



Keep cool during August heat

It's a good idea to find some energy-friendly ways to keep your cool during August, which can be the hottest month of the year. Here are five tips:

- 1. Take cool showers.** If your house isn't cold—and there's no reason it should be, even with the A/C on—ease up on the hot showers. A cool shower will lower your body temperature and get you just as clean.
- 2. Chill the meal plan.** Instead of baking, broiling, boiling, sautéing and frying every night, how about chopping fresh veggies, making colorful salads and satisfying your family's hunger with healthy, raw foods that will fill them up and give your stove and oven a break? Cold desserts? That's the easy part.

- 3. Filter the sun.** Install solar screens or window films on east- and west-facing windows so you can keep the heat out while allowing light in.
- 4. Seal leaks and cracks.** You'll find them all over your home—around windows, doors, and electrical and cable outlets. It's easy to caulk and weatherstrip, and it's an activity you can do with your children while you teach them to use energy responsibly.
- 5. Schedule a checkup.** Even if you skipped your A/C unit's spring



maintenance, schedule it now. Your HVAC tech can tell you if your unit is running efficiently—and can tweak it so it does. It's important to raise the thermostat a bit during the summer—but also to make sure the cool air that does come into the home gets there efficiently.

Electrical safety basics for back to school

As children head back to school, parents can teach them a valuable, potentially life-saving lesson: respect electricity.

Here are five electrical safety basics every child should know:

- 1. Mixing water and electricity can harm you.** Teach children not to use electrical toys or other devices near water or in the rain.
- 2. Electrical outlets have limits.**

Plugging multiple devices into a single outlet or power strip can create sparks and even cause a fire if that outlet can't handle the load. Teach kids to plug in to surge-protected power strips or to use one device at a time and unplug the rest.



- 3. When they unplug those devices, they should grab them by the plug, not the cord.** Yanking a cord out of an electrical outlet can damage the appliance, outlet or plug, leaving the appliance or toy unable to operate safely.

- 4. Flying kites and climbing trees are never safe activities near power lines.** If a tree has a power line running through it—or if it's even within reach of the line—that's not a safe place to play. If a kite gets caught in a power line, a child should not tug on it to get it loose. The string could conduct electricity and seriously hurt a child.
- 5. Electrical substations are fenced off to keep children and pets out.** If a toy or small pet gets inside of the fence, a child should tell a parent or teacher, who can call a trained worker to come and retrieve it.

Home charging options for electric vehicles

Electric vehicle (EV) owners have multiple options for charging their vehicle at home. There are three common EV charging levels: Level One, Level Two and DC Fast Charge.

Level One Charging

Level One is the most basic charging level. If you choose this option, your EV will typically include an adapter that plugs into a traditional 120-volt outlet. This is the easiest and cheapest charging solution, but it will take much longer to charge your EV.

Level Two Charging

Level Two is about three to five times faster than Level One, but often requires separate purchases and installation. The EV is plugged into a 240-volt outlet, which is used for larger appliances, such as a clothes dryer. Most homes' garages



do not include a 240-volt outlet, so it must be installed by a licensed professional. You typically see Level Two charging stations at shopping malls, office buildings and multifamily community spaces.

DC Fast Charge

DC Fast Charge stations are typically seen near high-traffic public areas, such as gas stations, rather than

in homes. This is the fastest charging level, with the ability to charge an EV to 80% in under 30 minutes. As EVs become more popular, you can expect to see more DC Fast Charge stations throughout Georgia.

If you're charging an EV at home, please contact Sumter EMC at (800) 342-6978. EV charging increases energy demand. The time of day you charge your EV

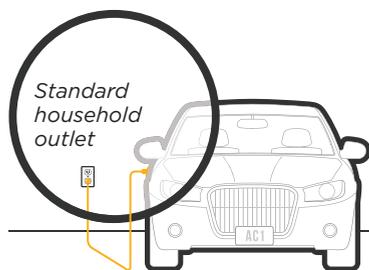
can have an impact on the grid and your monthly energy costs.

By letting us know about your EV charging levels, we can help ensure your home is prepared for the additional energy consumption, and you can take advantage of our \$250 rebate for installing a Level Two EV Charger.

For more information, please visit our website at sumteremc.com/sumter-emc-rebates.

Electric vehicle charging levels

AC Level One



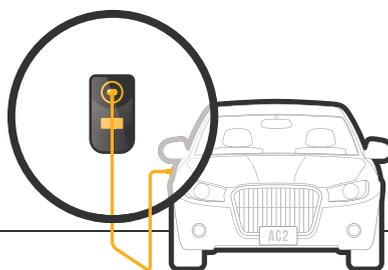
VOLTAGE:
120V 1-Phase AC

AMPS:
12-16 Amps

CHARGING LOADS:
1.4 to 1.9 kW

VEHICLE CHARGE TIME:
3-5 Miles per Hour

AC Level Two



VOLTAGE:
208V or 240V 1-Phase AC

AMPS:
12-80 Amps (typ. 32 Amps)

CHARGING LOADS:
2.5 to 19.2 kW (typ. 6.6kW)

VEHICLE CHARGE TIME:
10-20 Miles per Hour
20+ for some EV models

DC Fast Charge



VOLTAGE:
208V or 480V 3-Phase AC

AMPS:
<100 Amps

CHARGING LOADS:
50-350 kW

VEHICLE CHARGE TIME:
60-80 Miles in 20 Minutes

Sources: Advanced Energy and EPA

ANNUAL MEETING

on the campus of
South Georgia Technical College
Saturday, August 21, 2021

Registration.....8:00 a.m.
Business Meeting.....10:30 a.m.

