

Mitchell EMC



The news
you need to
know in
.5 minutes!

CAMILLA, GEORGIA
www.mitchellmc.com

Prioritize Safety Year-Round

By Tony Tucker, President and CEO

At Mitchell EMC, we recognize Electrical Safety Month every May, but we also know the importance of practicing safety year-round. From our co-op crews to you, the consumer-members we serve, we recognize that everyone has a part to play in prioritizing safety.

According to the Electrical Safety Foundation International, thousands of people in the U.S. are critically injured or electrocuted as a result of electrical fires and accidents in their own homes. Many of these accidents are preventable. Electricity is a necessity, and it powers our daily lives. But we know first-hand how dangerous electricity can be because we work with it 365 days a year.

To me, safety is more than a catchphrase. As President/CEO, it's my responsibility to keep co-op employees safe. Additionally, we want to help keep you and all members of our community safe. That's why you'll see Mitchell EMC hosting safety demonstrations at community events and in schools throughout the year, to demonstrate the dangers of electricity. We discuss emergency scenarios, such as what to do in a car accident involving a utility pole and downed power lines. We caution students on the dangers of pad-mounted transformers and overloading circuits with too many electronic devices.

Electricity is an integral part of modern life. Given the prevalence of electrical devices, tools and appliances, I'd like to pass along a few practical electrical safety tips.

Frayed wires pose a serious safety hazard. Power cords can become damaged or frayed from age, heavy use or excessive current flow through the wiring. If cords become frayed or cut, replace them, as they could cause a shock when handled.

Avoid overloading circuits. Circuits can only cope with a limited amount of electricity. Overload happens when you draw more electricity than a circuit can safely handle--by having too many devices running on one circuit.

Label circuit breakers to understand the circuits in your home. Contact a qualified electrician if your home is more than 40 years old and you need to install multiple large appliances that consume large amounts of electricity.

Use extension cords properly. Never plug an extension cord into another extension cord. If you "daisy chain" them together, it could lead to overheating, creating a potential fire hazard. Don't exceed the wattage of the cord. Doing so also creates a risk of overloading the cord and creating a fire hazard. Extension cords should

not be used as permanent solutions. If you need additional outlets, contact a licensed electrician to help.

I encourage you to talk with your kids about playing it safe and smart around electricity. Help them be aware of overhead power lines near where they play outdoors.

Our top priority is providing an uninterrupted energy supply 24/7, 365 days per year. But equally important is keeping our community safe around electricity.

Contact Mitchell EMC for additional electrical safety tips or if you would like us to provide a safety demonstration at your school or upcoming community event.

**PLUG
INTO
SAFETY**

ELECTRICAL SAFETY MONTH

Make electrical safety a priority
this month, and every month.

May is Electrical Safety Month

Electricity lights homes and businesses, provides warmth and keeps appliances and equipment running smoothly. During Electrical Safety Month, Mitchell EMC and Safe Electricity provide these electrical safety tips to avoid hazards both inside and outdoors.

Staying safe on the road

Downed power lines can happen because of wind, storms, animals or an auto accident/collision.

1. If you see a downed power line, call 9-1-1 to report it and stay in your car. You cannot tell by looking or listening if the power line is deenergized. Wait in your vehicle until an electric utility crew member says it is safe to get out.
2. Do not drive over a downed power line. Doing so could cause a domino effect and bring down other lines, poles and equipment.
3. The only time you should exit is if your vehicle or cab is on fire. If this is the case, make a solid jump from the car or cab without touching it, landing with both feet together. Then, hop away with your feet together as far as you can.

Staying safe outside

When working outside, be aware of overhead and underground power lines.

1. Keep at least 10 feet away from overhead power lines. Keep any items you are carrying or using, such as long poles or other extended equipment, 10 feet away from power lines at all times. Carry an extension ladder or other far-reaching tools or equipment horizontally.
2. Make sure that all outside outlets are ground-fault circuit interrupter (GFCI) protected.
3. Before digging, call 8-1-1 or your state's underground locating service. Buried lines such as electric, gas, water, sewer and other lines bring services indoors. Besides the dangers of coming in contact with a gas or electric line, fines due to damage are the responsibility of the homeowner

or landowner. Privately owned lines and systems will not be marked by the free service.

