# Playing it Safe Online

By Tony Tucker, President & CEO

In today's world, most of us don't leave the front door unlocked. We protect our homes, loved ones and valuables from intruders with locks, alarms and other security measures. Cybersecurity is no different. It's the practice of protecting other valuables such as your identity, banking and health records and other sensitive information from digital attacks and theft.

In addition to pumpkin-spice lattes, crisper air and Halloween festivities, October is the time of year we recognize Cybersecurity Awareness Month. While taking necessary steps to protect our personal information is a year-round practice, at Mitchell EMC, we use this time to share helpful cybersecurity reminders across our team of employees.

Given our increased reliance on internet-connected devices and gadgets, this month, I'd like to share a few cybersecurity tips and let you know how Mitchell EMC is working to boost our own cybersecurity efforts.

According to the Cybersecurity and Infrastructure Agency (CISA), an agency of the United States Department of Homeland Security that is responsible for strengthening cybersecurity and infrastructure protection, these are the four best ways to keep you and your family safe online.

- 1. Implement multi-factor authentication (also known as two-step verification) on your accounts. The additional layer of protection makes it much harder for criminals to access your information. Even if a hacker obtains your password, they may be unable to access your accounts if multi-step verification is enabled.
- **2. Update your software.** This is one of the easiest ways to protect your personal data. When downloading a software update, make sure it's coming straight from the company that created it. Beware of fake pop-ups that request urgent downloads. Better yet, turn on automatic updates.
- **3. Think before you click.** Most successful cyber attacks start with a phishing email. Don't take the bait when cyber criminals go phishing. Avoid emails (or texts) that look too good to be true, oddly urgent, poorly crafted or include unusual requests.
- **4. Create strong passwords**, using long, unique and complex words or phrases. Consider using a password manager to save time, work across all devices, protect your identity and notify you of potential phishing websites. **For the young people in your household**

Just as you would talk with your children about safety in the physical world, discuss ways to stay safe online. Help them understand the public nature of the internet. Young people need to know early on, that what is shared online stays online and is difficult (if not impossible) to take back. Just as you would guard your money or valuables, children need to learn to guard their personal information, especially on social networks. As a parent or guardian, help your children learn about and use the privacy and security settings on social networks and gaming sites.

#### Keeping the electric grid and your data secure

We're doing our share on the cyber front. Part of offering excellent service is keeping that service secure and reliable. For Mitchell EMC, reliability means repairing wear-and-tear, upgrading our equipment to withstand storms and severe weather and using technology and best practices to keep our system secure from cybersecurity issues.

We also work together with co-ops across the country to develop new technologies and infrastructure, learn from each other and keep the grid's network secure.

While we can't stop a storm or predict every disruption, as a co-op, we do everything we can to keep the lights on and our members protected. Because if we all do our part, our interconnected world will be safer and more secure for everyone.

# **A Community Partner Since 1937**



# Mitchell EMC hosted recent Community Blood Drive

One of the ways our communities are made stronger is through one of the seven cooperative principles, Concern for Community. Blood donors play a vital role in the healthcare of patients in our communities. Mitchell EMC hosted a Community Blood Drive on August 14, 2023, at our Camilla Headquarters. Your help as a community is essential to the blood supply. The reason to donate is simple...it helps save lives. DID YOU KNOW: That every two seconds of every day, someone needs blood.

Congratulations Katie Sadler! Katie was the winner of our \$100 Gift Card and Mitchell EMC Swag Bag! We would like to thank every donor for participating in the Mitchell EMC Blood Drive! Your donation is truly a gift of life for many patients.

#### **Equipment Auction**

Mitchell EMC has the following vehicles/equipment for sale 'as is' to the highest bidder. If you wish to bid, please pick up a form from any of the district offices or download one from the website. You can view the items at our Camilla Office Monday - Friday, 8am until 5pm. For more information, contact Keith Gilliard, Shop Mechanic, at (229)336-5221 or (800)479-6034. Please submit your bid in a sealed envelope no later than 5pm, Friday, November 3rd, 2021, to the Camilla Office location, PO Box 409, Camilla, GA 31730. The winners will be contacted by Friday, November 10th. Pickup and payment of vehicles/equipment no later than Thursday, November 30th.

