



# South River EMC Communicator

## IF THE POWER GOES OUT

**S**evere winds, lightning and even squirrels can temporarily cause the power to go out. We understand power outages of any length can be frustrating, especially when your fridge is stocked with perishable foods.



Extended power outages are rare, but when they occur it's important to understand what food safety measures to take to avoid illness.

Here are a few food-safety tips to keep in mind before, during and after a power outage.

### Before an Outage

A good rule of thumb is to keep an emergency supply kit on hand. Be sure to include nonperishable food items like bottled water, powdered milk, canned goods, cereal and protein bars in your emergency kit.

If you have advance warning that an outage is possible, fill a cooler with ice — just in case the outage spans several hours. Having a cooler ready to go can buy extra time for your refrigerated, perishable items.

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# 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.

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## During an outage

If an outage occurs, do not open the refrigerator or freezer unless absolutely necessary. An unopened refrigerator will keep food cold for about four hours. A half-full freezer will keep food frozen for about 24 hours and a full freezer for about 48 hours. If it looks like the power outage will last longer than four hours, move important perishable items to an ice-filled cooler.

## After an outage

If refrigerated foods have been exposed to temperatures higher than 40 degrees for more than two hours, the American Red Cross recommends discarding the items. If any foods have an unusual color, odor or texture, they should be thrown away.

While most perishable foods should be thrown out after an

extended outage, there are a few items that are safe to consume after a two-hour exposure to 40-plus degrees:

- hard cheeses that are properly wrapped
- butter or margarine that is properly wrapped
- taco, barbecue and soy sauces
- peanut butter, jelly, mustard, ketchup and relish

The best way to avoid illness from spoiled food during or after an outage is to follow the four-hour rule of thumb. After an outage, always smell and inspect foods before consuming and remember: when in doubt, throw it out.

To learn more about food safety after an emergency, visit [ready.gov/food](https://www.ready.gov/food).

**Keep Food Safe During and After a Power Outage**  
Refrigerated or frozen foods may not be safe to eat after a power outage. Use these tips to minimize food loss and reduce risk of illness.

**4** Refrigerated food will last four hours. After four hours, place refrigerated foods in a cooler with ice.

**24 OR 48** Food in a half-full freezer will last 24 hours. Food in a full freezer will last 48 hours.

**When in doubt, throw it out!**

**Food Safety Tips**

1. Keep refrigerator and freezer doors closed as much as possible.
2. Throw out any food with an unusual odor, color or texture.
3. Throw out perishable food in your refrigerator after four hours without power or a cold source (like a cooler with ice).

Icons: eggs, milk carton, fish, cheese.

# CONGRATS, STUDENTS!

**C**ongrats to all our students who received A's on their report cards!

South River EMC would like to take this opportunity to recognize 15 of those students who received at least one A on his or her recent report card, and were drawn to win a \$25 gift card.

They are:

**John Daniels**  
Cape Fear High

**Skylar Williams**  
Beaver Dam Elementary

**JaVon Murphy**  
Mac Williams Middle

**Adyson Honeycutt**  
Midway Middle

**Hunter McGeachy**  
Gray's Creek High

**Cierra Rayner**  
Clinton High

**Giulianna Copare**  
Fayetteville Christian School

**Bijou Chukwu**  
Plain view Elementary

**Antonia Crawford**  
Lillian Black Elementary

**Dakota Bedard**  
Midway High

**Kent Evans**  
Riverside Christian Academy

**Nicholas Aponte**  
St. Ann Catholic School

**Katelyn Evans**  
Riverside Christian Academy

**Skylar Beal**  
Stedman Elementary

**Apollo Gladden**  
St. Ann Catholic School

The "Give Us An A" program occurs twice a year and we collect recent report cards with at least one A. Then 15 of those students are randomly selected to receive a \$25 gift card.

The next deadline will be in February, so if your students are keeping grades up, keep an eye out for the next deadline!

# BRIGHT IDEAS CAPTURE ATTENTION

**A**s we close out the hot month of August, we're a step closer to closing out the 2022-2023 Bright Ideas application period.

The early bird deadline closed August 15, and many teachers have already submitted their bright ideas for chances at a gift card, but there is still time for ideas.

