

Knowledge is
POWER

A HOME IMPROVEMENT THAT PAYS YOU BACK

Who doesn't love new granite countertops or a remodeled bathroom with a fancy shower?

Although nice, those improvements cost you money. What if you could find a home improvement that grows your bank account?

Properly insulating and weatherizing your home brings dividends every month by lowering energy use and cutting the power bill with a bonus – increased comfort.

First, seal exterior cracks with caulk. It's easy and economical. Check seams where building materials meet and around doors and windows.

The attic is next. Insulate attic spaces to at least an R-value of 38. (R-value measures thermal resistance. The higher the R-value, the better the insulation.)

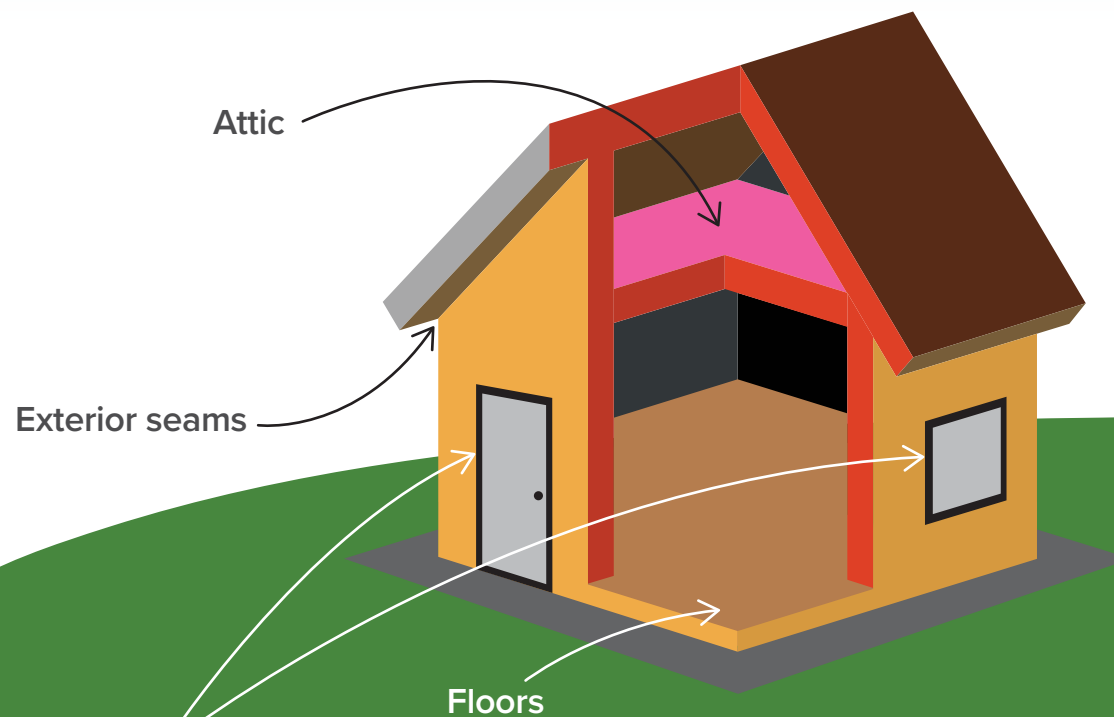
Next, check floors over crawlspaces or unheated basements. Insulate those to R-19.

In most cases, adding insulation in walls to homes built in the last 65 years is impractical. If your older home was built without any wall insulation, it may make sense. Consult a pro.

If you're physically able to move around in tight attic or crawl spaces, you can save even more by making this a do-it-yourself project. If you're not sure, hire a professional.

Should you replace windows? The answer is not as clear, and the savings may not justify the expense. But there may be other factors in the decision, like comfort issues or failing or rotting windows.

INSULATION PRIORITIES



Check out our free
**HOME ENERGY
EVALUATION**



FEB 2025

WaltonEMC

realite



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Listen
to
Your

Heart

FEBRUARY IS AMERICAN HEART MONTH

What is your heart telling you?

If it could talk, your heart would tell you that the leading cause of death in the United States is heart disease.

It would tell you that high blood pressure is the leading cause of heart disease, and only one in four adults have that condition under control.

It would tell you that other health factors you can change, like smoking, high cholesterol, diabetes, obesity, excessive alcohol use and physical inactivity, put it at greater risk of disease.

