

JACKSON
ELECTRIC MEMBERSHIP CORPORATION™

JEMCOnews

A PUBLICATION FOR JACKSON EMC MEMBERS



MEET YOUR 2019
**WASHINGTON YOUTH
TOUR DELEGATES**

JUNE 2019 | IN THIS ISSUE

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SUPPORTING OUR STUDENT LEADERS

When time allows, I like to stop and look at old photos – especially those with a little history to share.

Near my office, there's a hanging black and white photo of President Lyndon B. Johnson greeting students in Washington, D.C. Many of the students' hands are stretched toward the president, although a few of them are focusing their cameras on Johnson. It was 1968 and those students were just some of the youth selected for a tour to see the nation's capital.

Before he became president, then-Senator Johnson encouraged the nation's electric cooperatives to send students to Washington, D.C., to learn more about our country. Since then, more than 50,000 students from across the country have participated in the Washington Youth Tour. Jackson EMC began sending student delegates on the tour in 1971. Representing their local co-ops, the delegates participate in a week long tour to learn about the American political process and meet their elected officials.

Students selected for the tour, have demonstrated outstanding character, community

services and achievement, and are interviewed by a panel of community leaders. The students on the Washington Youth Tour are indeed some of the brightest and most dedicated people in their communities. You'll read about Jackson EMC's 2019 tour delegates in this issue of *JEMCO News*.

More than 40 years ago, Tim Cook was one of those delegates for his co-op. That name probably sounds familiar because he's now the CEO of Apple. Not too long ago, Cook shared with an audience the impact that being a Washington Youth Tour delegate made on his life. Cook said he was surprised he won a spot on the tour after writing multiple drafts of his essay by hand. As a delegate of a co-op in Alabama, the tour started with a visit to their state capitol, where they met the governor. Cook then took his first plane trip, at the age of 16, to Washington, D.C., where he met the president.

Like many of the students across the country selected for the Washington Youth Tour, the trip for Cook was the farthest he had traveled from home. The Alabama co-op Cook represented, Baldwin EMC, was the same electric cooperative

where my dad retired from several years ago. When cooperatives select their delegates for the Washington Youth Tour, they know they're sending some of the most impressive students in their communities to learn and network with other young leaders from across the nation.

We're honored to support these rising young leaders in our community. When electric cooperatives invest in youth, they're making a difference for the future. Years from now, when looking back on photos of our delegates, I know we'll be impressed with what they've accomplished.

Have some thoughts on how we can serve our young leaders? Send me an email at chip@jacksonemc.com.

**Chip Jakins,
President/CEO**



FOR A LIST OF REBATES CURRENTLY AVAILABLE, VISIT JACKSONEMC.COM/REBATES.

WAYS TO SAVE: REBATES OFFER SAVINGS TO YOUR UPGRADE PLANS

Using energy efficient products can help you lower your monthly energy bill. Jackson EMC offers rebates to members to help pay for the replacement of certain energy efficient products.

When you use energy efficient technologies, the amount of electricity we need to generate decreases, resulting in savings for the cooperative — and our members.

Rebates for electric water heaters, electric heat pumps (starting at 15 S.E.E.R.) and home energy evaluations are available to Jackson EMC members.

Be sure to contact us before making a purchase. Details are available at jacksonemc.com/rebates or by calling your local Jackson EMC office.

Jackson EMC Linemen Take Trophies AT 2019 GEORGIA LINEMAN'S RODEO

Jackson EMC linemen out matched many others from across the state at the 26th annual Georgia Lineman's Rodeo, held May 4 in Fort Valley, Georgia. By participating in the lineman's rodeo, Jackson EMC linemen refine their skillset with other professionals and improve their work, which oftentimes is done in difficult conditions.

Four Jackson EMC Journeyman teams finished in the top ten out of a total of 29 teams. And, five apprentices finished in the top ten out of a group of 76 apprentices from across the state. These competitors completed a series of events that test traditional linemen skills and tasks. In total, Jackson EMC sent eight journeymen teams and 15 apprentices to the Georgia Lineman's Rodeo.