Run ceiling fan to save energy

Ceiling fans don't actually cool the air in a room. Instead, they circulate the air, so anyone who is in the room while one is running will feel a breeze. That makes the person feel cooler.

But there's no point in running a ceiling fan in an empty room.

For rooms that are usually occupied, a ceiling fan can make the room up to 8 degrees cooler than a room without one. Because the fan circulates cool air, it gives the air-conditioning system a break.

In fact, with a ceiling fan running, you can turn your thermostat up by about 4 degrees without sacrificing comfort, according to the U.S. Department of Energy.

A few tips for getting the most energy savings from ceiling fans:

- **Rotate the direction that the fan blades spin** when the weather warms up. In the summer, ceiling fans should rotate counterclockwise. That way, the blades push cool air down into the room. In the winter, they should rotate clockwise, to draw warm air up to the ceiling and recirculate it. The rotation isn't automatic; you have to manually flip a switch on most models.
- **Hang the fan 7 to 9 feet above the floor** and about a foot below the ceiling.
- **Fan blades should be at least 8 inches from the ceiling** and 18 inches from the walls.
- **Large ceiling fans move more air than small ones.** For a large room, choose a large fan.
- **Likewise, large fan blades move the air around more forcefully.** So if you're installing one in a home office or another room where you keep loose papers, choose one with small blades.
- **Generally, the more expensive the fan, the quieter it runs.**
- **Fans with an ENERGY STAR label are about 20 percent more efficient** than standard models.



Georgia Blueberry and Peach Crisp With Vanilla

Recipe courtesy of the Georgia Blueberry Commission and Chef Hugh Acheson, georgiablueberries.org

- 1-1/2 cups peaches, peeled, pitted
- 2 cups Georgia blueberries
- 1/2 teaspoon lemon zest
- 1 tablespoon lemon juice
- 1 fresh vanilla bean, seeds scraped (save the bean shell for another use)
- 3/4 cup oats
- 1/2 cup brown sugar
- 1/4 cup white sugar
- 3/4 cup all-purpose flour
- 1/4 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 2 tablespoons sesame seeds
- 1/4 cup pecans, chopped or crushed
- 1/4 pound unsalted butter
- Vanilla ice cream, for serving



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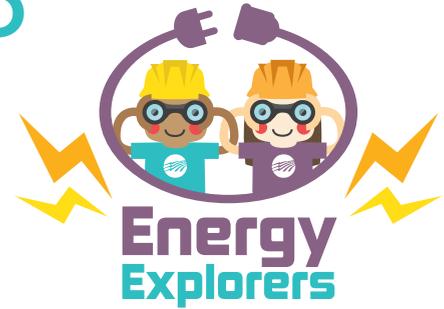
Preheat oven to 375 degrees. In a large mixing bowl, toss the peaches, blueberries, lemon zest, lemon juice and seeds from the vanilla bean. Pour the mixture into an 8-inch square baking dish and set aside.

Place the oats, sugars, flour, salt, cinnamon, sesame seeds and pecans in a mixing bowl and cut in the butter using a pastry cutter. (Alternately, you can pulse these ingredients in a food processor until the butter is well incorporated.) Crumble the mixture over the fruit and place the dish in the oven. Cook approximately 30 minutes or until bubbly and browned.

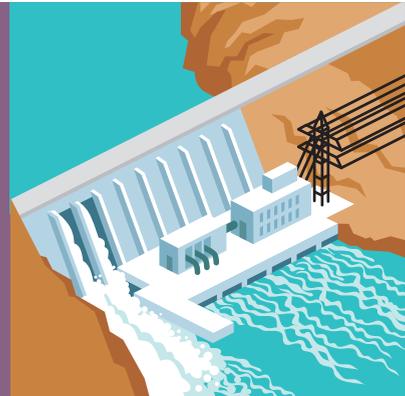
When done, remove the crisp from the oven and let cool for 10 minutes. To serve, place a scoop of the warm crisp into bowls and top each with a scoop of vanilla ice cream. Serves 6.

HYDROPOWER WORD SCRAMBLE

You know that it's never safe to mix water and electricity. But did you know that large amounts of flowing water can be used to create electricity? It's called hydropower, and it's made from the movement of water.



Read the facts about hydropower below, then unscramble each **bolded** word. Check your work in the answer key.



1. **YROHD** means “water” in Greek.

2. Water flowing down a **EVRRI** is used to spin large turbines that help make the hydroelectricity.

3. When the turbines spin, a large **TROAEGREN** spins, which makes the electricity.

4. The amount of water used to generate hydropower is controlled through use of large **MDAS**.

5. Hydropower is a form of **ELNERAEWB** energy.

ANSWER KEY: 1. HYDRO 2. RIVER 3. GENERATOR 4. DAMS 5. RENEWABLE