



South River EMC Communicator

IDEAS HELP TEACH SKILLS

Jeanette Williams has been an educator for over 20 years, and is currently working with students at Hobbtton High School.

Williams works with the exceptional children’s program, which serves students in grades 9-12, and beyond.

“I currently have nine students in my class, those students stay with me all day, every day for their high school time,” said Williams.

Students in the self-contained class learn basic academics, daily hygiene, self-help skills and job skills.

Williams thought it would be a great idea to give students the opportunity to learn all aspects of running a business, so she wrote a Bright Ideas grant.

The grant, entitled, “Wildcat Country Café”, was written for \$2,477.18, and included items like pot and pan sets, hairnets, hand mixers, refrigerator and more.



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Williams spent September, October, and November, teaching students about hygiene and safety practices expected for their kitchen work.

"As a teacher you sit sometimes and daydream of all the things you could accomplish if you only had the resources to purchase what you need and how you would enrich learning for your students," said Williams. "To receive a Bright Ideas grant allows you to bring those ideas and projects to your students, to extend their learning and to offer opportunities that you might not be able to offer without the support of a grant."

Once she received the funding and ordered her items, it was a waiting game. Because she was ordering so close to the holidays, shipping delays were part of the package.

"In order to make the kitchen functional, I brought my personal items from home," Williams said. "I also had to adjust what projects we were completing to match with the items and materials we had available."

Since returning from holiday



break, students have prepared breakfast at least once a week, and menu options have included pancakes, bacon, sausage, breakfast burritos and waffles.

They have also created their own personal pan pizzas, as well as a taco bar.

"I think the most difficult concept to teach students is having them learn to believe in themselves," said Williams. "As well as realizing they are capable in their cooking skills."

This is Williams' first year at Hobbton High, but she is determined to give her students goals to work toward.

"I love to cook, and I believe that it is important that my students learn to be as self-sufficient as possible, learning kitchen safety, hygiene and how to prepare simple meals for themselves," she said. "Some of them will be going out in the community to find jobs and the skills they learn with me will help support them to be successful in these jobs."

The students' biggest event this year was the Cinco de Mayo



fiesta for staff at the high school. They decorated, planned the invitations, the menu and also cooked and served the food.

"The day was amazing, the kids shined and showed the staff all they had learned, and they were so proud of themselves," said Williams. "It was an excellent way to showcase all we have done so far and to share what the plans are for the future of the Wildcats Country Cafe."

The only struggle the group had was planning how much food they needed. They ended up with a lot of leftovers, but to the students that was a bonus, because they had enough for tacos the next day.

Although there were hiccups in getting the ball rolling, students have been very excited to participate in this program, and proceeds from the meals will be used to purchase more supplies for the cafe.

South River EMC is currently accepting Bright Ideas applications at ncbrightideas.com.

LAST CHANCE OF 2022 TO 'GIVE US AN A'

As the school year draws to a close, it's time for one last report card.

That report card, if containing at least one A, could make the student eligible for the "Give Us An A" program.

"Give Us An A" recognizes students receiving at least one A on their most recent report card.

Make a copy of the report card and send it to:

South River EMC
Give Us An A
PO Box 931
Dunn, NC 28335

Or email it to: connections@sremc.com



Report cards must include the member's name, address, South River EMC account number and daytime telephone number. Report cards will not be accepted without this information.

The drawing is held for students achieving at least one A on their report card, and 15 names will

be drawn to receive a \$25 gift card. The program is open to students who are members, or children of members, of South River EMC.

Don't miss an opportunity to celebrate good grades. Report cards should be submitted by close of business July 6.

BRIGHT IDEAS SUPPORT HOW YOU TEACH

Grant writing can be tough, not to mention time consuming, but think of your students. Do you remember how excited a student gets when they understand a concept?

Not all students learn in the same way, however many of the teaching methods to reach students can get expensive, and aren't always in the school's budget.

That's where Bright Ideas can help. The program offers grants for innovative, classroom-based ideas to educators in public, K-12 schools.

South River EMC offers grants for up to \$2,500 and funds up to \$50,000 in grants each year.