It would tell you that you can decrease the risk of heart disease by making positive lifestyle changes. It's doable!

American Heart Month dates to 1964 when President Lyndon Johnson, who had a heart attack, issued the first proclamation to raise awareness of heart disease. Since then, the annual February observance provides the opportunity to draw attention to preventing heart disease.

"One of the things that matters most at Walton EMC is our members," says CEO Ron Marshall. "We're concerned for their health and well-being. I hope this awareness effort and information throughout our media will encourage every person to take heart health seriously."

Listen to Heart Healthy Habits

- **Get high blood pressure under control.** Monitor your blood pressure frequently and take medications your doctor prescribes regularly and correctly.
- **Change to a healthier diet.** How? Reduce salt from the shaker and then at the supermarket by buying low-sodium foods. Limit saturated fats, red meat and sugar (both simple sugars like candy and carbohydrates like pasta). Eat more fruit, vegetables, whole grains and lean proteins. Limit alcohol.
- **Keep diabetes under control.** Work with your doctor to maintain A1C readings below 7. Diet, exercise and medications can all play an important part. Check your blood sugar regularly.
- **Stop smoking.**
- **Start exercising.** Try to get at least 150 minutes of exercise each week.
- **Decrease stress.** Use relaxation techniques. Get enough sleep. Make time to do things you enjoy.

Signs of a Heart Attack

Listen if your heart tells you it's in distress. Early action is important!

- Chest pain or discomfort (center or left)
- Pain/discomfort in the jaw, neck or back
- Pain/discomfort in one or both arms or shoulders
- Shortness of breath
- Feeling light-headed, weak or faint
- Cold sweats
- Vomiting or nausea

Call 911 immediately if you observe heart attack signs.

SCAN FOR THE REALITE ONLINE



- Step 1**
Point your phone camera at the QR code.
- Step 2**
Tap the screen to access Walton EMC news online.

WaltonEMC

waltonemc.com

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quick guide

IF YOUR POWER IS OUT

770.267.2505

waltonemc.com > Report an Outage

WHEN WE'RE AVAILABLE

Power Outages and Emergencies > 24/7

Contact Center > M-F, 7A-7P

Business Offices > M-F, 8A-5P

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Snellville 3645 Lenora Church Rd.

Watkinsville 2061-D Hog Mountain Rd.

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©2025 Walton EMC is a customer-owned power company. That means our cooperative focuses on service, not profit. We serve more than 135,000 accounts in Athens-Clarke, Barrow, DeKalb, Greene, Gwinnett, Morgan, Newton, Oconee, Rockdale and Walton Counties. Our subsidiaries supply natural gas and security services.



HOW DO WE RATE?

INDUSTRY EXPERT SAYS GEORGIA HAS ‘EM ALL BEAT’

For its reliable, affordable electricity to power homes, Georgia is the envy of the nation, says David Gattie, an energy policy expert with the University of Georgia’s Center for International Trade and Security.

“People in the power sector admire Georgia,” he added. “We’re what everybody else wants to be.”

Georgia electric power suppliers consistently have the lowest retail residential rates among the eight states with the highest gross domestic product (GDP) — a measure of economic activity. The GDPs of these states constitute 50% of total U.S. GDP.

“We got ‘em all beat on rates,” Gattie said.

But rates alone aren’t the only impressive measure, he emphasizes. Georgia is the only state in the country that is keeping residential electric rates below the national average while simultaneously:

- prioritizing and maintaining grid reliability. “In Georgia, energy reliability and grid security is a team sport — it’s prioritized by everyone in the state’s energy sector.”
- reducing carbon emissions by offsetting a reduction in coal with natural gas, nuclear and renewables to generate electricity. “The foresight to invest in and build the new Vogtle nuclear reactors has given us a strategic asset that will provide for future generations. Every other state is saying they wished they had these new reactors right now.”

This trifecta of energy sector traits adds up to a better quality of life for residents and provides a core competitive advantage for Georgia’s future economic growth, Gattie summarized.

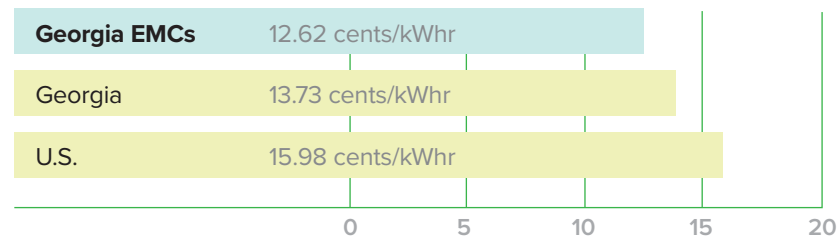


“PEOPLE IN THE POWER SECTOR ADMIRE GEORGIA. WE’RE WHAT EVERYBODY ELSE WANTS TO BE.”

