



South River EMC Communicator

WELCOME TO JANICE FAYE'S

"Breathe in, and as you breathe out, relax your shoulders," said Kelli Adams, equine specialist at Janice Faye's Ranch. "I could see your shoulders creeping up to your ears, how are you feeling?"

It's about regulating control and brain energy, that's one of the first things you learn at Janice Faye's.



Paradise

Founder Joy Canady built Janice Faye's Ranch, a Natural Lifemanship-centered non-profit organization, on 20 acres of property she inherited from her father in Clinton.

"Janice Faye's Ranch was developed as the result of one family's tragedy and heartbreak," said Canady. "After watching a family friend be abused by another family member as a young child and feeling helpless, my mind goes back to the memories of growing up with horses and the soothing feeling I experienced while being around them."

Canady and her husband were working to become licensed foster parents, and through the process, Canady realized the need for assisting traumatized children and their parents was even more evident.

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Joy Canady and Kelli Adams

"I had the property, no horses, no fence, no volunteers," said Canady. "I put in a prayer request at church."

Adams, in turn, received an email about that prayer request. Having grown up on a horse farm in Vermont, Adams too, knew the soothing feeling of horses.

"I saw this email and I was looking for a way to get involved somewhere, I had done this work in South Carolina, at an organization I had gotten involved with in 2014," said Adams. "But

we moved to Johnston County in 2018 after Hurricane Florence took our house."

She called and asked about the program, talked about her experience with Natural Lifemanship and the rest is history.

"Same thing with our therapist," said Canady. "Our licensed therapist went to our church and volunteered her time."

Canady reached out to the school guidance counselors and invited them out to the ranch. Several were interested in volunteering and others had students they thought might benefit from the program.

All volunteers must undergo a background check, as well as the Darkness to Light program, which empowers adults to prevent, recognize, and react responsibly to child sexual abuse through awareness, education, and stigma reduction.

Working with Believe Equine Rescue and Rehabilitation Center, the ranch acquired two horses, Paradise and Dixie.

Dixie was being treated for an infected foot and couldn't stand, while Paradise was an Amish horse being sent to slaughter. Both are now healthy participants in the program.

Now, with about 12 students, as well as some parents participating in sessions, the organization is working to help girls overcome trauma, as well as learning how to process it.

Sessions start with a devotional and a regulation period, which is a time where participants get calm and peaceful.

There is no rush for anything to get done. Healing, like learning to be around horses, takes time.

"When we first meet the horses, we just observe and it's up to the client as to when they start to go forward," said Adams. "Sometimes it's up to the horse, and the horse will pick 'em and say hello. We take the time it takes, to take the time it takes."

For more information visit janicefayesranch.org.

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Thus, Janice Faye's Ranch began, a tribute to Canady's mother.

The idea was there, but how could it become a reality? Canady had a friend who volunteered at an organization that used the Natural Lifemanship model.

"They helped with a lot of things that got us started here," said Canady. "When I learned about it from them, I felt like God said, I don't want to veer from this one - the Natural Lifemanship."

Natural Lifemanship promotes healing, recovery and positive development through the process of building connected relationships. This programming is what encouraged Canady to apply for an Operation Round Up grant for staff training.

"The Natural Lifemanship model is the only model where the horse isn't a tool," said Adams. "The horse is part of the process and a part of the team."

So, with a therapy selected, Canady set to work on everything else.



Dixie



TIPS FOR A SAFE HARVEST

Agriculture is the backbone of our country, and our livelihood greatly depends on the crops provided by American farmers. In addition to being one of the most labor-intensive professions, farming is also considered one of the most dangerous jobs in the U.S.

The hard work and exhaustive labor are tough but rushing the job to save time can be extremely dangerous—even deadly—when farming near electrical equipment.

