



Get the Most Bang for Your Energy Buck...

5 Low Cost Ways to Beat the Heat

During these “dog days” of summer, electric bills tend to increase since most of us operate our AC units several hours per day. Since your AC accounts for approximately 45% of your summer electric bill, consider using these easy ways to keep your energy usage, and your bill, as low as possible.

1. **DO TOUCH THAT DIAL!** If your family is heading out for the day, set your thermostat at least 3 - 5 degrees higher than usual. Remember, experts recommend a summer thermostat setting of 78 degrees when you are at home.
2. **BIGGER IS NOT ALWAYS BETTER.** Air conditioners function by removing the heat and humidity from the air inside your home. While an oversized unit can cool rooms quickly, it may only remove a portion of the humidity, leaving the room with a damp and clammy feeling. Be sure to consult an HVAC professional about the recommended size of your cooling system.
3. **SOFTEN OR BLOCK THOSE RAYS.** Close curtains and lower blinds on the sunny side of your home. Alternatively, consider adding an outdoor awning or applying reflective window film.
4. **MAKE SURE “OFF” IS REALLY “OFF”.** Each of the appliances and electronic devices you have around your home use energy – and generate heat – as long as they are attached to a power source. Plug nearby items into a single power strip so they can be turned “off” with one switch when not in use.
5. **FEEL THE BREEZE.** When you are home, use ceiling fans to create a “wind chill” effect. Combining fans with air conditioning allows you to set your thermostat higher, yet feel cooler.

QUESTIONS?
 Contact Sawnee EMC's
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QUOTABLE QUOTE

In three words I can sum up everything I've learned about life: it goes on."

~ Henry Ford

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Getting a Handle on Humidity

What's the cure for a damp living space? For many homeowners, it's a dehumidifier.

Dehumidifiers can be one of those out-of-sight, out-of-mind appliances that require little attention until the collection reservoir needs emptying. Even then, many users will connect a hose to the unit for continuous drainage and check on it less often.

Unfortunately, many users are very surprised to learn that a dehumidifier can cost up to \$50 a month to operate. They can be a sizable part of your monthly electric bill. Also, in many situations, they really only need to run a fraction of the time that they are being used because of the optimum humidity level.

Consider these additional steps if you think you have a damp area in your home and are considering adding a dehumidifier:

- **Stop moisture from entering the structure.** Start by correcting outside drainage problems. If gutters discharge water next to your home's foundation, add an extension or two to drain water away from the house. Make sure the soil next to the foundation slopes away from the house.
- **Waterproof basement walls and floors.** The application of vapor barrier sealant may keep invading water in check.
- **Don't use devices that allow clothes dryers to vent hot air into living spaces.** This increases the humidity levels in the area and can increase the amount of water inside the home due to the heated air.

Follow these steps to get the most efficiency from your dehumidifier:



- **Eliminate the guesswork, and the extra runtime, by using a "hygrometer"** to measure the area's relative humidity. Ideally, indoor humidity should be around 50 percent. You can purchase a hygrometer starting at \$10 to \$15.
- **Run the dehumidifier on a lower setting first**, so the unit will cycle on and off, instead of operating continuously. Then, increase the setting gradually until you find the point that creates the proper humidity levels.
- **Delay installing a continuous drainage hose** for the dehumidifier so you'll first get a feel for the amount of water being removed as you empty the drain bucket.
- **Do not set the unit too high, and just let it run.** It will continuously pull moisture, even from outside, and will be running much more than it needs to.

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Make Plans to Attend Sawnee EMC's 2016 ANNUAL MEETING OF MEMBERS

Be sure to mark your calendar for the 2016 Annual Meeting of Members, which will be held on Saturday, October 1st at our headquarters located at 543 Atlanta Highway in Cumming. Registration will begin at 8:00 a.m. and the business session is scheduled to begin at approximately 10:20 a.m. Many activities are planned for your enjoyment and benefit that day.

Here is a “sneak peek” at what you can expect at this year’s upcoming annual meeting of members:

Free Health Screenings – Northside-Forsyth Hospital staff will be on site.

Exhibits on Energy Efficiency – Learn about low cost ways to lower your monthly energy usage.

Continental Breakfast – Enjoy delicious homemade biscuits, pastries and hot coffee.

Kid’s Activities – Bring out your children or grandchildren! There will be games and fun for children of all ages.

Live Entertainment – Enjoy entertainment from a bluegrass gospel group and a local school choir.

Report of Cooperative’s Activities – Important information about the day-to-day operations of Sawnee EMC will be presented.

Door Prizes – Don’t miss your chance to win one of our many prizes!

All Sawnee EMC members of record, as of September 9, 2016, will be mailed an Official Notice of the 2016 Annual Meeting of Members on September 16, 2016. If you have any questions, please contact our Customer Call Center at 770-887-2363 or via email at customerservice@sawnee.com. We look forward to seeing you at this year’s meeting.

5 Tips for Cool Summer Cooking

Keep your cool this summer when preparing meals. You can save money and energy with these five easy tips for cooking summer meals.



1. Cook outdoors when possible to reduce the load on your air conditioner.

Remember, your AC is your biggest user of electricity in your home during the summer (see the article on page 1).

2. Use residual heat. Turn the stove or oven “off” before cooking is done to allow cooking to continue while reducing energy use. An electric burner can be turned off two (2) minutes before removing the cookware, since it remains hot. Ovens can be turned off up to 20 minutes before cooking is complete.

3. Toaster ovens, convection ovens and slow cookers get the job done with less energy. Consider using one of these lower energy cooking options in lieu of conventional stovetops or ovens, especially when preparing smaller meals.

4. Don’t open the door and peak in the oven. Use the oven window instead!

5. Bake in glass or ceramic ovenware instead of metal. You can turn the temperature down by 25 degrees and foods will cook in the same amount of time.

Looking for more information on how you can save energy this summer? Visit Sawnee’s Energy Center online at www.sawnee.com/energy. This site is full of helpful energy saving tips and information... and it’s there just for you!

Here’s WATTS Cookin’

Ham and Cheese Chicken

Ingredients:

4 boneless, skinless
chicken breasts
8 slices of ham

Salt and pepper, to taste
Flour, enough to coat chicken
3 tbsp. butter, unsalted
2 tbsp. olive oil

8 thin slices Fontina
or Bel Paese cheese
2 tbsp. chicken stock
4 tbsp. parmesan cheese



Instructions:

Preheat oven to 350 degrees and position rack in middle of the oven. Slice chicken horizontally to make two thin portions; place between plastic wrap and pound to about ¼ inch thickness. Mix salt, pepper, and flour in a bowl. Dredge chicken pieces in flour mix and shake off excess flour. In a heavy bottom skillet, melt butter in the oil. Brown chicken pieces to a light golden color. Once all of the chicken pieces have been browned, place chicken on baking sheet. Place one slice of ham on each cooked chicken piece and top with one slice of cheese. Drizzle chicken stock over cheese and then sprinkle parmesan cheese on top. Bake in oven for about 10 minutes until cheese has melted.

👉 Thanks to Lynn Hammond for the recipe! Do you have a recipe to share with us? If we print it, we’ll credit your account \$5.00. Send your favorite recipe to marketing@sawnee.com.