CONGRATULATIONS TO THE FOLLOWING WINNERS:

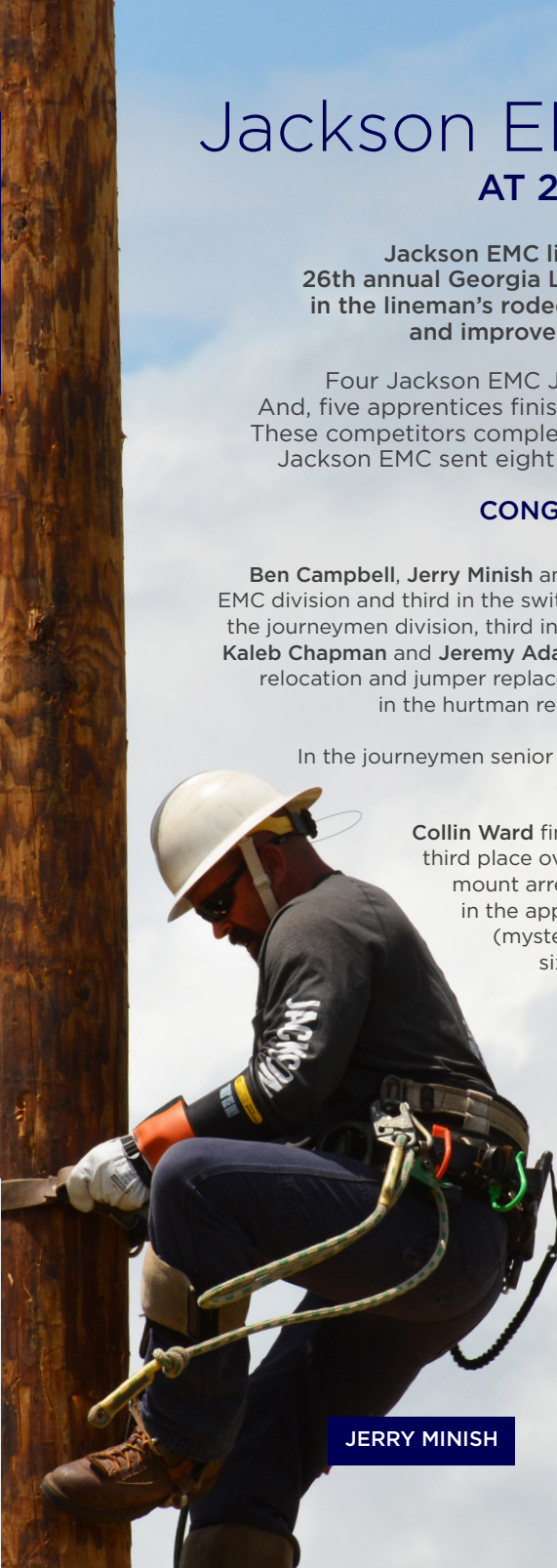
JOURNEYMEN DIVISION:

Ben Campbell, Jerry Minish and Brandon Carter finished second overall in the journeymen division, second in the EMC division and third in the switch relocation. **Greg Angel, Dwayne Dickerson and Jason Bond** finished third overall in the journeymen division, third in armor rod replacement (mystery event #1) and third in the EMC division. **Jeff Sutton, Kaleb Chapman and Jeremy Adams** finished fifth overall in the journeymen division, first in the hurtman rescue, switch relocation and jumper replacement (mystery event #2). **Matt Tolar, Will Chase and Kevin Grant** finished second in the hurtman rescue. **Clay Phillips, Austin Gragg and Justin Cash** finished ninth overall.

In the journeymen senior division, **Terry Jones, Daryll Bond and David Holloway** finished second overall.

APPRENTICE DIVISION:

Collin Ward finished third place overall in the apprentice division. He also finished third place overall in the EMC division of apprentices and third place in the tank mount arrestor change event. **Dillon Welborn** finished fourth place overall in the apprentice division and second place in the insulator replacement (mystery event #2). Other top finishers include: **Devin Humphries**, sixth place overall; **Cody Thompson**, eighth place overall; and **Josh Nix**, ninth place overall.



JERRY MINISH



BEN BRISSEY



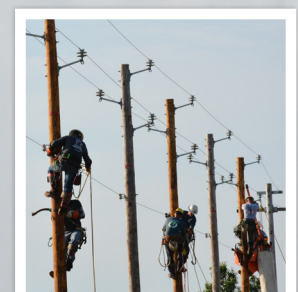
DWAYNE DICKERSON



JEREMY ADAMS & KALEB CHAPMAN



JOSH BOWDEN & KASEY ODOM



GEORGIA LINEMAN'S RODEO



MEET YOUR 2019 WASHINGTON YOUTH TOUR DELEGATES

The high school students chosen to serve as Jackson EMC's delegates for this year's Washington Youth Tour on June 13-20 have something powerful in common - a desire to help others.