Every year, we see collisions where tractors and other farming equipment accidentally collide with utility poles and power lines, causing injuries and power outages. These dangerous accidents can be avoided

by looking up and around your surroundings when operating large farm machinery. If you're preparing for harvest season, please keep the following safety tips in mind:

- Maintain a 10-foot clearance around all utility equipment in all directions.
- Use a spotter and deploy flags to maintain safe distances from power lines and other electrical equipment when working in the field.
- If your equipment makes contact with an energized or downed power line, contact 9-1-1 immediately and remain inside the vehicle until the power line is de-energized. In case of smoke or fire, exit the cab by making a solid jump out of the

cab (without touching it), and hop away to safety.

- Consider equipment and cargo extensions of your vehicle. Lumber, hay, tree limbs, irrigation pipes and even bulk materials can conduct electricity, so keep them out of contact with electrical equipment.
- Call NC811 before you dig.

September 19-25 is National Farm Health and Safety Week but practicing safety on the farm year-round yields positive results.

We hope you never find yourself in a situation where farming equipment contacts power lines or poles, but if you do, we hope you'll remember these safety tips.

LAST CALL: BRIGHT IDEAS

Educators, there are a few weeks left to get your Bright Ideas grant applications submitted.

School might be back in, but that doesn't mean you have everything you need for your classroom and students.

Finding more innovative ways to engage students and their different learning styles takes preparation, planning, and funding.

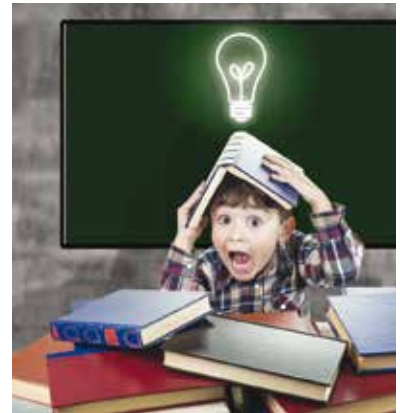
And more often than not, it comes to teachers to spend their own money on classroom materials.

South River EMC has an option to get classrooms ready. Bright Ideas is a grant program for teachers in public, K-12 schools, who have bright, innovative classroom-based ideas.

In the past few years, the Cooperative has awarded over \$50,000 per year to local educators and funding a whopping \$1.4 million locally since 1994.

Cumulatively, North Carolina's electric cooperatives have awarded \$13.6 million in grants to the benefit of 2.7 million students.

Grants can be written for any



amount up to \$2,500 and for any subject.

If you are a local educator with an innovative idea, apply at ncbrightideas.com by Sept. 15.

For questions, visit sremc.com/bright-ideas.

OFF-PEAK OPPORTUNITIES

As a member of South River EMC, you know how to make smart energy choices that help you save money. But did you know that **when** you use electricity can be just as important as **how** much you use?



Throughout the day, energy use fluctuates based on consumer demand. Typically, most households use larger amounts of electricity in the morning when most people are getting ready for their day, and in the evenings when they return from

work, cook dinner, wash clothes and watch television.

These times when people in our community are using more electricity at the same time are called "peak" hours. The cost for South River EMC to provide power is higher during these times because of the additional demand for electricity. Summer on-peak time (April 16-October 15) is 2-6 p.m. Meanwhile, winter on-peak time (October 16-April 15) is 6-9 a.m.

By shifting some of your energy use to hours when demand is lower, also known as off-peak hours, you can help keep rates lower for the community.

Here are a few easy ways you can shift energy use to off-peak hours:

- Adjust your thermostat. During summer months, raise the ther-

mostat a few degrees during peak hours.

- Wash full loads of clothes in cold water during off-peak hours.
- Run the dishwasher right before you go to bed, or air-dry dishes by opening the dishwasher instead of using the heated dry cycle.
- Turn off lights and electronics when not in use. (Try to make this a daily habit, whether during peak or off-peak hours.)

There are many ways to save energy and money by making a few minor adjustments to your daily routine. You can also save by getting on the Switch and Save rate offered at the Cooperative.

We're here to help. Contact us if you have questions about your energy bill or for additional energy-saving tips.

UNDERSTANDING SURGES & BLINKS

Have you ever noticed your lights blink? Or perhaps you've noticed a blinking microwave clock when you arrive home. When this happens, you've likely experienced a brief disruption to your electric service, which could result from a power surge or blink. While surge and blink symptoms can appear similar, what's happening behind the scenes can be quite different.

