A Trip of a Lifetime

If you're a high school sophomore or junior living or attending school in Walton EMC's service area, you could be one of four students who win an all-expense-paid trip to Washington, D.C., as a participant in the Washington

This leadership development opportunity provides a peek at how our state and national governments work and what it takes to be a better leader. The trip includes one-on-one meetings with congressional delegates, visits to the White House and national monuments and enjoying social activities with other Tour delegates from across the nation.

TO APPLY:

Youth Tour.

- · Complete the entry form and submit it to Walton EMC by the deadline.
- Take a written test on provided material covering topics such as electricity, cooperatives, Walton EMC and the electric utility industry.
- The eight students with the best score will move on the to the interview round of the contest where the judges will choose four winners and one alternate.

TO QUALIFY:

- Be a high school sophomore or junior
- Live or attend a school in WEMC's service area
- Have your parent's permission to enter
- If selected, you must commit to the trip
- · Past winners are not eligible



Entry Form Deadline: Friday, February 11, 2022.

Contest:

Monday, March 7, 2022, 6:30 p.m. at Walton EMC Headquarters 842 U.S. Highway 78 NW Monroe, GA 30655

Washington Youth Tour: June 16-23, 2022

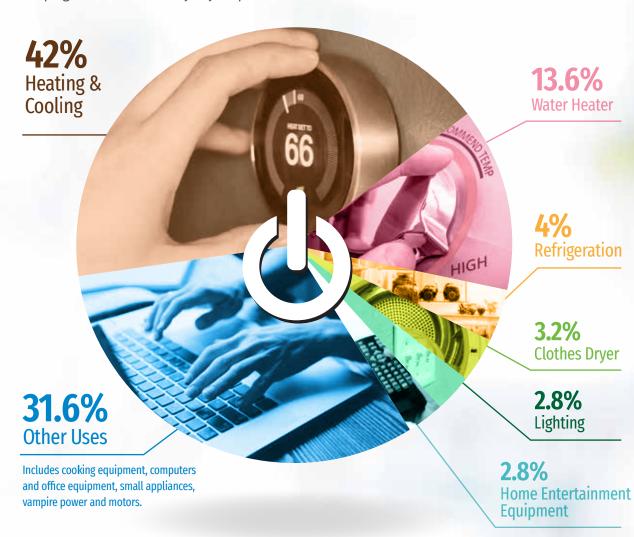
Visit bit.ly/WEMC-WYT for deadlines and updates.



neatte

WHERE DOES THE POWER GO?

Understanding what the biggest users of electricity are is the first step to reducing consumption, keeping bills low and money in your pocket.



Want to reduce your energy consumption?

Watch our Home Energy Evaluation video at bit.ly/Home-Energy-Evaulation.

Source: Annual Energy Outlook 2021, U.S. Energy Information Administration



REALITE JAN 2022 VOLUME 72, NO. 1

quick guide

IF YOUR POWER IS OUT

770.267.2505

IAN '22

> plugged in

> generator safety

> powerful gadgets

> washington youth

waltonemc.com > Report an Outage

WHEN WE'RE AVAILABLE

Power Outages and Emergencies > 24/7 Contact Center > M-F, 7A-7P Business Offices > M-F. 8A-5P

find us

Monroe 842 US Hwy. 78 Snellville 3645 Lenora Church Rd. Watkinsville 2061-D Hog Mountain Rd.

Web waltonemc.com

Facebook facebook.com/waltonemc Twitter twitter.com/waltonemc Youtube youtube.com/emctv

our leaders

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walton gas

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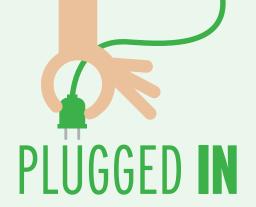
NEED SECURITY SERVICE?

770.963.0305 or emcsecurity.com

That means our cooperative focuses on service, not profit. We serve more than 135,000 accounts in Athens-Clarke, Barrow, DeKalb, Greene, Gwinnett, Morgan, Newton, Oconee,

Our subsidiaries supply natural gas and security services.





Q: How can I use information from myWaltonEMC to save energy?

A: As temperatures drop, energy consumption rises. So now is a good time to become familiar with the energy-tracking features available via the myWaltonEMC web portal and mobile app. The app provides easy-to-read graphs that give you a detailed look at your past and current usage all in one place. You can view your usage and weather trends by month, day or hour.

Having access to this real-time data lets you:

- See how your power demand corresponds to outdoor temperatures.
- Analyze and understand what your typical or average usage is for a particular time period, such as a certain day of the week.
- Note changes in your usage.
- Create and track a monthly budget to avoid unexpected high utility bills.

You can also find links to energy saving tips and other information to save you money

Take advantage of this free tool!

Download the myWaltonEMC app from the App Store or Google Play, or sign up on the web portal at waltonemc.com.



Kim Jones, Customer Care Representative

GENERATE SAFELY

A portable generator can provide emergency backup power in the event of an outage. Used wisely, it is a convenient way to remain comfortable while waiting for line repairs. But when portable generators are installed or operated unsafely, they can be a hazard for both the user and Walton EMC line workers.



Before installing or operating a portable generator, read the owner's manual and manufacturer's recommendations for safe operation.



Never connect a generator directly to household wiring without first installing a transfer switch. This prevents backfeeding that could electrocute Walton EMC employees who are making repairs.



If you're powering something outdoors or around water, use a GFCI-equipped extension cord to keep people safe from shock.



Use heavy-duty, outdoor extension cords that are rated for the load when plugging appliances directly into the generator.



Don't run a generator inside any enclosed or partially enclosed structure, like under an open garage.



Position generator outdoors at least 20 feet from doors, windows and vents to prevent deadly carbon monoxide from entering a home.



Determine which appliances need backup power and get a qualified electrician to calculate their wattage requirements correctly.



REFUEL RESPONSIBLY.

Turn off the generator and allow it to cool before refueling.



POWERFUL

Recharge Your Workout!

Planning to get more exercise in 2022? Walton EMC has researched some fitness gadgets that can help beginners and fitness enthusiasts alike to achieve your new year's resolutions.

SMART ROPE

Interject something new into your fitness routine — and maybe revisit childhood days — by skipping a "smart" rope. Several manufacturers offer a basic rechargeable one that comes with a digital counter and a complementary app. As a group, smart ropes are an inexpensive fitness equipment investment, starting at around \$40.

LIGHT-BASED TRAINING SYSTEM

Reaction training lights that improve agility and speed, which have been favored by pro athletes for years, can now be used for home fitness. A system of rechargeable pods are used to train the body and the brain, improving reaction time, mental accuracy, sensory processing and other neurocognitive attributes. FitLight and BlazePod are the most recognized brands. A basic system begins at about \$225.

PERCUSSIVE RECOVERY DEVICE

They may look like they belong in the home workshop, but these rechargeable massage "guns" are the ideal finish to any intensive workout. Choose from pocket-sized versions to bigger handheld models to mimic a professional massage and help with muscle recovery, circulation and more. The dominant brands, Theragun and HyperVolt, have models beginning at \$200.



LEARN MORE: Visit waltonemc.com for more information about portable generator safety.