The Bright Ideas program is an educational grant program that awards grants up to \$2,500 to educators in public, K-12 schools, with innovative, classroom-based ideas.

Since 1994, North Carolina's electric cooperatives have awarded \$14.3 million in grants to 2.8 million students, and that number continues to grow.

The Cooperative awards over \$50,000 per year to local educators. These grants are awarded to schools in four counties and have introduced many new and varied learning methods.

There are books, math manipulatives, reading programs, escape boxes, robots and so much more. There's still time to apply, and grants can be for any amount up to \$2,500. There is no limit to how many times a teacher can apply. If you'd like details



on the program, visit [sremc.com/bright-ideas](https://sremc.com/bright-ideas). If you're interested in applying, visit [ncbrightideas.com](https://ncbrightideas.com).

South River EMC only accepts applications online through September 15, so visit [ncbrightideas.com](https://ncbrightideas.com) today!



## YOUTH TOUR IS BACK

**S**outh River EMC is once again offering current high school sophomores and juniors a week-long, fun-filled and educational trip to Washington, D.C.

This trip – the Electric Cooperative Youth Tour – will take place in June 2023. The Youth Tour is not like other trips to Washington, D.C., though, while it offers monument and museum visits, there is also a boat ride down the Potomac, a youth day program, as well as meeting with members of Congress.

Depending on what is showing and who is playing in town, students may also have the opportunity to take in a game or theater show.

The cost of the trip is covered by your local electric cooperative, in this case, South River EMC.

The Cooperative will accept up to three students to attend this memory-making trip.

Students who attend the Youth Tour as part of the South River EMC contingent, will also be eligible to receive a \$1,000 college scholarship.

For details, visit [sremc.com/electric-cooperative-youth-tour](http://sremc.com/electric-cooperative-youth-tour) or call 910.892.8071 x 2151.



## Members Can Offset Energy Demand Peaks

Watt Watchers is a program that helps curb demand on the electric grid during peak times.

When you sign up, you provide contact information to receive alerts and take action to lower electricity use in your household during peak periods of just a few hours.

Simple actions help, for example adjusting the thermostat a few degrees, or shifting the time you use large appliances for laundry or dishes.

Being a Watt Watcher helps keep members' bills lower, owing to less power demand, which impacts South River EMC's electric costs and member's rates. With members working together to level the Cooperative's energy use, it can reduce wholesale power cost, a savings passed on to you.

Participation is completely voluntary, details can be found at [sremc.com/watt-watchers](http://sremc.com/watt-watchers).



# SALUTE YOUR HERO ON FIELDS OF HONOR.



## Give a star-spangled 'Thank You' to your vet this Veteran's Day.

From November 5th through November 13th, sponsored American Flags will be flown at each of our two Fields of Honor, located at our South River EMC offices.

Sponsor a flag or flags in the names of current, former, or deceased members of the military with a minimum \$25 donation each. Every 3-foot x 5-foot flag will carry a tag bearing the name of one honored vet. All proceeds will go to local veterans' organizations.



South River Electric  
Membership Corporation  
A Touchstone Energy® Cooperative

To sponsor one or more Fields of Honor flags,  
visit [sremcfields.com](http://sremcfields.com) or call (910) 892-8071.

*Sponsorships must be made by October 28th.*

Energy-saving homes, appliances and practices all contribute to savings



## The HEROs

Homes that are a high-efficiency residential option, or HERO, are 30 percent more efficient than homes built to code.

It's because a HERO home has better insulation, fenestration

or windows, air sealing, equipment, and lighting packages. HERO homes are built better from the ground up.

If you're considering building a home, consider a HERO

home, details on the code can be found at [energycodes.gov](https://energycodes.gov). South River EMC offers rebates on HERO homes built on their lines. For details, visit [sremc.com](https://sremc.com) or call 910.892.8071 x 2153.

## Energy Star Appliance Savings

Energy Star-certified appliances can help you save energy and money, when used appropriately.

Energy Star-certified clothes washers deliver on efficiency and performance using 25 percent less energy and 33 percent less water.

Energy Star-certified clothes dryers incorporate advanced features, using 20 percent less energy than standard models.

