



Pictured right: Anna Glover participates in the Trinity Center's challenge course during the Touchstone Energy® Youth Leadership Weekend.

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Halifax Academy Teen Attends Touchstone Energy® Youth Leadership Weekend

Halifax Academy junior Anna Glover recently attended the Touchstone Energy® Youth Leadership Weekend at the Trinity Center in Pine Knoll Shores. The weekend retreat, which began in 2005, is sponsored by Carteret-Craven Electric Cooperative (CCEC). This year, Halifax EMC was excited to send an area youth to experience the action-packed activities and presentations designed to help develop leadership skills. Anna was chosen by her teachers and guidance counselor to attend, and Halifax EMC proudly sponsored her weekend.

Along with twenty-one other students from Carteret and Craven Counties, Anna learned about leadership, team building and problem solving in some unique ways that filled the March weekend. CCEC Community Relations Director Bill Ward and CCEC Communications Director Lisa Galizia planned and organized the event.

Local historian and storyteller Rodney Kemp opened the weekend with his "ACES for Success" presentation, focusing on ambition, attitude, enthusiasm, commitment, and service. During his Sunday morning vesper service, Kemp urged the students to "kiss frogs"—those people often overlooked or mocked by others.

The students were challenged to pursue their dreams by Dexter Williams, who engaged them with his basketball spinning skills and his passion. He used his own life experiences of overcoming obstacles as an example to encourage the students. At five-feet, 10-inches tall, Williams fought his way to the top, first in college basketball and later as a member of the Harlem Legends.

Dan Cook, Director of Association Services for the North Carolina Association of Electric Cooperatives (NCAEC), brought another challenge for the teens as teams competed in building the tallest structure using only angel hair pasta, string, tape, and a marshmallow, which had to sit atop the

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Charles H. Guerry

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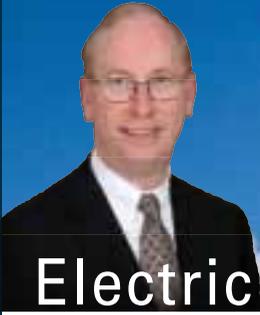
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Return your comments/questions along with your payment, or e-mail them to bamartin@halifax-emc.com. Specific account questions will be answered personally. Remember to include your account number for these types of questions.



“While appliances have become more energy efficient as technology has evolved and federal standards tightened, few ever truly shut down anymore.”

Electric Lines

by Charles H. Guerry

Executive Vice President & General Manager

In 2013, new appliances don't just cook your food and keep it cold, wash your clothes and dishes, or offer a few hours of entertainment. These machines boast myriad functions that make our lives easier—but in doing so also consume more energy.

While appliances have become more energy efficient as technology has evolved and federal standards tightened, few ever truly shut down anymore. And as Americans add more and more electronic devices to their households—25 on average, according to the Consumer Electronics Association—much more energy is consumed.

Take a phone charger as an example. Leaving it plugged in without a phone attached doesn't mean it's not drawing power—in fact, it uses 0.26 watts of electricity even when a phone isn't connected, and 2.24 watts when the handset is charging.

Of course, that 0.26 watts by itself might not be a big issue. But if most of your electronic devices are doing that, it can add up to as much as 10 percent of your bill, according to the U.S. Department of Energy.

Take a look around your house—how many cords are plugged in? Of those, how many are actually attached to a device? You might be surprised at how much electricity your family consumes, even when you don't realize it.

Cable boxes are a big culprit of 24/7 energy use. Leaving your cable box plugged in for a year and never turning it off adds, on average, \$17.83 to your

electric bill. Toss in a DVR function and that total jumps to \$43.46, DOE reports.

And electronics aren't the only problem. Basic “white goods” appliances like clothes washers and dryers, refrigerators, and dishwashers are so savvy that you can set them to come on late at night, when the wholesale power your co-op must buy costs less—helping your co-op keep power affordable for you and your neighbors. Here again, the bigger you go with a new appliance, the more energy it will use.

Electric bills don't have to be held hostage by 24-hour-a-day energy use. For starters, use a power strip to turn several electronics on or off at once. For a bigger investment, look into “smart” power strips. They allow you to cut power to certain appliances—say, your TV—while letting power flow to your cable box because it takes time to reboot after being unplugged.

If you're in the market for a new appliance, look for an ENERGY STAR model. It generally consumes less power all around and uses less standby energy.

But remember that you actually have to use those energy-efficient settings on your appliances to see savings on your electric bill.

For more information on energy-efficient living, visit www.halifaxemc.com.

Source: Magen Howard writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association, the Arlington, Va.-based service organization for the nation's 900-plus consumer-owned, not-for-profit electric cooperatives.

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Above: Anna on the challenge course.

Overcoming adversity was the message delivered by Matt Dodge, West Carteret High School graduate and former New York Giants punter. Dodge encouraged the students to be humble, face adversity with grace and cultivate genuine relationships today that will help them in the future.

Other presenters included State Rep. Pat McElraft, NCAEC Grassroots Specialist Brandon Reed, and CCEC's Bill Ward and Lisa Galizia.

Halifax EMC looks forward to participating in this weekend event again next year. If you will be a high school junior in the 2013–2014 school year, and are interested in developing leadership skills, have your high school guidance counselor contact Julia Allsbrook at 252-445-1188 or jallsbrook@halifaxemc.com for more details.