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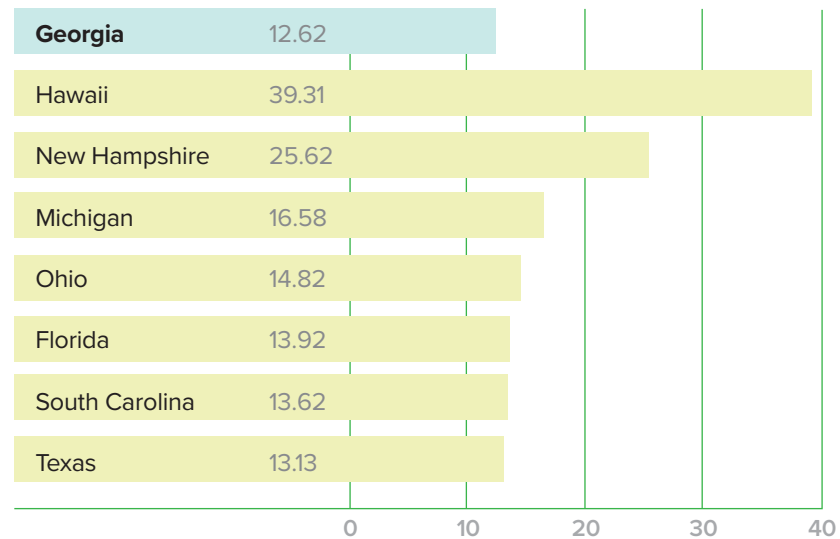
RETAIL RESIDENTIAL RATES

(average 2023)



GEORGIA VS. THE REST

A sampling of U.S. electric co-op residential rates



OPERATION ROUND UP

Walton EMC

Small change.
Big difference.

PITCHING IN PENNIES HELPS LOCAL COMMUNITIES

Operation Round Up (ORU) is a charitable program governed and funded by Walton EMC customer-owners. This initiative continues the cooperative legacy of neighbors helping neighbors to improve the quality of life in area communities.

How it works: The program is funded solely by Walton EMC customer-owners who voluntarily choose to round their electric bill to the next highest dollar amount. Contributions go to a special fund dispersed by the 14-member Walton EMC Trust, volunteers who represent each co-op district. These trustees receive and evaluate grant applications on a quarterly basis. Any administrative costs are absorbed by Walton EMC, allowing 100% of donations to be returned to local communities.

What it costs: Each month, the amount a participant donates may range from a penny to 99 cents, with a maximum possible contribution of \$11.88 per year. The average participant’s contribution is 50 cents per month.

Who benefits: ORU grants provide financial assistance to youth programs, food banks, community enrichment programming, service organizations, economic development, wellness initiatives, cultural experiences and educational opportunities in counties served by Walton EMC.

Since the program’s start in 1998, co-op members’ small change has added up to more than \$9 million in donations used to meet local needs.

Scan to learn more about Operation Round Up recipients



Is your porch covered?

SMART SECURITY SOLUTIONS FOR WALTON EMC MEMBERS

Keep your front entryway safe with a state-of-the-art doorbell camera from EMC Security. Answer your door, deter crime and get real-time alerts — all from your phone.

A loyal EMC Security customer says...
“I love that this camera records 24/7 — I never miss any activity! It’s easy for me and my spouse to view on our phones and talk to whoever is at the door. The technician who set it up went through all the features with me and made sure my doorbell still rings through my house like normal. I was surprised there is no additional monthly subscription cost!”

John A. Cumming, Ga.

Home security options that fit your needs!



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A Walton EMC company since 1998

1

Georgia’s rank in lowest residential rates among 8 states that produce 50% of nation’s gross domestic product

11

PERCENT of all U.S. residential electric co-op consumers live in Georgia

65.5

PERCENT U.S. electric co-op members who pay higher retail residential rates than Georgians

18

Georgia’s national rank in residential electricity consumption

6

Georgia’s rank among the 8 U.S. states that generate 75% of the nation’s solar power