Educators who apply before August 15 are entered to win

the early bird prize, however, if your grant isn't ready by then, just be sure it is submitted by September 19.

Grants can be for anything, except professional development. Simply visit ncbrightideas.com to begin writing your grant proposal. South River EMC only accepts grants in this manner, we do not accept handwritten applications.

Since 1994, educators statewide have received \$14.3 million from Bright Ideas, using it to fund over 13,536 projects affecting 2.8 million students statewide.

Have a question, or need more information? Visit sremc.com, or e-mail sremc@sremc.com.



IT'S TIME TO TEST YOUR PLAN

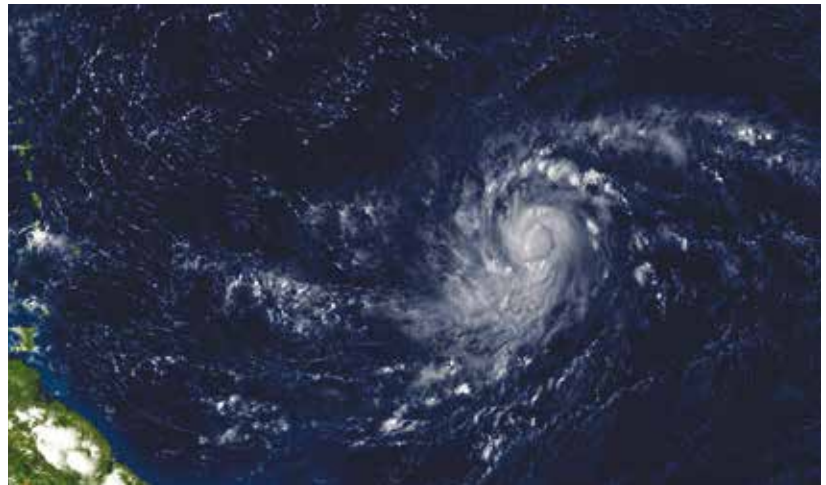
North Carolina storm season is something you should always be prepared for, by having supplies, plans and contacts.

We touched on a preparedness kit last month, and periodically remind you of items to have in or for your kit, so let's talk about something else you can use if a disaster strikes, your family plan.

Since your family might not be together if a disaster strikes, start by discussing what types of storms and disasters can affect your area. Knowing how you'll contact your family and reconnect if separated should all be part of any plan you build.

Download a free family emergency plan from [ready.gov/plan](https://www.ready.gov/plan). This eight-page document presents a checklist of items to discuss and procure, and people to contact. You can fill out this emergency plan or use it as a guide to create your own.

Put an emergency plan together by discussing the following questions with your family,



friends or household to begin your emergency planning.

1. How will you receive emergency alerts and warnings?
2. What is your shelter plan?
3. What are your evacuation routes?
4. What is your family/household communication plan?
5. Do you need to update your emergency preparedness kit?
6. Do you have masks should they be required?

As you make plans, tailor them and supplies to your specific daily living needs and responsi-

bilities. Discuss your needs and responsibilities and how people in your network can assist each other with communication, care of children, business, pets or specific needs like operating medical equipment.

Create your own personal network for specific areas where you need assistance. Keep in mind some these factors when developing your plan:

- Responsibilities for assisting others
- Locations frequented
- Dietary needs
- Medical needs including prescriptions and equipment
- Disabilities or access and functional needs including devices and equipment
- Languages spoken
- Cultural and religious considerations
- Households with school-aged children

Take the opportunity to practice your plan with your family or household.



The Steps to Restoring Power

When a major outage occurs, our crews restore service to the greatest number of people in the shortest time possible - until everyone has power.



- 1. High-Voltage Transmission Lines**
These lines carry large amounts of electricity. They rarely fail but must be repaired first.



- 2. Distribution Substations**
Crews inspect substations, which can serve hundreds or thousands of people.



- 3. Main Distribution Lines**
Main lines serve essential facilities like hospitals and larger communities.



- 4. Individual Homes and Businesses**
After main line repairs are complete, we repair lines that serve individual homes and businesses.

In the event of an outage, call 910.892.8071 and follow the prompts to report it, or text **#out** to 000530 or 888.338.5530, if you're signed up for outage texting.