What's a power surge?

Power surges are brief over-

voltage spikes or disturbances of a power waveform that can damage, degrade or destroy electronic equipment within your home or business.

What's a power blink?

Power blinks are also brief service interruptions, but they're typically caused by a fault (short circuit) on a power line or a protective device that's working in reaction to the fault.

Believe it or not, these brief power blinks caused by pro-

TECTIVE devices are actually good because that means the equipment is working as it should to prevent a prolonged outage.

Regardless of the cause, South River EMC crews will be on their way to determine the cause and remove the fault that is causing the blinks.

Any time you experience repeated disruptions to your electric service, let us know by calling 910-892-8071.

WHAT SMARTPAY CAN DO FOR YOU

SmartPay was introduced to members in 2012, a prepaid program, which can help members better manage their energy use and costs. The pay-as-you-go program now has 3,587 members participating.

"I think SmartPay is a wonderful thing," said member Kathy Coats. "One of the best programs South River EMC has opened to the public [membership] in a long time."

Gerardo Figueroa was just such a member. When faced with a deposit, he opted for SmartPay, which does not require a deposit.

"The best thing about SmartPay is that I'm aware of the energy I'm using daily," said Figueroa. "And I'm in control."

Coats agreed, "I like SmartPay because it enables you to actually see how much you're using each day."

Members on SmartPay pay the same rate for electricity as those on traditional billing, they just pay for it in advance.

Setting up an account is easy. It must be set up with a positive balance that should be monitored daily. If you are on SmartPay, you pay as much as you can, when you can as long as you maintain a positive balance.

Upon enrollment you must purchase at least \$75 of energy. You do not pay disconnection or reconnection charges – it's that easy!

"I'm learning how to save money and energy," said Coats. "I can see my use daily and make

changes, I thought the whole idea was too good to be true."

Once enrolled, participants often find themselves reducing energy consumption by between five and 15 percent.

"Energy use has affected my habits," Figueroa said. "I make changes as soon as I see energy use increase."

You can check your balance daily by clicking View My Account/ Pay My Bill under Service Options at sremc.com, or calling 910-892-8071. If you decide to participate in SmartPay, SmartView monitoring is the most important tool.

The logo for SmartPay features the word "Smart" in a green, rounded font, followed by "Pay" in a blue, rounded font, and "Y" in a yellow, rounded font.

All the power. None of the shock.



HERO Homes, Energy Star Appliances, Water Heater Savings.

Appliances That Can Help You Save

Are you in the market to replace a home appliance?

If so, replace with an Energy Star certified one. Energy Star certified appliances are tested to prove they save energy and water using non-proprietary technology.

But why purchase an Energy Star appliance? While most appliances do not use a significant amount of energy themselves, the amount they do use, coupled with your family's use of them, can add up.

South River EMC offers a rebate

on Energy Star certified refrigerators, clothes washers and dryers, and dehumidifiers. For information visit [sremc.com/energy-star-appliances](https://www.sremc.com/energy-star-appliances). There, you can also use the appliance calculator to see what your current appliances are costing you.

Pick Your Pump, Save Some Energy

You can save energy and maintain a comfortable swimming pool temperature by using a smaller, higher efficiency pump and operating it less.

The larger the pump, the greater the pumping and maintenance costs. To choose the right size pump, consult a pool supplier's design chart.

Pool pumps often run longer than necessary. Circulating

pool water keeps the chemicals mixed and removes debris. However, as long as the water circulates while chemicals are added, they should remain mixed.

Install a timer to control pump cycling. If debris is a problem, use a timer that can activate the pump for many short periods each day. Several short cycles keep the pool cleaner all day.

Install a variable or two-speed pool pump. Both pump types give you the opportunity to set times and water flow. And because of that, you are able to save money and energy.

South River EMC rebates 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.

Two Ways To Keep You Cool, Or Warm

Insulating and weatherizing your home plays a part in heating and cooling costs, because it's not just the unit, but how you use the unit that contributes.