4. When you see lightning, take shelter inside the house, shop or a hard-topped vehicle for protection. Stay away from high places, and do not take shelter under an isolated tree. Stay away from items that conduct electricity, such as metal fences. If you are swimming or in a hot tub, get out. Water is an electrical conductor that is dangerous during a storm.

Staying safe inside

With so many people working from home, the workplace and where you live can be one and the same. This means more devices are plugged into outlets or circuits that may not be able to handle the load.

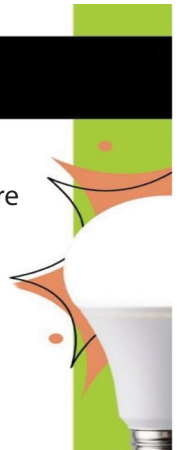
1. Have a qualified electrician/licensed contractor check for hazards if you notice the following: dimming lights, a sizzling or buzzing sound, the smell of warm plastic, a switch plate that feels warm or looks scorched, sparks when plugging in or unplugging items or circuits that trip often.
2. When working with electrical equipment inside the house or shop, be aware that electrical equipment can spark when flammable vapors, gases or dust are present.
3. Do not overstretch a cord or use frayed or damaged cords.
4. During storms, lightning can enter homes through corded phones, televisions, radios or computers. Lightning can also travel through plumbing, so do not take a bath, shower or wash dishes when you see lightning strikes. If possible, unplug appliances and electronics before the storm, including cell phones that are charging via electricity. Surges caused by lightning can damage electronics and appliances.

For more information on electrical safety, visit SafeElectricity.org.

ENERGY EFFICIENCY TIP OF THE MONTH

Routine maintenance is important to keep your refrigerator running efficiently. Lint and dirt should be cleaned from the coils every six months to a year, and more often if there are pets in the home. When coils are coating with lint, dust or pet hair, your refrigerator works harder than it's designed to, which can prevent the appliance from cooling properly and efficiently. The additional work can increase the energy costs of the refrigerator by as much as 35% and shorten the life of the appliance.

Source: energy.gov



CAN YOU SPOT THE ELECTRICAL HAZARD?

Electricity is essential for everyday life, but when combined with seemingly harmless items or elements, it can create a hazardous situation. View the grouped items below, then circle the two items that (when combined) create a potential electrical hazard.



Check your work in the answer key below.

1.

a)



b)



c)


2.

a)



b)



c)


3.

a)



b)



c)


4.

a)



b)



c)


5.

a)



b)



c)



Serving in 14 Southwest Georgia Counties...

Attention Farmers Just a reminder...

Time Of Use (TOU) rates for irrigation systems begins 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.



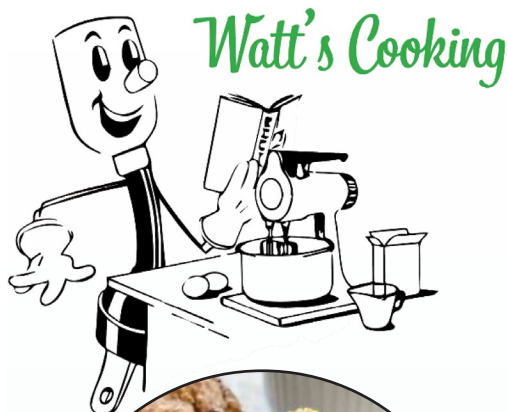
Honoring the brave heroes
who made the ultimate
sacrifice for our freedom.



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 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



Picture Credit: stonegableblog.com

Nana-Nut Bread

Ingredients

- 1 1/3 cups of all-purpose flour
- 1/2 cup of Splenda
- 1 teaspoon of baking powder
- 1/2 teaspoon baking soda
- 1 pinch of salt
- 1 tablespoon canola oil
- 1/3 cup of milk
- 2 teaspoons of vanilla
- 1 1/4 mashed bananas
- 1 cup chopped pecans

Directions

Preheat oven to 350°. Spray 9x5 loaf pan with nonstick cooking spray. Blend dry ingredients and set aside. Add oil, milk and vanilla to bananas. Add dry ingredients and nuts. Bake in preheated oven for 45-55 minutes or until rich brown color and center is set.

Submitted By:

Brenda Harrell, 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.