As delegates, Alejandro Campo, Ahema Gaisie, Alyssa Ramos and Katelyn Sheridan will travel to Washington, D.C., with 111 other students and join more than 1,700 Youth Tour participants from electric co-ops across the country, as they embark on a leadership journey.

Meet the young leaders from our community who make up Jackson EMC's 2019 delegation on the Washington Youth Tour.



ALEJANDRO CAMPO | JUNIOR
FLOWERY BRANCH HIGH SCHOOL

Alejandro Campo says it's important to give back to the community by encouraging engagement. "At school, I try to get involved in as many community-based organizations as I can and serve in a leadership role," he said. For Alejandro, also known as Alex, one way he gives back to the community is serving as a translator at Friendship Elementary School, where he helps parents communicate with teachers and school leaders. "That has been really rewarding to see the looks on parents' faces when they understand that someone in the room speaks their language," he said. Besides serving as junior vice president of the Spanish Honor Society at Flowery Branch High School, Alejandro is also president of the junior class at the school. In the community, Alejandro volunteers at a food bank and senior living facility, and served as the 2018 Flowery Branch Ambassador to the Hugh O'Brien Youth Leadership Conference. In addition, Alejandro is the state champion of the Poetry Out Loud competition and recently placed third in the national competition in Washington, D.C. Alejandro plans to study medicine and aspires to be a cardiothoracic surgeon. He is the son of Eliana and Jose Campo, Flowery Branch.

KAREN EWING | COMMUNITY RELATIONS REPRESENTATIVE | JACKSON EMC

Chaperones, like students, compete for the honor of participating in the Washington Youth Tour. This year, a Jackson EMC employee was among the 12 adult leaders chosen in a state-wide process with fellow electric cooperatives to supervise the student delegation.

Karen Ewing is the community relations representative for Jackson EMC, where she handles educational programming, including the Washington Youth Tour. For more than 20 years, Karen has spent time working with young people to help them achieve their educational and career goals. She has mentored students and interns in the public and private sectors throughout her career. Karen serves as a volunteer at Frankie and Andy's Place, a rescue nonprofit organization for senior dogs. Karen brings a unique perspective as a chaperone, having lived and worked in Washington, D.C.





ALYSSA RAMOS | JUNIOR
JOHNSON HIGH SCHOOL

Alyssa Ramos says when she was a child, she always enjoyed visiting the library because of her passion for reading. For the past three years, Alyssa has been volunteering at Blackshear Place Library, where she helps children and Spanish-speaking patrons. Last summer, as an intern, Alyssa helped the Hall County Library System host “pop-up” events in the East Hall community to share information about library services with Spanish-speaking residents – some of whom didn’t know or understand the services offered by the library. “It helped bridge a wide gap between the Hispanic community and what the library has to offer,” Alyssa said. Besides translating in person with Spanish-speaking residents about the library’s services, she also helped translate some of the library’s brochures. Along with being involved in the National Honor Society, Spanish Honor Society, Speech and Debate Team, and Beta Club at Johnson High School, Alyssa is also president of the school’s HOSA-Future Health Professionals organization. “I have a big passion for the healthcare industry,” she said. Alyssa aspires to be a medical director for a nonprofit global health program. She is the daughter of Cristina and Evans Ramos, Braselton.



KATELYN SHERIDAN | JUNIOR
NORTH GWINNETT HIGH SCHOOL

Katelyn Sheridan says there are many life lessons learned on teams. “I have loved being on teams my whole life – sports, academics, you name it,” she said. After exploring 10 teams in various sports, Katelyn has found a passion for lacrosse. “I’ve learned that everyone has a role on a team. For that to work, not everyone can be the director. Sometimes, you need to be the person cheering people on,” Katelyn said. Along with her experiences in sports, including playing on North Gwinnett High School’s inaugural flag football team, Katelyn enjoys her time on the Gwinnett Student Leadership Team. Through that team, Katelyn says she has learned from community leaders and student leaders in other schools. Katelyn also serves on her school’s Student Council Executive Board, mentors freshmen students and volunteers for Relay for Life. Outside of school, she’s an active volunteer at her church. Katelyn aspires to blend her love of engineering and helping others by becoming a biomedical engineer and designing prosthetics. She is the daughter of Tracy and Stephen Sheridan, Suwanee.



