex cereal equal parts corn, rice and wheat
- 2 cups pretzels
- 1 cup Cheerios cereal
- 1 cup nuts
- 1/3 cup (6 tablespoons) butter, melted and hot
- 1 tablespoon seasoned salt
- 1/4 cup Worcestershire sauce
- 1 teaspoon garlic powder (optional)

Add Chex cereal, pretzels, Cheerios and nuts to slow cooker. In a separate bowl, whisk together butter and seasoned salt until the salt dissolves. Stir in Worcestershire sauce until combined. Add optional garlic powder. Drizzle sauce evenly over top of cereal mixture. Toss for 1 minute, or until the mixture is evenly combined. Cover and slow cook on low for 2½ to three hours, stirring at the one-hour, two-hour and 2½ -hour marks so the mixture does not burn. Then spread out the mixture onto baking sheets or parchment in an even layer to cool to room temperature. Serve, or store in sealed container for up to 3 weeks.

TIP: *If your slow cooker does not have a tiny hole to allow air to escape, place a towel or several paper towels underneath the lid to collect the condensation and prevent a soggy snack.*

Practice Fire Escape Plan

Fires kill more Americans than all natural disasters combined. Yet few families are prepared to make a quick escape in case of a fire.

An American Red Cross survey reveals that most people think they have more time than they actually do to flee a house fire. Most people believe they have at least five minutes. In fact, you may have two minutes or less to get out of your house before it's too late.

The survey also found that fewer than half of parents have talked to their children about fire safety, and most haven't mapped out an escape route or chosen a safe place outside for everyone to meet. Improve your family's chances of surviving a fire by:

- Installing smoke alarms on every floor of the house and outside of bedrooms. Change the batteries at least once a year.
- Choosing an escape route that allows everyone in the family to get out of the house within two minutes. Occasionally practice following the route as a "fire drill."



Energy Efficiency Tip of the Month



Remember to close your fireplace damper (unless a fire is burning). Keeping the damper open is like leaving a window wide open during the winter, allowing warm air to escape through the chimney.

—Source: energy.gov

