

Gasette



READY TO Run

WALTON'S JEFF PAUL TRAINING FOR 15TH ATHHALF HALF MARATHON

In a matter of weeks, 60-year-old Jeff Paul will lace up his running shoes and head to the starting line in downtown Athens to compete in the AthHalf Half Marathon. The race marks the 15th consecutive year he has completed the 13.1 mile course to benefit music and arts education for youth in Athens-Clarke County.

Walton Gas has been a presenting sponsor of the AthHalf Half Marathon & 5K since 2019. Employees from both Walton Gas and Walton EMC turn out to support both events as participants and volunteers. Paul, member services director for Walton EMC, is one of 17 employees and their families training to run this year's half marathon.

Though he may participate in a few other events throughout the year, the AthHalf is the one race on Paul's calendar every year. He typically runs about 3 miles, four to five days a week, to prepare. Starting in August, he also participates in a weekly group training program offered free by Fleet Feet Athens.

"There are usually about 70 people who do this weekly training," he said. "We build up, running different parts of the course each week. So, by race day, you're ready."

The half marathon course winds through Athens' historic districts and downtown before entering UGA's Sanford Stadium for a final lap. When participants cross the finish line, they are greeted by Walton Gas team members handing out medals that commemorate the accomplishment. After all these years, it remains a highlight for Paul.

"Crossing the finish line is still just as exciting," he said. "When I finish, there are all these Walton Gas people there with me."



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2024

AthHalf

HALF MARATHON & ATHFEST EDUCATES 5K

15th Annual Half Marathon
Sunday, Nov. 3, 7:30 am

8th Annual AthFest Educates 5K
Saturday, Nov. 2, 2:30 pm

Registration:
athhalf.com

IN CASE OF Emergency

The 2024 hurricane season is in full swing, bringing the potential for damaging winds and flooding to Georgia – in both coastal and noncoastal areas. September and October are peak months for storm activity.

“Experience has shown us hurricanes are not just a coastal problem in Georgia. High wind, flooding and even tornadoes can happen far inland from where a hurricane or tropical storm makes landfall,” said Brad Adcock, director of safety for Walton EMC, parent company of Walton Gas. “No matter where you live in the state, it makes sense to be prepared.”

September is National Preparedness Month, a good time for Walton Gas customers to heed Adcock’s advice. During a prolonged power outage or other weather-related emergency, this means having enough food, water and other supplies to last at least a few days. It also includes making an emergency communication plan to stay in touch with family and friends.



Taking time to prepare now can help save you thousands of dollars and give you peace of mind if a weather-related disaster or emergency occurs. “Even at a modest level, preparation can help reduce stress and anxiety and lessen the impact of an emergency event,” Adcock said.



Scan the QR code to read this month’s Walton Wise blog to learn about actions you can take and resources you can use to help protect yourself and loved ones if severe storms sweep through Georgia.

gas up the stove Blueberry Cream Cheese Pound Cake

INGREDIENTS

| | |
|----------------------------------|------------------------------|
| 3 sticks salted butter, softened | 1 teaspoon baking powder |
| 8 ounces cream cheese, softened | 1/2 teaspoon table salt |
| 3 cups granulated sugar | 1 teaspoon vanilla flavoring |
| 6 eggs | 1–2 cups blueberries |
| 3 cups flour | |

INSTRUCTIONS

Preheat oven to 325°F. Grease and flour cake pan. Beat butter with mixer until creamy; add cream cheese, mix until smooth. Gradually add sugar, beating until light and fluffy. Add eggs 1 at a time. Add flour, baking powder and salt to butter mixture. Add vanilla. Fold in blueberries. Pour in prepared pan, mixture will be very thick. Bake in preheated oven 1 1/2 hours or until a wooden pick inserted in cake comes out clean. Let it cool and enjoy.

Submitted by Debra Clay, administrative assistant at Walton Gas. Featured recipes are not independently tested, so we must depend on the accuracy of the cooks sending them. Always use safe food handling, preparation and cooking procedures from the recognized experts.



“People
always ask for
the recipe!”

—Debra Clay



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