With an Energy Star-certified refrigerator, you can maximize energy and cost savings without sacrificing the features you want.

A dehumidifier with the Energy Star uses more efficient refrigeration coils, compressors, and fans to remove the same amount of moisture as a similarly sized standard unit, but uses nearly 15 percent less energy. In fact, the annual energy saved by one of these

models could power an Energy Star-certified refrigerator for nearly two months.

Energy Star means initial energy savings are possible, but to make the most of it, you will need to use appliances efficiently as well.

South River EMC offers a rebate on Energy Star-certified refrigerators, clothes washers and dryers, and dehumidifiers. For details visit [sremc.com](https://sremc.com) or call 910.892.8071 x 2153.



## Making Smart Heating And Cooling Choices

Heating and cooling, the biggest contributor to your electric bill each month, can be attributed to a few items.

First, units are large and responsible for heating and cooling varied spaces, which may or may not be sealed tightly. The size of the unit itself plays a part in energy costs, too small and the unit runs constantly, too large and it cycles on and off frequently, which wears down the unit and can result in humidity problems.

Second, efficiency of your home and of the unit heating and cooling it. If your home isn't sealed tightly, and there are areas of infiltration, you're losing the air you pay to heat

and cool. That adds up. The efficiency of a unit in warmer climates, revolves around the seasonal energy efficiency ratio, or SEER, rating. The SEER rating measures the cooling efficiency of a unit. The higher the SEER rating, the more efficient it is in warmer climates.

Third, age and use. No matter the efficiency and the care you take of your unit, the older it gets, and the less efficient it becomes. Your thermostat settings also play a part in the costs, because the lower you can set a thermostat in the winter, and the higher you can set it in the summer, impacts how often the unit runs. For example, if your thermostat is

currently set at 72 degrees, and you're seeing elevated costs, it can be attributed to how often your unit is running. Try setting it another degree or two higher, and if you're in the house, run a fan. Fans do not cool air, but they can move cool air around you.

Sometimes, your heating and cooling unit has just run its course. Prepare and replace to make the most cost-effective choice. A higher SEER rating can make you eligible for a rebate from South River EMC.

Details on the rebates offered by the Cooperative, can be found at [sremc.com/energy-star-heating-cooling](http://sremc.com/energy-star-heating-cooling) or by calling 910.892.8071 x 2222.



Research so you're ready when time comes to purchase.

## Improvements Help Savings

Weatherization and insulation improvements can help improve comfort and costs.

A little home improvement, like weatherizing with caulk and weather stripping, is only part of the equation. Caulk is for non-moving pieces like around plumbing penetrations and window sills, while weather stripping is for moving pieces, like doors and windows.

The other part of that equation is insulation, and that should make you do some research. There are different kinds of insulation, and what type of insulation works best for space, what resistance value, or R-value, does your insulation need to have?

The R-value of insulation is a measure of the insulation's ability to resist heat. The higher

the R-value, the greater its effectiveness.

You can help control the climate inside your home with the right insulation.

Beyond attics and walls, imagine a home insulation solution that creates a snug "housing envelope" controlling heat, air, moisture and sound. Don't forget garage door insulation, as well as other overlooked potential spots to control your indoor environment. Even the smallest gaps and cracks can be filled with spray-on insulation.

The type of house insulation you need depends on where you put it and if you need to control moisture. Keep your space dry with faced insulation, which uses a sheet of paper to control moisture vapor between walls and floors. Unfaced installation doesn't have a paper moisture shield. It's often used over existing insulation in the attic, where moisture control isn't needed.

Spray foam insulation could be considered to fill cavities, gaps, cracks, expansion joints and other sources of air leaks.



Rolling out batts of insulation

It helps resist moisture that can lead to mold or mildew and provides increased sound and thermal insulation.

Rolls are easy to transport and can be cut to the length you need. Use these to cover large areas. Batt insulation packages contain more square feet than rolls. Blown-In insulation is installed using blowing machines. It makes adding insulation to your attic a breeze.

South River EMC offers rebates on insulation and weatherization improvements, and details can be found at [sremc.com/insulation-weatherization](https://www.sremc.com/insulation-weatherization) or by calling 910.892.8071 x 2222.



Attic with spray foam insulation

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