



The news  
you need to  
know in  
5 minutes!

CAMILLA, GEORGIA  
[www.mitchellemc.com](http://www.mitchellemc.com)

## Unplug With Meaningful Community Programs

By **Tony Tucker**, *President/CEO*

Most adults have a vague memory of a time when “checking for messages” meant listening to an answering machine. We carried on with our days without relying on cell phones and managed just fine. But today, we are more connected than ever through our smart phones and other devices.



Our phones are so much more now—from cameras to calendars to social media connections—and *truly* disconnecting from them can be tough. But it’s even harder for

our kids to unplug because they only know life with these tiny screens. It’s difficult for them to imagine life without computers, gaming devices, tablets or cell phones.

But there’s great value in unplugging for children *and* adults, even if it’s for just a short period of time. For kids, time away from the screen to be outside with other children allows them to connect with nature and others in a way that a virtual experience simply does not allow. They are able to experience life in the moment and allow their creativity and energy to break free.

Fortunately, we have access to great community programs and organizations like 4-H, Boy Scouts, Girl Scouts, etc. that provide children with a safe place to play, learn and grow, while cultivating new skills and interests.

These types of clubs and programs offer kids an opportunity to explore activities and interests outside of school academics. Children can investigate areas they might not otherwise have access to and discover new interests and passions. They often learn new skills and strengthen existing ones. It’s no secret that the broader the range of experiences and activities children are exposed to, the more likely they are to find their own path and possibly a career. Community programs also foster important leadership development and public speaking skills. Through guided and informal play and activities, children learn problem-solving and interpersonal skills that enable them to resolve conflicts peacefully and improve interpersonal relationships.



Dougherty, Mitchell, and Worth County 4-H’ers unplugged and attended a Tri-county STEM Camp full of activities to remind them how fun science can be. Ashton Tye, Tripp Rogers, Lelan Orr, Adam Blech, and Ayden Williams enjoyed a Coke Float sponsored by Mitchell EMC during the Tri-County 4-H STEM Camp.

Adults can also find meaningful opportunities to spend time with the kids when we *all* unplug. From board games to craft projects to playing in the park, there are many ways we can unplug for some family fun.

While you and your children are disconnecting, take a moment to identify potential energy savings. Unplug electronics that are not in use to avoid “vampire” energy loss. This is the energy that is drained from technology and electronics even when they are not in use. For example, although it is turned off, your TV is waiting to receive a signal from the remote and your DVR is waiting to record the next show or perform an update.

Let’s encourage youngsters to step away from the screens and join in. To play and be part of an organization that helps them connect with others and find meaningful interactions and explore new activities and interests.

When you do plug back in, Mitchell EMC is here to help you save money and energy by connecting you with our energy saving programs and services. While we’d love to see you in person, we’re also just a call or click away.

## Tips for a Safe Harvest

By Abby Berry

Agriculture is the backbone of our country, and our livelihood greatly depends on the crops provided by American farmers. In addition to being one of the most labor-intensive professions, farming is also considered one of the most dangerous jobs in the U.S.

The hard work and exhaustive labor are tough but rushing the job to save time can be extremely dangerous—even deadly—when farming near electrical equipment.

Every year, we see collisions where tractors and other farming equipment accidentally collide with utility poles and power lines, causing injuries and power outages. These dangerous accidents can be avoided by looking up and around your surroundings when operating large farm machinery. If you're preparing for harvest season, please keep the following safety tips in mind:

- Maintain a 10-foot clearance around all utility equipment in all directions.
  - Use a spotter and deployed flags to maintain safe distances from power lines and other electrical equipment when working in the field.
  - If your equipment makes contact with an energized or downed power line, contact 9-1-1 immediately and remain inside the vehicle until the power line is de-energized. In case of smoke or fire, exit the cab by making a solid jump out of the cab (without touching it), and hop away to safety.
  - Consider equipment and



When practicing farm safety, consider all equipment and cargo extensions of your vehicle. Photo Source: Lance Cheung, USDA

cargo extensions of your vehicle. Lumber, hay, tree limbs, irrigation pipes and even bulk materials can conduct electricity, so keep them out of contact with electrical equipment.

