



# Plugged in to Altamaha EMC

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## ★ Washington Youth Tour: A Week That Transforms Lives

**A**ltamaha EMC has the privilege of sponsoring local high school students on the Washington Youth Tour (WYT) each summer. During the annual WYT, more than 1,600 high school students from across the country travel to Washington, D.C., to learn more about our nation's government, history and the role of electric cooperatives. The all-expenses-paid trip truly transforms the lives of the young people who take the journey.

Altamaha EMC was represented on the 2014 Washington Youth Tour by **Cassidy Curry**, from David Emanuel Academy; **Maiyah Hudson**, from Treutlen High School; and **Cheyenne Willhite**, from Montgomery County High School.

The 2014 trip was a record setter for the 38 EMCs in Georgia who participated. Collectively, we sent 109 students and 16 chaperones to experience this once-in-a-lifetime opportunity during the week of June 12-19.

The Washington Youth Tour introduces delegates to the price of freedom, with somber stops at Arlington National Cemetery and the Holocaust Memorial Museum. They walk

on the porch at Mount Vernon, where George Washington and many of our Revolutionary War heroes spent time together. They experience the majesty of the memorials and monuments throughout our nation's capital. The students meet face-to-face with state and national leaders to discuss issues facing our country.

In addition to the leadership training and firsthand knowledge of how our government works, the Washington Youth Tour delegates get the opportunity to meet and interact with their peers from across the state and across the country. Lifelong friendships are formed during the seven days of the trip.



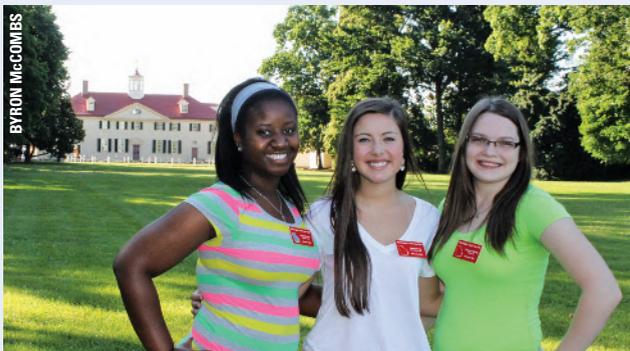
From left, Cassidy Curry, Cheyenne Willhite and Maiyah Hudson represented Altamaha EMC on the 2014 Washington Youth Tour.

Tammye Vaughn coordinates the Washington Youth Tour for Altamaha EMC. She will be visiting all area high schools during January to promote the program and recruit potential delegates. The dates of the 2015 tour are June 11-18. The box on page 26B gives you a brief overview of the schedule for this year's tour. Students interested in this life-changing opportunity can obtain information by calling Tammye at 912-526-2120 or sending an email to [tammye.vaughn@altamahaemc.com](mailto:tammye.vaughn@altamahaemc.com). Information and applications are also available on our website at [www.altamahaemc.com](http://www.altamahaemc.com).

# Washington Youth Tour



One-hundred-nine delegates and 16 chaperones representing Georgia stand on the steps of the U.S. Capitol, along with U.S. Sens. Saxby Chambliss and Johnny Isakson.



Altamaha's delegates enjoyed visiting Mount Vernon, the plantation home of our nation's first president, George Washington.

## In Their Own Words

### What tour stop or activity made the greatest impression on you and why?

**Maiyah Hudson:** As I stood at the Lincoln Memorial in the same spot where Dr. Martin Luther King gave his "I Have a Dream" speech, I looked over the crowd below. The racial and social differences in that group of people were immense. The crowd I saw that day was much different than the one Dr. King saw when giving his speech. I could do nothing but thank him in my heart for this freedom.

**Cassidy Curry:** The Vietnam Veterans Memorial was an eye-opening experience for me. It was mind-blowing to see how many men died while fighting for our country.

**Cheyenne Willhite:** The Holocaust Memorial Museum taught me so much about the tragedy and suffering endured by the Holocaust victims and survivors.

### What one piece of advice would you give the potential Youth Tour delegates?

**Maiyah Hudson:** Soak up every moment of the trip! Live in the moment and do everything you can and see all that you can because this chance will never come around again.

