



POWERLINES

February 2024

Official Newsletter of Tri-State Electric Membership Corporation

Tri-State EMC Accepting Essays for 2024 Washington Youth Tour

Tri-State EMC is accepting applications from area high school juniors to compete for an all-expenses-paid spot on the 2024 Washington Youth Tour (WYT). The weeklong leadership trip offers participants an opportunity to experience our government and history up close, while also having fun, making friends and gaining leadership skills. Three delegates sponsored by Tri-State EMC will join teens from other EMCs to participate in the 2024 WYT.

The fast-paced, high-energy program is designed to give students a taste of democracy in action, expose them to the nation's rich history through visits to national monuments and museums, and encourage them to become politically aware citizens. The trip is an unforgettable journey that includes face-to-face meetings with state and national leaders, leadership training and discussions on important issues with students from other states.

The group travels to Washington, D.C., to connect with more than 1,500 students from across the country. They will cruise down the Potomac River, visit the Tomb of the Unknown Soldier in Arlington National Cemetery, meet with U.S. senators and representatives, and tour the U.S. Supreme Court, Bureau of Engraving and Printing, George Washington's Mount Vernon, Washington National Cathedral and Ford's Theatre.

Students will visit memorials and monuments honoring former U.S. Presidents Franklin D. Roosevelt, Thomas Jefferson, Abraham Lincoln and George Washington, as well as veterans of World War II, and the Vietnam and Korean wars. They also will watch the U.S. Marine Drum and Bugle Corps, and the Silent Drill Platoon perform at the U.S. Marine Corps War Memorial, and spend time at the Smithsonian Institution, News-eum and United States Holocaust Memorial Museum.

One student from each of the three local high schools—Fannin County High School, Copper Basin High School and Hiwassee Dam High School—will be chosen to attend this year's WYT. Interested students can submit essays at their high schools. The deadline is March 15.



From left, 2023 WYT delegates Blake Dotson, Kendra Newman and Kira Hyatt pose with Tri-State EMC Human Resources Manager and WYT Chaperone Chris Hulsey at George Washington's Mount Vernon.

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Tri-State EMC

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Tri-State Electric Membership Cooperative is a not-for-profit, member-owned power cooperative providing electricity to the people of Cherokee County, N.C.; Polk County, Tenn.; and Fannin County, Ga.



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FEBRUARY IS American Heart MONTH



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As soon as Christmas is over, stores and businesses will start decorating with hearts in preparation for Valentine's Day.

But February isn't just about romance. It's also American Heart Month and all about keeping your heart healthy by eating nutritious food and regulating blood pressure and cholesterol levels.

Even if your New Year's resolution to eat healthier and exercise regularly is already a distant memory, February is a great time to kick-start your healthy heart routine.

The electric appliances you might already have in your kitchen can help.

For example, a multicooker like the Instant Pot can steam and air-fry meat and vegetables without oil. A slow cooker can prepare chicken and beef dishes without added fats, too, if you let them simmer in broth, juice or another liquid, and let the meal stew all day.

An electric indoor grill draws fat from meat into a drip pan below the grate instead of using it to cook the dish. And a blender with blades sharp enough to shred ice makes it simple to whip up smoothies for breakfast and snacks so you and your family get plenty of fruits and veggies, even in the morning.

This February, redefine romance to include helping your family get and stay healthy. Recommit to those New Year's resolutions and celebrate American Heart Month by protecting your heart and those of your loved ones.



Energy Efficiency Tip of the Month

Area rugs are an easy, cost-effective solution to cold floors. Adding area rugs to hard-surface flooring can add warmth to any room and keep your feet cozy on cold winter days.

Choose rugs made from wool or other natural fibers and plush or high-pile textures for the most insulation. Place rugs in areas where you need additional warmth, like the foot of a bed or under a coffee table. Area rugs can enhance the aesthetic of your home and keep you cozier.



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