Volunteers In Action Educational Opportunity Scholarship

Local graduating seniors and/or students currently enrolled in college (rising sophomores, juniors or seniors) still have a chance to apply for a scholarship through the Halifax EMC Volunteers In Action.

Applicants must be: a member of Halifax EMC or live in a household served by Halifax EMC, 18 years or older and enrolled in an accredited North Carolina college/university (4-year, junior, community, vocational, or technical college).

The application deadline is Monday, July 1.

Holiday Closing

The offices of Halifax EMC will be closed on Thursday, July 4, in celebration of Independence Day.

Our offices will re-open on Friday, July 5.

Have a safe holiday!



completed project. Their teamwork came to play in their success in that activity, but even more on the Trinity Center's challenge course. They developed trust, communication skills and more as they worked together to scale an eight-foot wall, balance on wire cables and tackled other difficult obstacles on the course.

While those obstacles seemed tough, the teens learned the true meaning of difficulty during a moving presentation on leadership from the top down and the bottom up from Marine Lt. Col. Nicholas Davis, and Sgt. Major Benjamin Pangborn, both of the Wounded Warrior Barracks East.

RECIPE OF THE MONTH

Broiled Pineapple Sundaes

- 3 tbs. brown sugar
- 3 tbs. fresh orange juice
- 1½ tsp. honey
- ½ tsp. ground cinnamon
- ½ tsp. ground ginger
- 2 cups coarsely chopped fresh pineapple
- ¼ cup macadamia nuts, coarsely chopped
- 2 cups vanilla fat-free frozen Greek yogurt

Preheat broiler to high. Combine first 5 ingredients in a medium bowl, stirring well with a whisk. Add pineapple; toss to coat. Spread pineapple mixture in a single layer on a jelly-roll pan lined with foil. Broil 5 minutes or until bubbly. Place nuts in a skillet; cook over medium heat 3 minutes or until lightly browned, shaking pan frequently. Spoon 1/2 cup yogurt into each of 4 dessert bowls. Top each serving with about 1/4 cup pineapple mixture and 1 tablespoon nuts.

Source: *Cooking Light*, June 2012

Hurricane Preparedness

Advancements in technology warn us of coming storms days in advance, but don't wait until a hurricane forms to start preparing. Hurricane season begins June 1 and ends Nov. 30 and, when these disasters strike, they pose serious threats to North Carolinians. True preparation for hurricane season starts now. Follow these tips to make sure that you, your family and your home stay safe this hurricane season.

Before the Storm:

- Have a family evacuation plan. Determine a safe site for your family to meet and include the safest route to an emergency shelter or other facility.
- Locate important papers and documents and have them ready to take with you, should you need to evacuate. These items include drivers' licenses, Social Security cards, proof of residence, insurance policies, wills, deeds, birth and marriage certificates and tax records.
- Create an inventory of your personal belongings with videotape, photos or a written list. Make sure this inventory list is kept in a waterproof container.
- Put together a disaster supply kit. Include a two-week supply of water, non-perishable food items, a first-aid kit, flashlights, a battery-operated radio, batteries and your prescription medications.
- Fill your car with gas as soon as a storm is forecasted; do not wait.
- Secure your home. Close storm shutters and lock up outdoor objects or bring them indoors.
- Be sure to listen to the radio for updates on weather conditions. Know that a watch is issued when there is a threat of hurricane conditions within 24-36 hours and warnings are issued when hurricane conditions are expected in less than 24 hours.

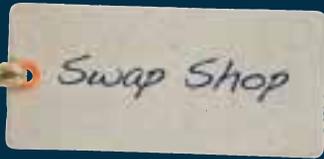
During the Storm:

- Follow hurricane progress reports on the television or radio. Be sure to have a battery-powered radio on hand in case the power goes out.
- Avoid windows and glass doors and keep curtains and blinds closed. Take refuge in a small interior room, closet or hallway on the lowest level.
- If evacuation is necessary, leave as soon as possible, unplug all appliances, take protective clothing, blankets and sleeping bags, and lock up your home.

After the Storm:

- Make sure the storm has completely passed before going outside.
- Never pick up or touch downed power lines. Because the lines could still be energized, report them immediately by calling your electric cooperative or 911.
- If your power is out for an extended period of time and your emergency situation requires the use of a generator, have a qualified, licensed electrician connect the generator to your home's main electrical supply. Power from generators can backfeed along power lines and electrocute anyone who comes into contact with them.
- Replenish your supplies of batteries, bottled water, non-perishable food items and firewood for future hurricanes.

Preparing for a hurricane is essential to staying safe, saving lives and saving money. You cannot prevent hurricanes, but you can minimize potential damage and injury to your home and your family by gathering supplies, preparing your home and planning for a possible storm before the hurricane season starts.



For sale: Semi-circular Oak bar, \$100; blue denim sofa w/two cushions, \$75; 12 spd. Columbia mountain bike, \$50. Call: 252-257-3981 (Macon).

Energy Efficiency Tip of the Month

Your swimming pool doesn't have to be a drain on your electric bill. Simply covering it will go a long way to reducing evaporation, which will cut back on refilling and reheating. Also, consider investing in a high-efficiency or multi-speed pool pump when it's time for a replacement—they cost more but save a lot more energy than older models. Visit EnergySavers.gov for more info.

Source: NRECA's Cooperative Research Network