September 19-25 is National Farm Health and Safety Week but practicing safety on the farm year-round yields positive results. We hope you never find yourself in a situation where farming equipment contacts power lines or poles, but if you do, we hope you'll remember these safety tips.

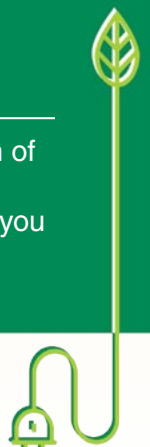
*Abby Berry writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association, the national trade association representing more than 900 local electric cooperatives. From growing suburbs to remote farming communities, electric co-ops serve as engines of economic development for 42 million Americans across 56% of the nation's landscape.*

## Energy Efficiency

### Tip of the Month

Energy used for cooling and heating your home makes up the largest portion of your monthly energy bills. By combining regular equipment maintenance and upgrades with recommended insulation, air sealing and thermostat settings, you can save about 30% on your energy bills while helping our environment.

Source: [www.energy.gov](http://www.energy.gov)





# Attention Farmers Just a reminder...

Time Of Use (TOU) rates for irrigation systems began on June 1. The TOU kWh cost is based on the time of day in which it is used. The rate will distinguish between ON-PEAK and OFF-PEAK usage. \*TOU rates apply from June 1 through September 30. If you have any questions, please do not hesitate to contact us at 229-336-5221 or 1-800-479-6034.

# TIME OF USE

## TYPES OF FUEL SOURCES

Electric co-ops and other utilities use a variety of fuel sources to generate the electricity that powers your home. Below are the main fuel sources used to generate power.

### Renewable Energy Sources



#### Solar

Solar energy is generated by sunlight that is typically harvested through solar photovoltaic panels.



#### Wind

Wind energy is generated by large turbines that spin and convert wind power to electricity.



#### Geothermal

Geothermal energy is generated by using heat from within the earth.



#### Biomass

Biomass is renewable organic material (from plants and animals) that is burned to produce power.



#### Hydro

Hydropower is the force of flowing water to rotate turbines and generate electricity.

### Non-Renewable Energy Sources



#### Coal

Coal is black or brown rock that is burned at a coal plant to generate power.



#### Natural Gas

Natural gas is extracted from the earth and burned to produce pressurized gas. The gas spins a turbine to generate electricity.



#### Nuclear

Nuclear energy uses the process of fission to generate heat that produces steam, which is used by a turbine generator to produce electricity.



**GATE**  
Georgia Agricultural Tax Exemption  
GEORGIA DEPT OF AGRICULTURE

### Georgia Agricultural Tax Exemption Expires December 31

If you're an agricultural producer and receive the Georgia Agricultural Tax Exemption (GATE) on electricity, you must renew it beginning this October.