Item #	MEMC#	Year	Make	Model	Description	Mileage	VIN
1	2082	2003	FORD	F150	PICKUP F150	137,209	1FTRX17W83NA16344
2	2101	2009	DODGE	1500	PICKUP 1500 ST 4X4	197,714	1D3HV16P795516434
3	2106	2011	DODGE	1500	PICKUP 4X4 1500 REG CAB	208,360	3D7JV1ET9BG633048
4	2109	2012	DODGE	1500	PICKUP DODGE RAM 1500	147,038	1C6RD7KT4CS213609
5	2118	2016	DODGE	2500	PICKUP 2500 4X4 CREW	148,678	3C6UR5CJ2GG119433
6	2120	2016	DODGE	2500	PICKUP 4X4 2500 CREW TRADESMAN	181,803	3C6TR5CT0GG283969
7	5057	2013	DODGE	5500	SERVICE BUCKET RAM 4X4 - 5500 CA	185,303	3C7WRNAL9DG588118
8	5055	2011	DODGE	5500	SERVICE BUCKET 5500	255,535	3D6WA7EL3BG512301
9	5058	2015	FORD	F550	SERVICE BUCKET F550	157,468	1FDUF5HT0FEB62875
10	5059	2015	DODGE	5500	SERVICE BUCKET	202,245	3C7WRNAL4FG635638





# SPOOKY ENERGY SAVINGS

By Abby Berry



This spooky season, we're sharing a few energy-saving tricks so you can treat yourself to lower energy bills. Here are four simple ways to summon the spirit of energy efficiency.

Conjure instant savings with a smart thermostat. One of the easiest ways to save energy is through thermostat control, since home heating and cooling account for a large

portion of monthly energy use. Smart thermostats can help you manage heating and cooling costs by learning your daily routine and adjusting the temperature settings

accordingly. You can control a smart thermostat from anywhere (through your smart phone), which allows you to prevent unnecessary energy consumption while you're away. Sorcery!

Get rid of goosebumps by eliminating ghostly drafts. The winter chill is just around the corner, so Small countertop appliances like slow cookers use less energy than now is the time to seal air leaks around your home. Apply caulk and weatherstripping around drafty



cooking meals on the stovetop. Photo Source: NRECA

windows and doors to make your home more comfortable and lower energy use.

Illuminate your lair with energy efficient lighting. LED bulbs use 75% less energy and last 25 times longer than incandescent light bulbs. Make the switch to reduce energy used for lighting. Remember to use LEDs when it's time to decorate for the upcoming holiday season. LED light strings offer an average of 88% energy savings compared to traditional incandescent light strings.

Stir up savings with countertop cauldrons. Cooler weather summons our favorite soup recipes. Small countertop appliances like slow cookers use less energy than cooking meals on the stovetop. Grab your book of spells (or recipes) and start stirring up savings in the kitchen.

When we look around our homes, there are many opportunities to save energy. So this spooky season, investigate your space and unlock a different kind of magic – the kind that brings real energy savings.

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.





## Serving in 14 Southwest Georgia Counties...

# ENERGY VAMPIRES WORD SEARCH

Are energy vampires hiding in your home?
These electronic devices consume electricity even when they're not in use and can drain home energy bills.

Read the tips below to learn how you can fight energy vampires, then find and circle the **bolded** words in the puzzle.



R W Y E S B G S V F S V V X Q X E M R M X X T V B N U D T O G P K X G K J C I B B J U I O J R X A R C N R E P M J V R E A V R T M P T Y Y I C Z U W L T R W Q U E D G U K N J P I O E R R A X N E K Z X C D E F S F E K Y S V Y F A Y E H Z E N Y R N L T F I L F A Q W O U O O A A W V Z D E H O X O L N C G N K Z T T Y S K R C L K A E T Q S D G M J S W W X S N M Z E R E G R A H C E N O H P A B A C T T Z K Q N U X E M Y G L A P T O P C O M P U T E R S

## Tips to Fight Energy Vampires:

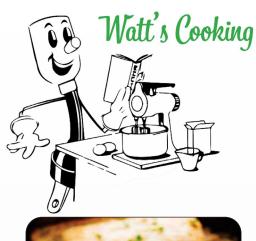
- If your phone is juiced up, unplug your phone charger.
- Tell your parents to unplug the coffee maker when they're finished brewing.
- When you're finished playing that new game, unplug your game console.
- Unplug laptop computers when you're done with homework.



<u>Note:</u> 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 applications 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





#### **Parmesan Chicken Breast**

#### Ingredients

1 cup grated parmesan cheese 2 cups soft breadcrumbs 1/2 cup butter, melted 6 boneless chicken breast halves 1/2 cup Dijon yellow mustard

#### Directions

Preheat oven to 425 degrees. Combine cheese, breadcrumbs, and butter. Coat breasts with mustard, then dip into crumb mixture. Place breaded chicken into a 13x9 baking pan. Bake until chicken is 165 degrees - usually about 15 minutes.

Submitted by: Todd Layton, Mitchell 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.