Lots of options to consider before purchasing appliances.



Water Heating: A Contributor To Electric Costs

Water heating accounts for about 20 percent of home energy use. Choosing an energy efficient water heater and reducing hot water use can help reduce that cost.

When it comes to picking an efficient electric water heater, you have two options, heat pump water heaters, HPWHs, or solar water heaters.

Before considering a more

cost-effective water heating option, make sure you have certain items, like space. Solar water heaters are typically located on roofs, while HPWHs are located in areas that are at least 1,000 cubic feet.

Make sure you have a good solar resource with a solar water heater. HPWHs should be located in areas that remain in the 40-90-degree range year-round.

For both types of units, you will want an installer who knows what they are doing, ask around and don't be afraid to ask questions.

South River EMC offers rebates on solar water heaters, and heat pump water heaters. For details, visit [sremc.com/energy-efficient-water-heating](https://www.sremc.com/energy-efficient-water-heating) or by calling 910.892.8071x 2153.

Pool Pumps: A Motor Above, So Choose Carefully

Did you know a pool pump is more than likely the largest electric motor in a home? It can also be the second-largest user of electricity, with a heating and cooling unit being the first.

If you've got a pool and are interested in saving energy and keeping it clean, a combination of pump efficiency and pump use can make it happen.

Consider the type of pump you have, a single speed is the unit typically packaged with an initial pool purchase. Many people use this pump, and as long as it works, don't upgrade, however, it uses the highest speed and most water to perform its work.

Alternate options include variable- or two-speed pumps. Both types of units give you more options than a single speed.

Also, you typically do not need to run your pool pump constantly, try cutting the runtime down, when the pool clouds, you've gone too far.

South River EMC offers a rebate on variable and two-speed pool pumps. For details visit [sremc.com/pool-pumps](https://www.sremc.com/pool-pumps) or call 910.892.8071 x 2153.

Energy Star Means Energy Saved

While appliances might be efficient, they are only as efficient as their users. South River EMC offers rebates on four Energy Star certified appliances: clothes washers,

dryers, refrigerators and dehumidifiers.

Energy Star appliances are meant to save, so save more by using them efficiently.

For details on the rebate, visit sremc.com/energy-star-appliances or call 910.892.8071 x 2153.

HERO Savings

High Efficiency Residential Option, or HERO homes, are built with more efficiency in mind than a home built to standard code.

A HERO home requires slightly better insulation, windows, air sealing, equipment, and lighting

packages to deliver savings.

There are two ways to achieve HERO certification, the prescriptive path, which is straightforward but inflexible; or the performance path which is flexible, but still has requirements.

If you're considering building a home, the HERO home might be something you're interested in, and details can be viewed at energycodes.gov. Rebate details can be viewed at sremc.com/hero-program.

What's Your SEER Rating?