**Cassidy Curry:** Wear comfortable shoes!

**Cheyenne Willhite:** Don't be closed-minded. Be open to meeting every one of the amazing people on this trip.

### Do you think the Washington Youth Tour experience will help you become a better leader?

**Maiyah Hudson:** Definitely! Meeting 108 of my peers was challenging and scary, but exciting at the same time. It was amazing how quickly we molded into one group. This trip gave me courage. I will use this courage to step outside of my comfort zone and become the best leader I can be.

**Cassidy Curry:** This trip forced me to step into areas outside of my normal realm. I learned that I control my future and taking chances often pays big rewards.

**Cheyenne Willhite:** This trip was full of opportunities to strengthen my leadership skills. The team-building games showed me new communication skills and made it easier to talk to complete strangers.

## Washington Youth Tour 2015 Tentative Itinerary

**June 11:** Kickoff banquet, Atlanta Airport Marriott, Atlanta

**June 12:** Team-building activities; flight to Washington, D.C.

**June 13:** Tour and lunch at Mount Vernon; dinner at Union Station; evening guided tour of FDR, Jefferson, Martin Luther King Jr., World War II memorials; photo op of White House

**June 14:** Guided tour of Lincoln, Korean War and Vietnam Veterans memorials; Arlington National Cemetery guided tour; dinner performance of "1776" at Toby's Dinner Theatre in Columbia, Md.

**June 15:** All States assembly; tour Smithsonian museums; cruise on Potomac River.

**June 16:** Tour Supreme Court, U.S. Capitol and Washington National Cathedral; Sunset Parade at U.S. Marine Corps War Memorial (Iwo Jima statue)

**June 17:** Meet with Georgia's congressional delegation; tour Newseum and Madame Tussauds Wax Museum; All States farewell event

**June 18:** Return flight to Atlanta

*Note: Itinerary subject to change*

# Five Tips for Space Heater Safety

As temperatures drop this winter, many will look for supplemental heating sources for their homes. Space heaters can be a good alternative for warming one area of a home without turning up the thermostat on the central heating system. However, space heaters are also responsible for 32 percent of house fires, according to the National Fire Protection Association. If you are planning to use a space heater in your home this winter, review the following tips to keep you, your family and your property safe.

**Materials:** What are your space heater's components made of? Parts like metal grating can be hot to the touch and may burn anyone who gets too close. Make sure you purchase a heater that is cool to the touch when operating and has guards over the coils, just in case little fingers get too close.

**Placement:** While it can be tempting to place a small heater on a shelf, away from pets and children, it is safest to leave the heater on a level floor, on a nonflammable surface. That will keep it from falling over, preventing fire hazards. Also, remember that space heaters and bathrooms are not a good combination, unless the heater is designed for bathroom use. Moisture can damage the heater.

The most important rule about space heater placement is the three-foot rule. Whether you are using the heater in the bedroom, living room or kitchen, space heaters should always be kept three feet from

flammable materials and away from children and pets.

**Special features:** Does your space heater have an auto shutoff function if tipped over? Auto shutoff can be a life-saver. If you currently own a space heater without auto shutoff, consider replacing it with a heater with this important safety feature.

**Cords:** Never use an extension cord when plugging in a space heater as it can cause overheating. The space heater should be plugged directly into a wall outlet, and should be the only thing plugged into the wall outlet. Also, make sure cords aren't in a high-traffic area so they are not a tripping hazard.

**Use:** Never leave a heater unattended while in use. If you are leaving your home or going to bed, make sure to unplug the heater.

Following these tips and making sure to follow the manufacturer's instructions can keep you safe this winter.

## Did You Know?

Space heaters are responsible for 32 percent of house fires, according to the National Fire Protection Association.

- Place your space heater on a level, nonflammable surface.
- Make sure your space heater has an auto shutoff function.
- Never pair your space heater with an extension cord.
- Never leave a space heater unattended when in use.
- Purchase space heaters that are cool to the touch.



