



Plugged in to Altamaha EMC

MAY 2017

The Official Newsletter of Altamaha Electric Membership Corporation

Serving: Toombs, Montgomery, Emanuel, Treutlen, Laurens, Johnson and Tattnall

PLUG INTO **S****A****F****E****T****Y**

May is National Electrical Safety Month and a great time to reflect on the importance of safety. We all depend on electricity to power our lives, but accidents can happen when electricity is improperly used.

Our responsibility to you, our members

Altamaha EMC's concern for safety extends beyond our employees. We care deeply about the safety of our members, and this month, we encourage you to plug into safety. According to the Electrical Safety Foundation International, thousands of people in the U.S. are critically injured and electrocuted as a result of electrical fires, accidents and electrocution in their own homes.

To promote safety education in our local communities, we offer free safety demonstrations in local schools, civic clubs and community events. We frequently provide electrical safety content in this monthly member newsletter and in *Georgia Magazine*. We constantly remind the public to contact us if they see a downed power line or any other type of dangerous electrical situation.

We strive to provide our communities with safe, reliable and affordable electricity and to serve as your trusted energy advisor, now and well into the future.

Our responsibility to employees

It is no accident that safety is a top priority at Altamaha EMC. We are committed to a culture of safety that is integral to our daily operations. In fact, we are part of the Rural Electric Safety Achievement Program (RESAP) that follows specific guidelines and protocols for electrical safety that are considered leading practices. Our lineworkers are required to wear personal protective equipment at all times when on the job. This includes special fire-resistant clothing that will self-extinguish, limiting potential injuries from burns and sparks. Insulated and rubber gloves are worn in tandem to protect from electrical shock. Our safety team regularly discusses important safety issues pertaining to work within the building as well as out in the field.

As the CEO/GM of Altamaha EMC, I believe it is my duty and responsibility to raise awareness about the importance of electrical safety. Take a moment to plug into safety. Please visit our website at www.altamahaemc.com for tips about how to keep you and your loved ones safe.



-Romanous Dotson, CEO/GM

Local student earns \$1,000 scholarship

A Montgomery County High School senior is now the deserving owner of a \$1,000 college scholarship. After careful review of her academic achievements, extracurricular activities and community service, Jacey Thomas is one of 10 students statewide who will receive a Walter Harrison Scholarship sponsored by the electric co-ops in Georgia, including Altamaha EMC.

Earlier this year, Jacey competed among 76 other students who applied for the scholarship which provides \$1,000 to help offset rising costs associated with obtaining a two- or four-year college degree.

“The competition was intense,” says Tammye Vaughn, Manager of Marketing and Communications with Altamaha EMC. “Keep in mind Jacey competed alongside some of the most ambitious and brightest students in the state. Making it to the winners circle is an achievement in and of itself.”

The winners were required to submit brief essays explaining why they would be good candidates for the scholarship and outlining their education and career goals and any special circumstances to be considered.

A statewide panel of judges considered a number of factors such as academic excellence (judged by performance, grade point average, SAT scores and scholastic honors), extracurricular activities such as participation in student clubs and organizations, and a commitment to serve others. Family income and recommendation letters from academic counselors and teachers were considered as well. The scholarship can be applied to any accredited two or four-year university, college or vocational-technical school in Georgia.

Jacey is the daughter of Julie Adams of Mount Vernon. She will attend Georgia Southern University to earn a bachelor's degree with a triple major--mathematics, history and Spanish. After graduation, she plans to attend medical school and open her own practice serving rural Georgia.

According to her teachers, Jacey not only excels in academics but also demonstrates leadership in numerous school clubs, cheerleading and community endeavors. She is a member of the National FFA, Beta Club, Toombs-Montgomery Chamber of Commerce Youth Leadership Board, and has held offices in the FFA and 4-H organizations as well.



Jacey Thomas
Montgomery County High School Senior

Jacey has earned a number of honors including Most Outstanding Student in Chemistry and Advanced Algebra, Scholar Athlete of the Year, Georgia Certificate of Merit, Honor Roll with Excellence, STAR student, DAR Good Citizen Award, and Most Likely to Succeed, to name a few. Jacey was one of three students representing Altamaha EMC on the 2016 Washington Youth Tour.