AHEMA GAISIE | JUNIOR
GWINNETT SCHOOL OF MATHEMATICS, SCIENCE & TECHNOLOGY

Ahema Gaisie says she loves to gain knowledge – especially when it comes to learning about issues affecting others. Her recent experiences serving on her school’s Model United Nations team has provided her with opportunities to view issues from others’ perspectives. “It’s fun to research what’s happening elsewhere in the world,” Ahema said. “It opens you to things outside your sphere.” Besides Model U.N., she serves as an attorney on her school’s mock trial team. Ahema is interested in a career in forensic science, but also considers becoming an attorney. “I really like the legal area. It’s about the opportunity to help people,” she said. Ahema interned last summer at Gwinnett County’s McDaniel Farm Park, where she worked as a summer camp counselor for various youth camps that visited the park. In addition, the self-taught artist is an active volunteer in children’s ministry and vacation Bible school at her church. She is the daughter of Emmanuella Sackey, Dacula.



About 1 in 59 children have been identified with autism spectrum disorder, according to the Centers for Disease Control and Prevention. In many schools, children with autism often have access to resources to help address their developmental needs. But as those children become young adults, the availability of those services diminishes.

That's where programs like New Directions Georgia help fill a gap for individuals with autism. Founded by Mary O'Connell, a retired autism educator, the nonprofit organization in Gwinnett County is a day program to serve adults with autism who have significant behavioral and daily living skills needs in a homelike setting. The program is open to adults after they complete school, typically people age 22 and older.

New Directions Georgia began in 2012, when O'Connell helped convert a house in Suwanee to an adult day program for individuals with autism. Today, the center has two kitchens and dining areas where its 26 participants practice daily living skills in a real-world setting.

"We teach the basic functions that many of us take for granted," said Jason Graham, program coordinator for New Directions Georgia.

The organization recently received a \$14,230 grant from the Jackson EMC Foundation to expand its life skills transition apartment – located in the lower level of its Suwanee center. The one-bedroom apartment is a training area



that includes a kitchen, living room, dining room, bedroom and bathroom. The grant helped to replace an existing HVAC system in the lower level.

With the life skills transition apartment, participants get hands-on training in independent living. According to Graham, one recent participant used to refuse to help make a bed. When she started the hands-on training in the new apartment with her fellow participants, the woman began helping to make a bed on her own and now leads others to do the same.

At New Directions Georgia, participants' activities are based on their Individual Service Plan – which outlines goals and strategies for people with disabilities. Activities may include outings to area parks, restaurants, libraries and shopping centers. For each participant, New Directions Georgia works on their goals in collaboration with their family.

"We keep the parents fully involved in developing their living skills," Graham said.

Without a grant from the Jackson EMC Foundation, New Directions Georgia wouldn't have been able to offer the life skills transition apartment, according to Graham.

"What this grant did is give our program new light," he said. "We can teach more (life skills)."

FOR MORE INFORMATION ABOUT NEW DIRECTIONS GEORGIA, VISIT NEWDIRECTIONSFORAUTISM.ORG.

OPERATION ROUND UP*: YOUR DONATIONS AT WORK

The Jackson EMC Foundation board of directors awarded a total

\$101,350 IN GRANTS

during its April meeting, including \$96,850 to organizations and \$4,500 to an individual.

ORGANIZATIONAL GRANT RECIPIENTS:

\$15,000 | Camp Koinonia, in Homer to provide 55 underprivileged third through sixth grade Banks County students referred by Family Connection and DFACS with a five-day camping experience that uses positive learning experiences to establish strong character, leadership and team building skills and build personal relationships.

\$15,000 | Camp Twin Lakes, a not-for-profit organization that offers year-round recreational, therapeutic and educational programming for children facing serious illnesses and other challenges, to help children in Jackson EMC's 10-county service area attend its state-of-the-art, fully accessible campsites.

\$15,000 | Spectrum Autism Support Group, a parent-run nonprofit group in Suwanee that provides Gwinnett and Hall County families with support, education and resources for the entire spectrum of autism disorders, to help

disadvantaged autistic individuals ages four to 22 attend the organization's week long summer camp program, with daily activities that teach social skills lessons.

\$15,000 | Summer Scholars Institute, a three-year academic enrichment program held at the University of North Georgia's Gainesville campus to help at-risk middle and high school Hall County students prepare for college and careers by concentrating on the basic areas of reading, writing and mathematics, along with science for third-year students.

\$12,500 | Young Women's Christian Organization, in Athens, to help 35 girls from low income families attend the Girls Club, a structured recreational and educational summer program for young girls aged five to 14 from low-to-moderate income families and help to defray bus transportation expenses.