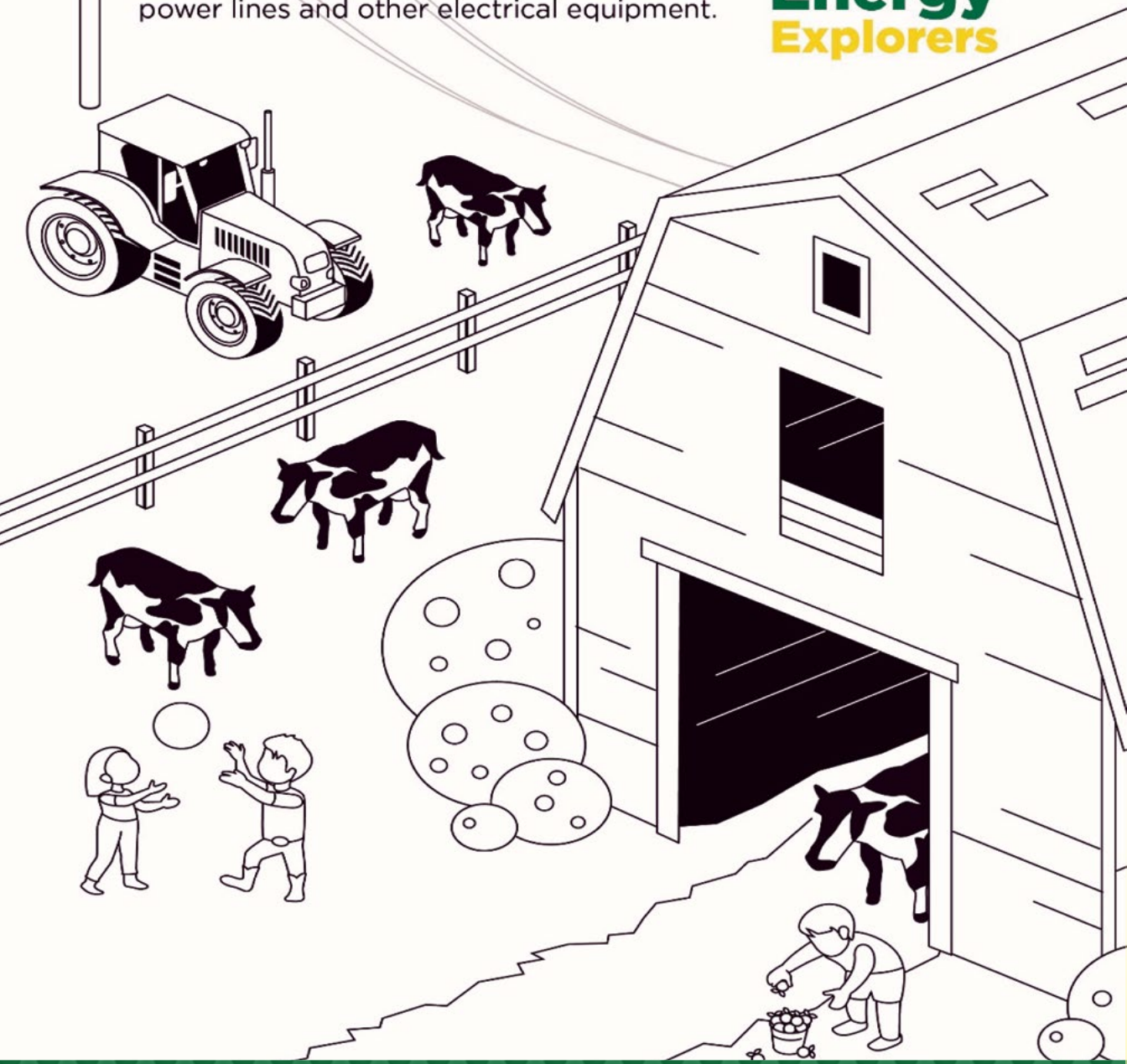
GATE is an agricultural sales and use tax exemption certificate issued by the Georgia Department of Agriculture. The document identifies its user as a qualified farmer or producer who is exempt from sales tax on the inputs used in the production of their commodity.

Mitchell EMC member-owners who receive a GATE certificate should send us a copy along with the account numbers that apply to the GATE certificate, so we can apply the exemption to their account. We must receive a copy of the new certificate by December 31 for the exemption to continue.

Serving in 14 Southwest Georgia Counties...

# Farm Safety Coloring Sheet

Farm Health and Safety Week is September 19-25! Whether you live on a farm or in the city, always remember to avoid playing near power lines and other electrical equipment.



**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



## Spicy Sausage and Cabbage with Yellow Rice

### Ingredients:

One small head of cabbage (cut into thin slices)

Smoked sausage (Kielbasa) (cut into slices)

One medium yellow onion (cut into thin slices)

Tony Chachere's Original Creole Seasoning, to taste

Pepper, to taste

2-3 cloves of pressed garlic

Olive oil: to cover the bottom of the pan and for mixing in the ingredients above

Yellow rice (prepared according to pkg. directions)

Cheddar cheese

### Directions:

Pan-fry the sausage pieces until browned, then set aside. Get the yellow rice cooking according to package directions. Cover the bottom of a large skillet pan with olive oil and gently saute the garlic. Add the cabbage and onions all at once and stir the garlic and oil all over the cabbage and onion strips. When the cabbage and onions just begin to get tender, add the pepper and Chachere's Seasoning to taste. Add the cooked sausage pieces and stir everything together. Serve hot with the yellow rice on the side. When the yellow rice is served, top it with cheddar cheese so that the cheese melts over the rice. Enjoy!

Submitted By: **Andrea Gillan,**  
Lee County

## 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.