Her endeavors benefit her community as well. She has participated in campus beautification projects at Brewton Parker College and volunteered with the American Red Cross and 4-H for numerous service projects to benefit the local women and children's shelter, senior citizens and children in need.

The scholarship is named in honor of Walter Harrison, a pioneer in the rural electricity movement and a leader at the local, state and national levels in electric cooperative programs. It is funded by Georgia's 41 electric cooperatives, including Altamaha EMC, the National Rural Electric Cooperative Association and the Georgia Rural Electric Supply Corp. Since 1987, approximately \$191,000 has been awarded to students through the Walter Harrison Scholarship fund.

The Scholarship was created in 1985 by the board of directors of Georgia EMC, a trade association representing the 41 electric cooperatives in Georgia, Oglethorpe Power Corp., Georgia Transmission Corp. and Georgia System Operations Corp.



“All a power strip does is allow you to plug more devices into a single outlet. Doing that can overload that outlet.”



Don't Overload Your Circuits

With so many electrical devices in every room of the home, there's a good chance you're overloading your circuits. That means you're plugging too many devices into a single outlet—via a multi-plug power strip—or you're plugging in devices that require more power than your home's wiring can handle.

If your circuits are overloaded, call a licensed electrician to upgrade the home's electrical system so it can keep up with the demands new technology places on it.

Here's how to tell if your home's

circuits are overloaded, according to the Electrical Safety Foundation International:

- Lights are flickering, blinking or dimming.
- Electrical receptacles on the walls are warm to the touch or discolored.
- You smell a burning odor coming from receptacles or wall switches.
- Circuits trip on a regular basis.

If you have a circuit that keeps tripping, here are some tips to keep that from happening:

- Do not plug large appliances

into extension cords or power strips. They need an outlet all to themselves.

- Get rid of extension cords. They're meant for temporary use—not permanent. Don't rig your year-round devices, like lamps or TVs, up to extension cords.
- If you use a lot of extension cords, you probably don't have enough outlets. An electrician can add more.
- Don't mistake a power strip for extra juice. All a power strip does is allow you to plug more devices into a single outlet. Doing that can overload that outlet.

Include Appliances in Spring Cleaning

As long as you've got your bucket and mop out, add your appliances—large and small—to your spring-cleaning to-do list.

Dishwasher. Even a cleaning machine needs a good cleaning every now and then to remove food, built-up detergent and other grime that could prevent your dishes from getting their cleanest and your appliance from working efficiently.

Empty the dishwasher. Place a bowl of distilled white vinegar on the top rack. Run a full-length, hot-water cycle. Next, sprinkle baking soda on the bottom of the dishwasher and run it again. Finally, leave the door open for a while to dry it out.

Refrigerator. Empty it—completely. Remove drawers

and shelves that are designed for removing, and wash them by hand with a mix of warm, soapy water and baking soda. Wipe down the sides and floor of the fridge's interior, and dry everything before putting it all back together. Then, pull the fridge away from the wall and vacuum the back of it and the floor.

Washing machine. When you wash your clothes in hot water, the machine cleans itself. Still, once a month or so, run an empty load on the hot cycle with about a cup of white vinegar. When the cycle stops, wipe down the inside of the machine to get rid of any leftover scum and germs. Let it dry thoroughly.

Microwave. Fill a glass bowl with water, distilled white vinegar and a sliced lemon. Place it inside the appliance and microwave on high for three or four minutes. When you open the door, steam should pour out. While the inside is still wet, wipe it down with a dry cloth.

Countertop appliances. You probably clean your coffee maker, juicer, food processor and toaster every time you use them, but do you clean them thoroughly? Take apart any pieces that detach and wipe them down with a clean, damp cloth. You can run a white vinegar and water solution through the coffee maker, juicer or food processor so the inner workings get clean too. Thoroughly dry all parts immediately.

Prevent DIY projects from landing you in the hospital

Spring has a way of sprouting do-it-yourselfers along with the daffodils. If you like to work around your house and yard when the weather clears up, do it safely.

