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Safety Tips for Before, During and After the Storm

Storm season is in full swing. Many summer storms have the potential to produce tornadoes—they can happen anytime, anywhere, and can bring winds over 200 miles per hour.

In April, a video of NBC Washington chief meteorologist Doug Kammerer went viral. During a live broadcast, Kammerer called his teenage son to warn him of a tornado that was headed straight for their home. Knowing the kids were likely playing video games and not paying attention to the weather, he told them to head straight to the basement. Kammerer debated if he should call his family on-air, but he knew it was the right thing to do. Luckily, the kids made it safely through the storm.

As adults, we understand the importance of storm safety, but younger children and teens may not realize the dangers storms pose. That's why it's so important to talk to your family and have a storm plan in place. Here are a several tips you can share with your loved ones.

Before the Storm

- Talk to your family about what to do in the event of a severe storm or tornado. Point out the safest location to shelter, like a small, interior, windowless room on the lowest level of your home. Discuss the dangers of severe thunderstorms; lightning can strike 10 miles outside of a storm. Remember: when you hear thunder roar, head indoors.
- Make a storm kit. It doesn't have to be elaborate—having a few items on hand is better than nothing at all. Try to include items like water, non-perishable foods, a manual can opener, a First-Aid kit, flashlights and extra batteries, prescriptions, baby supplies and pet supplies. Keep all the items in one place for easy access if the power goes out.

During the Storm

- Pay attention to local weather alerts—either on the TV, your smartphone or weather radio—and understand the types of alerts. A thunderstorm or tornado watch means these events are possible

and you should be prepared; a warning means a thunderstorm or tornado has been spotted in your area and it's time to take action.

- If you find yourself in the path of a tornado, head to your safe place to shelter, and protect yourself by covering your head with your arms or materials like blankets and pillows.
- If you're driving during a severe storm or tornado, do not try to outrun it. Pull over and cover your body with a coat or blanket if possible.

Practice Storm Safety

Have a plan in place and make a storm kit.

Listen to local alerts and know where to shelter.

Stay off the roads if trees and power lines are down.



After the Storm

- If the power is out, conserve your phone battery as much as possible, limiting calls and texts to let others know you are safe or for emergencies only.
- Stay off the roads if trees, power lines or utility poles are down. Lines and equipment could still be energized, posing life-threatening risks to anyone who gets too close.
- Wear appropriate gear if you're cleaning up storm debris on your property. Thick-soled shoes, long pants and work gloves will help protect you from sharp or dangerous debris left behind.

Summer is a time for many fun-filled activities, but the season can also bring severe, dangerous weather. Talk to your loved ones about storm safety so that everyone is prepared and knows exactly what to do when a storm strikes.

10 Ideas for Summer Energy Savings

A hot home and high energy bills can take away from summer fun. Here are 10 tips to help you prepare your home for those high summer temperatures:

1. Service your A/C unit: Air conditioning units work by moving air over fins or coils that contain refrigerant. When the coils or fins get dirty, the unit doesn't work as well and uses more energy. Whether you have a portable unit, central A/C or a ductless/mini-split unit, get your system ready for summer by cleaning the filter, coils and fins. If you are tackling this yourself, always disconnect power to the unit.

Central A/C systems have two sets of coils: one inside and one outside. Both should be cleaned annually. If you hire a professional, they can check refrigerant levels during the process.

2. Seal your window A/C unit: If you have a window or portable A/C unit that vents through a window, seal the area between the window sashes. Water heater pipe insulation is a great way to seal this spot. It's available at your local hardware store and is easy to cut for a snug fit.

3. Thermostat settings: Keeping your thermostat at the highest comfortable temperature will help save you money. If you aren't home during the day, increase your thermostat 8-10°. There's no need to cool an empty house.

4. Keep your cool: Before adjusting the thermostat, turn on a fan in the room you're in, change into lighter clothing and drink something cool. This may be enough to make you comfortable without spending more to cool your home.

5. Lock windows: After opening your windows at night or in the morning to let in fresh air, ensure your windows are closed and locked. This reduces gaps that allow air to flow through and cause drafts. If your locks don't form a tight fit, add weatherstripping. Most products are easy to install.

6. Weatherstripping and curtains: Covering and sealing windows may seem like a wintertime efficiency practice, but these also help in the summer. Windows are typically the least-insulated surfaces in a room. Add weatherstripping to form a tight seal and curtains you can close during the hottest times of the day to block out the sun.