For example, let's say you have a door to the outside with a gap. The gap allows cooled air outside. Meanwhile warmer air is coming in, which impacts your comfort, and can lead to thermostat adjustments.

By weather stripping moving pieces, and caulking non-moving pieces, you can improve comfort and costs.

Air infiltration, as well as heat gain, also impact comfort and cost. Air infiltration, or the entrance of outdoor air in and vice versa, causes thermostat adjustments, which impact your energy use. Insulation works to keep heat in or out, depending on the weather. However, heat

moves into cooler areas, so during hot days, air conditioning costs could add up.

Insulation and weatherization are just two of the ways to keep you cool or warm. By making improvements, you could also be eligible for a rebate. For details, visit [sremc.com/insulation-weatherization](https://www.sremc.com/insulation-weatherization) or call 910.892.8071 x 2222.

Keep Your Home Costs Low

The costs for a home add up, your mortgage, insurance, taxes, repairs, energy and water costs. However, by building or buying a high efficiency residential option, or HERO home, you could be saving in some areas.

The program gives builders two options to build a home that is 30 percent more efficient:

- **The Performance Path** is flexible, requiring an energy cost analysis (provided to you by your HERS Rater and signed-off by a Design Professional) as proof that the home being built will have energy costs less than or equal to that same home built to the HERO Code's prescriptive requirements.

- **The Prescriptive Path** is

straightforward, involving full compliance with a list of specific requirements.

If in the market for a new home, consider a HERO home. Details can be found at energycodes.gov. For details on the rebates offered by South River EMC, visit [sremc.com/hero-program](https://www.sremc.com/hero-program) or call 910.892.8071 x 2153.



Your pool might not be this big, but savings are still there.

Heat Pump Check-Up Time

It might still be warm, but it's time to schedule your heating and cooling service before appointments fill up.

Even if you have a new 17 SEER system, a check is always worthwhile to ensure your system is running at optimum performance.

If you end up being in the market for a new heating and cooling system, more than likely a heat pump, there are several options to consider.

Air source heat pumps, which pull heat or cool air from the surrounding space and use it in your home, are the most common unit to replace with.

The geothermal heat pump, which pulls heat from the ground, involves digging and is most often recommended in new construction.

There is also the ductless mini-split system which is often for workshops, or additions that are unconnected to the original

heating and cooling system.

Before you need a system, consider your options carefully, by preparing beforehand, you help yourself save when a replacement is necessary.

The Cooperative rebates on heating and cooling systems with seasonal energy efficiency ratio, or SEER ratings, of 17 or above. For complete details, visit sremc.com/energy-star-heating-cooling or call 910.892.8071 x 2222.

Water Heaters: Facts And Tips

Facts about water heaters you might, or might not, know:

- Anywhere from 13-18 percent of the energy used in your home goes toward water heating.
- Tankless water heaters last between 18-20 years while tank water heaters last 10-12 years.
- Natural, unheated water typically enters your home at around 50 degrees Fahrenheit.
- By choosing a high efficiency water heater (instead of a standard water heater), you can cut your energy use by 10-50 percent.
- Tankless water heaters can cost more than twice as much as traditional water heaters to purchase and install.

• Heat pump water heaters and solar water heaters are best used in homes with mild to hot climates.

Now that you've got some tips that will help you save, what are you going to do with the knowledge that 13 to 18 percent of your bill each month is devoted to water heating?

If considering a tankless water heater because of their lifespan, look into what it would cost you to purchase, install and run. And when you look into a replacement, take that last tip into consideration, a heat pump water heater could help you save since they're 2-3 times more efficient, and with the

appropriate solar resource, you could significantly cut down on water heating costs.

However, all decisions depend on certain items. For example, how do you heat your water, gas or electric? Do you receive enough sun to heat your water with solar power? Lots of consideration to take into account.

South River EMC offers rebates on solar water heating and heat pump water heating, if you find one of these energy-efficient options is for you. For details, visit sremc.com/energy-efficient-water-heating, or call 910.892.8071 x 2153.

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