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you need to
know in
5 minutes!

CAMILLA, GEORGIA
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Harvest workers urged to take time to reap safe harvest

It can be an exciting and exhausting time, the culmination of a season of hard work. However, the rush to harvest can also yield tragic outcomes. Each year, dozens of farm workers are killed and hundreds are injured in accidents involving power lines and electrical equipment.

“Things people see every day can fade from view and in the busy-ness of harvest time, it’s easy for farm workers to forget about the power lines overhead,” says Richard McCracken of the Safe Electricity Advisory Board. “But failure to notice them can be a deadly oversight.”

Review with all workers the farm activities that take place around power lines. Inspect the height of farm equipment to determine clearance. Keep equipment at least 10 feet away from power lines – above, below and to the side – a 360-degree rule.

“Always lower grain augers before moving them, even if it’s only a few feet,” says Bob Aherin, PhD, CSP & University of Illinois Professor and Agricultural Safety & Health Program Leader. “Variables like wind, uneven ground, shifting weight or other conditions can combine to create an unexpected result. Also use extreme caution when raising the bed of a grain truck.”

Farm workers should take these steps to ensure a safer harvest season:

- Use care when raising augers or the bed of grain trucks around power lines.
- Use a spotter when operating large machinery near power lines. Do not let the spotter touch the machinery while it is being moved anywhere near power lines.
- As with any outdoor work, be careful not to raise any equipment such as ladders, poles or rods into power lines. Remember, non-metallic materials such as lumber, tree limbs, ropes and hay will conduct electricity depending on dampness, dust and dirt contamination.
- Never attempt to raise or move a power line to clear a path!
- Don’t use metal poles to break up bridged grain inside bins. Know where and how to shut off the power in an emergency.
- Use qualified electricians for work on drying equipment and other farm electrical systems.

Operators of farm equipment or vehicles must also know what to do if the vehicle comes in contact with a power line: Stay on the equipment, warn others to stay away and call 911. Do not get off the equipment until the utility crew says it is safe to do so.

“If the power line is energized and you step outside, touching the vehicle and ground, your body becomes the path and electrocution is the result,” Aherin said. “Even if a power line has landed on the ground, the potential for the area nearby to be energized still exists. Stay inside the vehicle unless there’s fire or imminent risk of fire.”

If this is the case, jump off the equipment with your feet together, without touching the ground and vehicle at the same time. Then, still keeping your feet together, hop to safety as you leave the area.

Once you get away from the equipment, never attempt to get back on or even touch the equip-



ment. Some electrocutions have occurred after the operator dismounts and, realizing nothing has happened, tries to get back on the equipment.

It is very important that all farm workers and seasonal employees are informed of electrical hazards and trained in proper procedures to avoid injury.

For more information on farm electrical safety, visit www.SafeElectricity.org (Spanish versions of this information are also available on the website).

Safe Electricity is the safety outreach program of the Energy Education Council, a non-profit organization with more than 400 electric cooperative members and many others who share the mission of creating a safer, smarter world.

Final Month to Claim Undeliverable Patronage Capital

Members can review a list of unclaimed patronage capital due to be escheated on September 29, 2017 online or in one of our district offices.

The last possible date to claim these funds is on September 29, 2017. If these funds are not claimed by this date, they will be donated for charitable uses, as permitted by O.C.G.A 44-12-236.

Our headquarters office located in Camilla and district offices located in Albany and Sylvester have hard copy list available for review. Our offices are open Monday-Friday, 8 a.m. to 5 p.m. Members can also access this list at www.mitchellemc.com, then About Us - Patronage Capital – Patronage Capital Escheatment.

Tips to prevent wildfires

By Abby Berry

In 2016, more than 65,000 wildfires burned 5.4 million acres of land in the United States according to the National Centers for Environmental Information. The worst part? Many of these wildfires could have been prevented.

While some wildfires are caused by lightning, approximately 90 percent are caused by human error. Many times, wildfires occur when campfires are left unattended, debris is burned improperly or cigarettes are carelessly discarded.

A wildfire can grow rapidly out of control when the three following conditions are present: oxygen, fuel and a heat source. The fuel can be any materials that are flammable near the wildfire, and the heat source can be a variety of things, like campfires, cigarettes or even warm winds. When these three conditions are met, a violent wildfire can ensue.

By taking a few extra precautions, campers and outdoor enthusiasts can enjoy the sights of nature without causing a wildfire. Here are a few tips from National Geographic to help prevent wildfires (see graphic).



Never leave a fire unattended, and make sure you completely extinguish the fire when you're done. Drench the fire with water and stir the ashes until cold.



When burning yard waste, follow local ordinances. Avoid burning in windy conditions, and keep a shovel, water and fire retardant nearby to keep fires in check.



Tips to Prevent Wildfires



Play it safe when using fueled lanterns, heaters and stoves. Lighting and heating devices should be cool before refueling. Keep flammable liquids and fuel away from appliances.



Never discard cigarettes, matches and smoking materials from moving vehicles, or anywhere on park grounds. Completely extinguish cigarettes before disposing of them.

Not all air filters are created equal

By Tom Tate

Forced air heating, ventilating and air conditioning (HVAC) systems require effective air filtration for optimum energy efficiency, maintaining clean(ish) ductwork and good indoor air quality. Air filters should be changed regularly. How often they need changing depends upon a number of factors including, but not limited to:

- Presence of pets that shed
- Amount of carpeted versus hardwood floors
- Where you live – amounts of dust, pollen, etc.
- Use of wood-burning supplemental heat sources
- Presence of cigarette smoke

The air inside our homes is full of particles originating from inside and outside sources. As the name “forced air” implies, conditioned air is blown into the house through ductwork. In order to operate efficiently, the air supplied is returned to the system for reconditioning, taking with it all the particles in the air and the occasional “tumbleweed” of pet hair that many of us are familiar with.