7. Cook outside: Keep your home cool or your A/C from working overtime by cooking outside. Some grills also have an extra burner on the side that lets you do stovetop cooking.

8. Add insulation: Even in the summer, adding insulation can help keep your home more comfortable and save energy used by your air conditioning system. As a general rule, if you can see the joists in the floor of your attic, you need more insulation.

9. Turn off gas fireplaces: Reducing the amount of heat entering your home can keep it cooler. If you have a gas fireplace, your pilot light lets off a small amount of heat into the room. Turn it off during summer months.

10. Add shade outside: Planting trees and shrubs strategically around your home can shade the roof, walls and pavement, reducing heat radiation to your home. According to the U.S. Department of Energy, tree-shaded neighborhoods can be up to 6° cooler in the daytime than treeless areas.

MARK GILLILAND, PIONEER UTILITY RESOURCES



Keeping your thermostat at the highest comfortable temperature will help save energy and money.



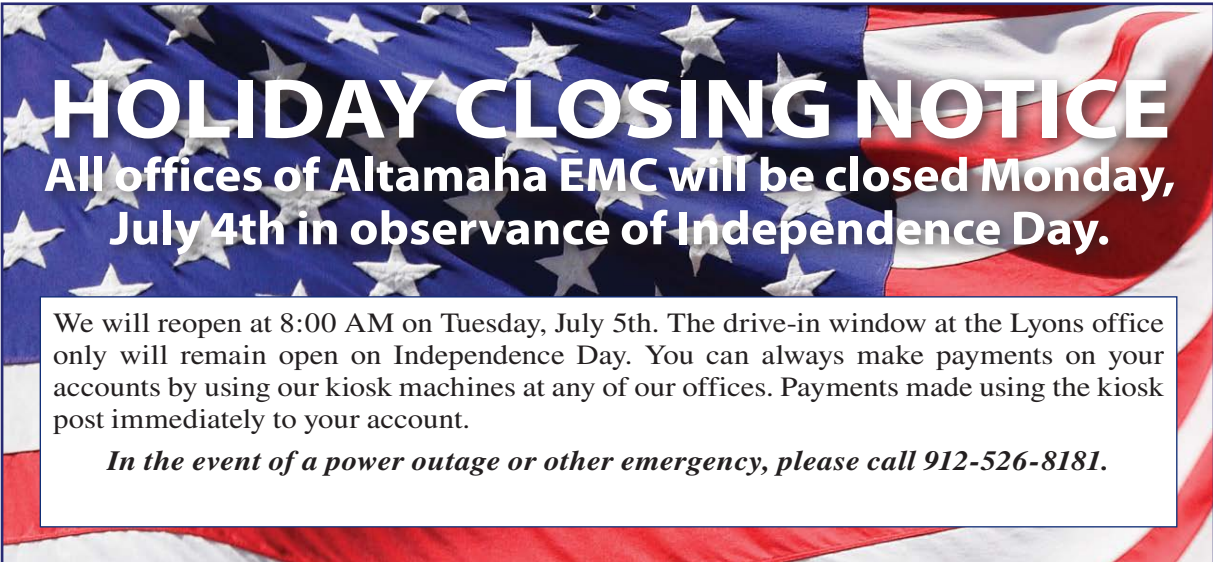
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Cook outside to keep your home cooler on hot summer days.

UNCASHED REFUND CHECKS

Below is a list of former Altamaha EMC members who have uncashed refund checks. If your name appears on the list below, please contact us at 912-526-2120 before August 1, 2022. If these checks aren't claimed by August 1, 2022, we will deliver the funds to the Georgia Department of Revenue, Unclaimed Property Program as required by law. After this date, any attempts to reclaim your money will need to be directed to the Georgia Department of Revenue.