## Member RECIPES

### Microwave Pralines

*Ingredients:*

- 1 pound light brown sugar
- 1 (5-ounce) can evaporated milk
- 1/8 teaspoon salt
- 2 tablespoons margarine
- 1 cup cold pecan pieces

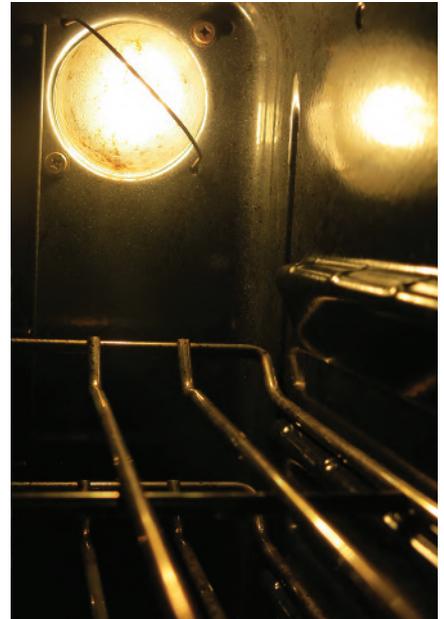
*Directions:*

In a 1 1/2-quart microwave-safe casserole dish, combine brown sugar, evaporated milk, salt and margarine. Cook in microwave for 5 minutes on high. Stir thoroughly and cook 4 more minutes on high. Remove from microwave; add pecans. Let sit for 3 minutes before stirring. Drop by tablespoons onto waxed paper. Makes 36.

—From the kitchen of  
Mindy Sumner

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, please 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.

# Warning: Don't Bake All Bulbs



**O**ven lights are handy. Curious if a casserole is ready? Flip the switch; no need to open the oven and release heat to get a baking update. But be careful when replacing this little light. Never put a bulb in the oven that's not built for high heat.

Compact fluorescent lamps (CFLs) use less energy than classic incandescent bulbs, but they're not safe in extreme temperatures. Most lighting labels designate safe temperatures, but warnings may be in fine print. Need to replace your oven light? Look for appliance lightbulbs. Found at Home Depot, Lowe's and other retailers, these bulbs are designed for extreme temperatures in ovens and refrigerators. The hardy bulbs are here to stay; 40-watt appliance bulbs are exempt from federal lighting efficiency standards.

Why won't CFLs work? Instead of heating a filament until white-hot to produce light, like an incandescent bulb does, a fluorescent lamp contains a gas that produces ultraviolet (UV) light when excited by electricity. The UV light and the white coating inside the bulb result in visible light. Since CFLs don't use heat to create light, they are 75 percent more energy efficient. But the technology that cuts

energy use doesn't stand a chance in an oven's 400-plus degree heat.

CFLs are good for the pocketbook, but not perfect in every situation. Keep these tips in mind:

- 1. Don't dim unless it's dimmable.** Buy a specifically designed CFL for a dimmer switch application.
- 2. Don't flip too fast.** CFLs work best if they are left on for more than 15 minutes each time they are turned on. Older bulbs take 30 seconds to three minutes to reach efficient operation. Frequently switching them on and off shortens bulb life. Newer CFLs feature an "Instant on" capability; look for that on the lighting label if you expect frequent flipping.
- 3. Give them air.** CFLs may be used in enclosed fixtures as long as the enclosed fixture is not recessed. Totally enclosed recessed fixtures create temperatures too high for CFLs.
- 4. Protect CFLs outside.** Look at the package or bulb for temperature restrictions before using a CFL outdoors.
- 5. Don't shake.** Don't use CFLs in vibrating environments such as a ceiling fan or garage door opener.
- 6. Do the twist.** Always screw and unscrew the lamp by its base. Never forcefully twist the CFL into a light socket by the glass tubes.

To learn more about using and recycling CFLs, visit [www.epa.gov/cfl](http://www.epa.gov/cfl).

## Reminder—Scholarship Deadline Approaching

**J**anuary 30, 2015 is the deadline to submit applications for the \$1,000 Walter Harrison Scholarship. For more information, visit our website at [www.altamahaemc.com](http://www.altamahaemc.com) or call Tammye Vaughn at 912-526-2120.



## Facilities Charge Increases

Effective Jan. 1, 2015, Altamaha EMC implemented a facilities charge increase. The new rates are as follows:

Rate Class	Rate	Facilities Charge
Residential	RFS-8	\$ 17.50
Small Commercial	SP-8	\$ 17.50
Large Power	LPS-8	\$ 55.00
Industrial	IS-8	\$ 275.00
School	SCH-1	\$ 135.00
Irrigation (per HP)	IRGS-8	\$ 0.60