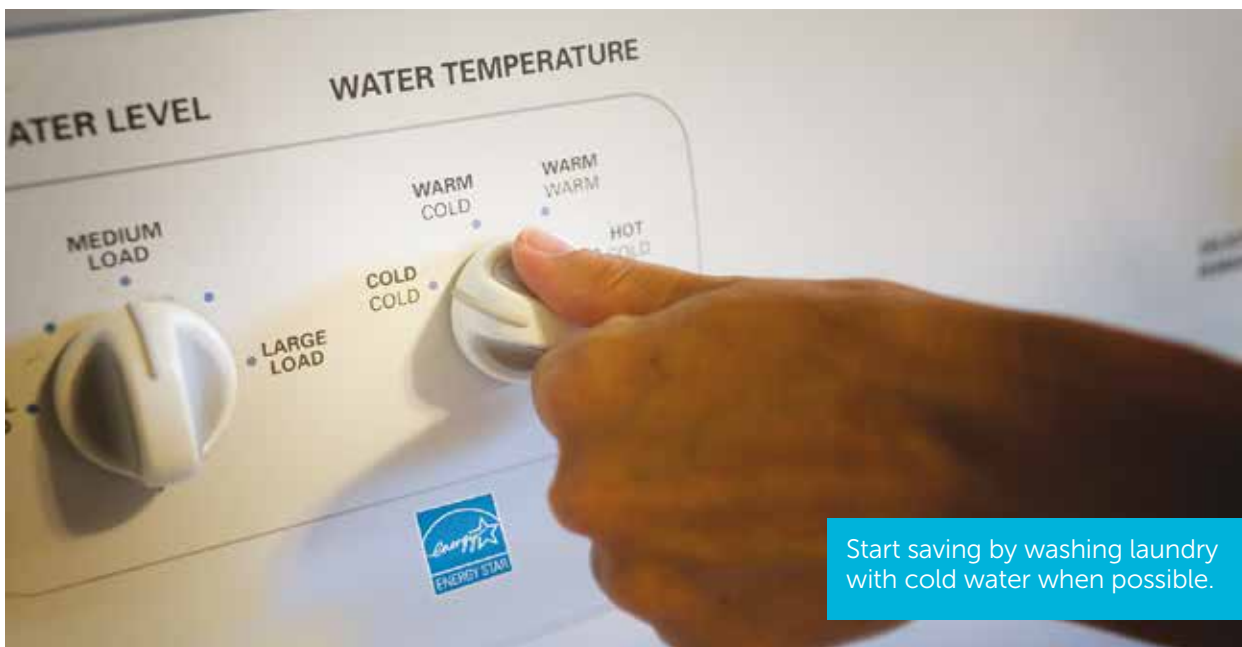
Heating and cooling systems use seasonal energy efficiency ratio, or SEER, to measure the cooling efficiency of a unit.

Why is the SEER rating so important? Well, in southern climates, with high temperatures and high levels of humidity, the ability to cool is important.

That's why when purchasing a unit, you should look for one with a higher SEER rating.

The current standard is 14 SEER, but you'll see more efficient heat processing at greater SEER levels. The higher rating doesn't make for a cheap unit, but it does make for an efficient unit.

South River EMC offers rebates on air source, ductless, or geothermal heat pumps. Find the best unit for your home, and get quotes from installers. A 17 SEER or greater is eligible for rebate, details can be found at sremc.com/energy-star-heating-cooling or by calling 910.892.8071 x 2222.



Start saving by washing laundry with cold water when possible.

Fans Can Help Reduce AC Costs

The official first day of summer is around the corner. Even though it's not officially summer yet, you have probably been running your air conditioner for a while.

The recommended thermostat setting during hotter months is 78 degrees. The fan setting on the thermostat should be set to auto. When it is extremely hot and humid, it is very tempting to reduce the air conditioner setting to cool off. Next time you want to do this, try a fan instead.

Ceiling fans were designed to cool people and not rooms. Running a ceiling fan will not lower the room temperature. Ceiling fans can help people



feel cooler by moving the cooler air across your skin. It will help evaporate sweat at a faster rate.

If you keep your thermostat on the normal setting you always do and run the ceiling fan more, it can actually make your bill go up. What you want to do is try raising the thermostat a few degrees when running the ceiling fan. By raising the thermostat a few degrees and running the fan, you can help lessen the run time on your air conditioner and still be comfortable in your home. This can lower your demand on those hot summer days. If there are rooms in the house that nobody is in with a ceiling fan, make sure it is off.

During the summer months, make sure the fan operates in a counterclockwise motion.

If you are looking to install or replace a ceiling fan in your home, look for a ceiling fan with an Energy Star rating to help with efficiency operation.

If possible, you can install a ceiling fan in every room that needs cooling during the hot and humid months. Make sure the ceiling is at least eight feet in height because fans work best when they are 7 to 9 feet



Advise Guy Eric Gainey

from the floor and 10 to 12 inches below the ceiling. Also buy an appropriate-sized fan for the size of the room.

If you are unable to install a ceiling fan, you can purchase a portable fan to give you the same wind-chill effect. You may also save some money from buying a smaller portable fan versus a ceiling fan. The same rules apply to a portable fan as a ceiling fan. If you have ceiling fans in your home already, this is a no cost solution for you to try to save some money and energy.

For more ways to save energy and money, go to our website at sremc.com or call us at 910-892-8071 and ask to speak with an Advise Guy.

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