Aldrich, Jessica Brooke	Harden, Lois	Noles, Willard Carl Jr
Alvarado, Deidra Nicole	Hernandez, Anna A	Northern, Gregory
Amin, Akilah Takiyah	Hill, Nicole	Oliver, Heather
Andrews, Alease	Hodges, Charles McKinley Jr	Osterbuhr, Myra E
Baggett, Mallory Nicole	Holloway, Yolette	Page, Vincent Sinclair
Beasley, Chadwick	Hunt, William R	Parker, Kimberly
Boyd, Herbert	Inlow, Clarissa Michae	Payne, Clyde F Jr
Branch, Kathy Suzanne	Jackson, Oshana L	Peebles, Zachary D
Bullick, Scott Allen	Jackson, Shawntia Taja	Phillips, Audrey C
Byrd, Jessica	Jackson, Vanessa Nicole	Phillips, Janie M
Byrne, Mandy M	Johnson, Marcus	Phillips, Zachary William
Carpenter, Jerel L	Jones, Damian Christoper	Ricks, Cedrick Lorenzo
Carswell, Diamond L	Keene, Brandon Blake	Robertson, Ola Mae
Chance, Jadaesha	Kirby, James Dwayne	Robinson, Elbert Lee
Clark, Henry Lee	Lane, Chakerria M	Shivers, Karina Charlene
Curry, Julius	Libby, Quinton David	Shivers, Lateresa Diane
Daniels, John R	Mack, Breanna S	Smith, Alex Kyle
Delgado, Maria	Marquez, Ashley R	Smith, Inez
Ennis, Dylan C	McNure, Lamar L	Stafford, Elizabeth
Farris, Sarah Katherine	Medders, Paige Dionne	Strickland, Steve D
Figg, Matthew	Melton, Melissa C	Taylor, Debra
Fleurent, Glenn	Melvin, David A	Turner, Travis E
Foreman, Keturah	Mincey, Jacqueline	Vanhorn, James A
Francis, Jonathan C	Moore, Letitia	Vaughn, Danny J
Gaffney, Diamond D	Moreno, Johnny A	Villarreal, Abner
Gaffney, Tiffany L	Morris, Jonathan H	Walker, Jamie
Graham, Michael Lee	Morris, Kirisma	Wiggins, Candice Denise
Hand, Shirley	Neumans, Frankie Jim	Youmans, Bonnie



HOLIDAY CLOSING NOTICE

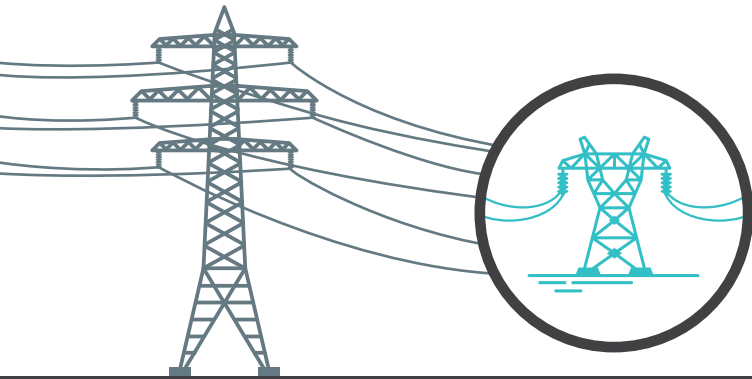
All offices of Altamaha EMC will be closed Monday, July 4th in observance of Independence Day.

We will reopen at 8:00 AM on Tuesday, July 5th. The drive-in window at the Lyons office only will remain open on Independence Day. You can always make payments on your accounts by using our kiosk machines at any of our offices. Payments made using the kiosk post immediately to your account.

In the event of a power outage or other emergency, please call 912-526-8181.

The Steps to Restoring Power

When a major outage occurs, our crews restore service to the greatest number of people in the shortest time possible – until everyone has power.



- 1. High-Voltage Transmission Lines**
These lines carry large amounts of electricity. They rarely fail but must be repaired first.



- 2. Distribution Substations**
Crews inspect substations, which can serve hundreds or thousands of people.



- 3. Main Distribution Lines**
Main lines serve essential facilities like hospitals and larger communities.



- 4. Individual Homes and Businesses**
After main line repairs are complete, we repair lines that serve individual homes and businesses.



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Member RECIPES

Easy Butter Pecan Cake

Ingredients

- 1 (18 oz.) package Butter Pecan cake mix
- 1 (16 oz.) can Coconut Pecan frosting
- 3 eggs
- 1/2 cup canola oil
- 1 cup milk

Directions

Mix all ingredients together, even the frosting! Pour into a greased bundt pan. Bake 60 minutes at 350 degrees or until inserted toothpick comes out clean. This cake is so unbelievably good that no other frosting is needed.

*-From the kitchen of
Eleanor Britt*

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.