This junk-laden air flows through a filter before encountering the HVAC equipment. For cooling, there is usually an A-frame arrangement of what look like car radiators. For heating, it is generally a combustion chamber. Without a filter, the cooling coils would get clogged and the heating side would burn off whatever was in the air. Ah, the smell of burnt hair in the morning...

Air filters trap a lot of debris that otherwise would end up back in the house, stuck in ductwork, clogging HVAC equipment – or in our lungs. But enough with the HVAC and air quality primer. Let's tackle types of air filters.

Filters have more choices than you can shake a stick at. Fortunately, they can be broken down into two nicely defined categories, making the selection process manageable. The two are:

- Permanent or disposable
- Flat or pleated media (with a handy MERV rating)

Disposable are the most prevalent. Some in the flat media group look like they will stop only particles larger than a golf ball. They have flimsy cardboard frames and a thin, flat mesh you can easily see through. While they are cheap, don't waste your money. Your HVAC system and lungs deserve better.

Pleated filters perform better using media you cannot see through. While they look impervious, air can move through under pressure leaving its airborne cargo trapped. Pleated filters are better, in my experience.

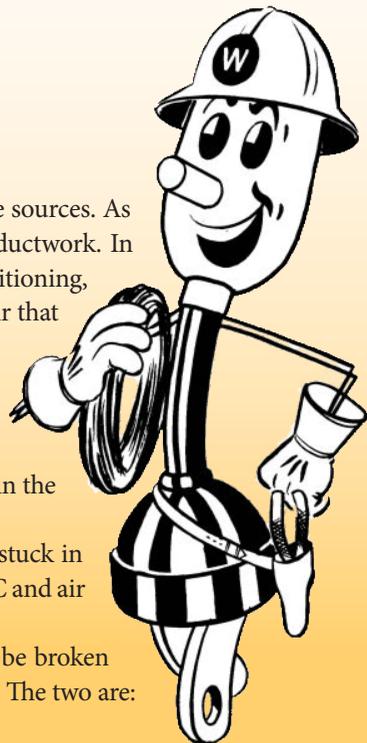
Remember MERV? That is a rating system that tells you how effective a filter is at trapping particles. Standing for Minimum Efficiency Reporting Value, it's a measure of efficiency. The scale runs from one to 16 (higher is better) and is based on trapping particles 3-10 microns in diameter. Research shows that residential filters with a MERV rating between seven and 13 are likely to be as effective as true HEPA (high-efficiency particulate arrestance) filters. This class of filter is used in clean room manufacturing and at the extreme end can trap particles much smaller than the diameter of a human hair, as small as 1 micron.

So, should you jump in and grab a supply of high MERV filters? Not without some research. All filters increase resistance to air flow. HVAC systems are designed to operate at a particular pressure and should support MERV ratings of one to four. A higher MERV value increases resistance, making the system work harder. It loses efficiency and increases wear on operating components.

So, how do you decide which level of filter to use? If you have your system's operating manual or can grab it online, check for recommendations. Otherwise, my advice is to go with a decent (MERV three to five) pleated filter and check it once a month to see how it is performing. Also check to see if the dust inside abates.

Spend a little more and breathe a lot easier with a regular schedule of air filter replacement. A simple change that pays big dividends.

Tom Tate writes on cooperative issues for the National Rural Electric Cooperative Association, the Arlington, Va.-based service arm of the nation's 900-plus consumer-owned, not-for-profit electric cooperatives.





Energy Efficiency Tip of the Month

Cooler temps will be here soon! No matter what kind of heating system you have in your home, you can save money and increase your comfort by properly maintaining and upgrading your equipment. Contact a licensed professional to inspect your system *before* the winter chill arrives.

Source: U.S. Dept. of Energy



Note: *If you move or no longer have electric service with Mitchell EMC, it is important that members keep their address current, so that future disbursements can be properly mailed. Capital credits are reserved for members even if they move out of the Mitchell EMC service area. Mitchell EMC will make a diligent effort to send a check by mail.*

Statement of Equal Employment Opportunity

All applicants for employment shall be considered and hired on the basis of merit, without regard to race, color, religion, sex (including pregnancy), age, national origin, disability, genetic information, or past or present military status. The employment practices shall ensure equal treatment of all employees, without discrimination as to promotion, discharge, rates of pay, fringe benefits, job training, classification, referral, and other aspects of employment, on the basis of race, color, religion, sex (including pregnancy), national origin, disability, age, genetic information, or past or present military status. M/F/V/DV/D

WATT'S COOKING



Parmesan-Crusted Chicken

Ingredients:

1/2 cup mayonnaise

1/4 cup grated Parmesan cheese

4 boneless, skinless chicken breasts or thighs

4 teaspoons Italian seasoned dry bread
crumbs

Preheat oven to 425 degrees. Combine mayonnaise with cheese, arrange chicken in baking pan. Evenly top with mayonnaise mixture, then sprinkle with bread crumbs. Bake until chicken is thoroughly cooked, about 20-30 minutes. Serves 4.

Thanks!

to

Joyce Mortin, Mitchell County, GA,
for sharing this recipe.

Share & Win!

Send us your favorite quick and easy dinner recipes. If your recipe is chosen for print, you can win a

\$25 credit

on your next Mitchell EMC bill.

Send recipes to Heather Greene, P.O.
Box 409, Camilla, GA 31730 or email to
heather.greene@mitchellemc.com.