Here are some tips when working on DIY projects:

- Leave complicated jobs—especially those involving electricity—to the pros. Even the most seasoned handymen stay away from jobs that could put them in danger or start a fire.
- If you do work with electricity, your tools need insulated grips.
- Switch off the circuit breaker that corresponds to the project you'll be working on.
- If you're repairing a lamp, appliance or other plugged-in device, unplug it before you start your work.
- Plug power tools into ground-fault circuit interrupters (GFCIs). That will prevent you from being shocked.
- If you need an extension cord for your power tool, choose one with a cord that measures less than 100 feet.
- Water and electricity don't mix, so don't use power tools in wet areas.
- If you're drilling into a wall, don't come into contact with electrical wires or water pipes.
- Shield your eyes and ears, and suit up with heavy-duty gloves and other protective gear when you power up your tools.
- Wear sturdy, protective shoes and long pants when using power tools—even your lawn mower.



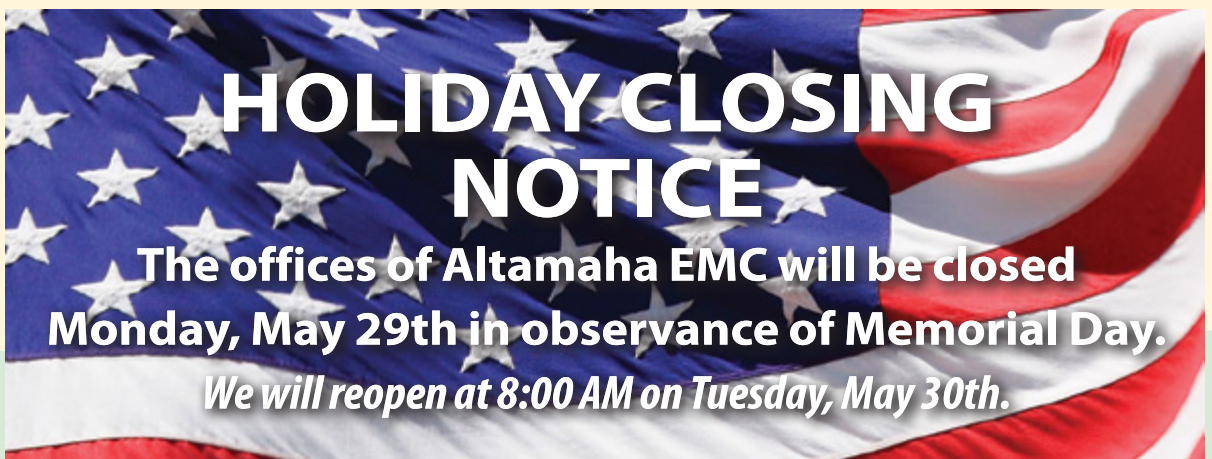
GFCIs



Your *Protection* from Electrocution



Ground Fault Circuit Interrupters have **saved thousands of lives** since their introduction to the National Electrical Code in the 1970s. Make sure your home is **properly protected** against ground faults with the correct installation of GFCIs.



HOLIDAY CLOSING NOTICE

The offices of Altamaha EMC will be closed Monday, May 29th in observance of Memorial Day.

We will reopen at 8:00 AM on Tuesday, May 30th.



Member **RECIPES**



Cinnamon Roll French Toast Casserole

Casserole

2 (17.5 oz.) cans refrigerated cinnamon rolls, icing reserved
2 tbsp. melted butter
4 eggs
1/3 cup milk
1 tbsp. cinnamon
1 tsp. vanilla

Icing

1/2 cup powdered sugar
2 containers reserved icing
2 tbsp. cream cheese, softened
1 tbsp. milk
(For extra icing, combine 3/4 cup powdered sugar, 3 oz. softened cream cheese and 1½ tbsp. milk.)

Directions

Preheat oven to 350 degrees. Remove cinnamon rolls from packages and cut each roll into sixths. Drizzle melted butter in a 9 x 13 inch pan. Spread cinnamon roll pieces evenly in pan. In a separate bowl, combine eggs, milk, cinnamon and vanilla. Whisk until combined. Pour egg mixture over cinnamon rolls. Bake at 350 degrees for 30-35 minutes or until top of casserole is golden brown and center is set. Prepare icing by combining reserved cinnamon roll icing with ½ cup powdered sugar, 2 tbsp. softened cream cheese and 1 tbsp. milk. Whisk until smooth. Pour icing evenly over casserole.

—From the kitchen of Leslie Bratton

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.