\$10,000 | Extra Special People, in Watkinsville, to provide an opportunity for special needs or seriously ill children from low income or financially distressed families in Banks, Barrow, Clarke, Franklin, Gwinnett, Hall, Jackson, Madison and Oglethorpe counties to attend an eight-week camp experience where they can explore nature, discover their own abilities, master new skills and make new friends.

\$6,550 | Path Project, a community and youth development organization dedicated to increasing graduation rates for at-risk children growing up in mobile home parks in Gwinnett and Hall counties, to help fund a summer soccer camp for 50 elementary school-aged children.

\$6,000 | FOCUS (Families of Children Under Stress), a nonprofit agency serving children, teens and adults with developmental disabilities and their families, to help provide 20 children the opportunity to build social skills, self-respect, character and community living skills at Camp Hollywood in Lawrenceville.

\$1,800 | Child Impact, at East Jackson Elementary School, in Jackson County, to provide a leadership training course at Rock Eagle for 15 fourth and fifth-grade students serving as mentors to students in kindergarten to second grade.

INDIVIDUAL GRANT RECIPIENT: **\$4,500** to provide assistance for a new HVAC unit for an elderly resident without heating and air conditioning.

FOR MORE INFORMATION OR TO APPLY FOR A GRANT, VISIT JACKSONEMC.COM/FOUNDATION.

5 Low Cost Energy Tips for Renters

WHETHER YOU RENT OR OWN YOUR HOME, ANYONE CAN TAKE STEPS TO SAVE MONEY ON THEIR ELECTRIC BILL.

For renters, it may be difficult to make major energy efficiency improvements - like replacing a heat pump or water heater - when you don't have control of those purchases. But there are steps you can take to lower your monthly bill.



WATCH FOR ENERGY WASTERS

Look for other steps to save energy in your home, like unplugging devices not used frequently, or using the dishwasher or washer only with full loads.



CLOSE BLINDS & CURTAINS

By closing blinds and curtains on windows receiving direct sunlight in the summer, you can reduce the amount of heat accumulating in your home.



REPLACE WEATHER STRIPPING

If there are air drafts around doors, you could be losing energy. Ask your landlord to replace weather stripping or consider it as a DIY project. Installing weather stripping is an affordable and easy way to help save energy.



MANAGE YOUR THERMOSTAT

For maximum savings, keep your thermostat set to 78 degrees in the summer and 68 degrees in the winter. A programmable or smart thermostat could help save as much as 10% annually in energy costs. If you don't have a programmable or smart thermostat in your home, talk to your landlord about the value of installing one.



SWITCH LIGHTING

Replace incandescent bulbs with LEDs, which use less energy. By replacing your home's five most frequently used light fixtures or bulbs with ENERGY STAR® rated bulbs, you can save \$45 each year, according to Energy.gov.

MEMBERS MAKE IT DELICIOUS

Simply Delicious Salmon



FEATURED RECIPES WIN A \$200 PRIZE PACKAGE

INGREDIENTS:

- 2 fresh or frozen salmon steaks
- 1 small container (5.3 oz) thick Greek yogurt
- 1/2 tsp. dry dill weed
- Vegetable oil spray

DIRECTIONS:

Preheat oven to 400 degrees. Spray vegetable oil spray in baking dish. Place salmon in baking dish. Generously spread tops of salmon with Greek yogurt and sprinkle with dill, according to taste. Bake until thoroughly cooked, approximately 15 minutes. Serve with a green salad and rolls.

“ I have served this to many people who have dined at my home. The Greek yogurt cuts any strong fish taste the salmon may have without being overwhelming. It also seals in moisture.”

— MARTHA TURNER, JEFFERSON

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SIGN UP FOR A MYJACKSONEMC ACCOUNT AND ENTER TO WIN AN IPAD MINI

The new MyJacksonEMC website and mobile app allows members to pay their monthly bill, monitor daily energy use, report an outage and request services – all at their fingertips. The MyJacksonEMC app can be downloaded from the App Store or Google Play.

Jackson EMC members who have signed up for a MyJacksonEMC account by Aug. 30 will be entered to win one of five iPad Minis. Sign up at MyJacksonEMC.com to pay your bill online, report an outage and view your energy use.

Members must have signed up for a MyJacksonEMC account between March 2-Aug. 30, 2019. See contest rules at jacksonemc.com/contestrules.

