



THE SAWNEE HIGHLINER

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This Summer...

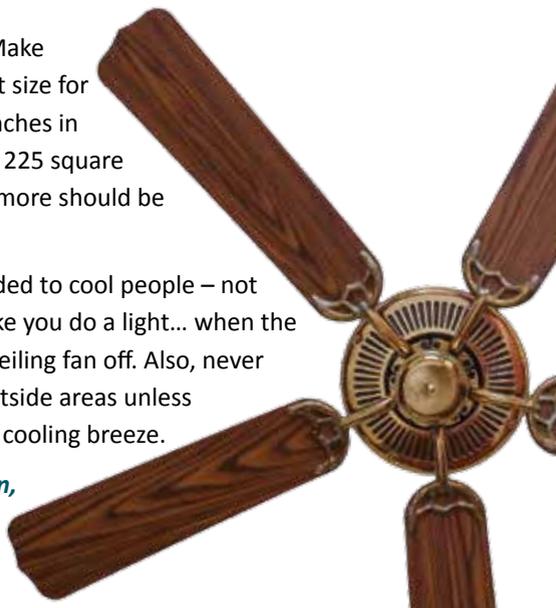
Make the Most of Ceiling Fans

If you are like most of us, you have at least one ceiling fan in your home. Ceiling fans help the indoors feel more comfortable. They are a decorative addition to our homes and, if used properly, can help lower energy costs.

Check out the tips below for making the most of your existing ceiling fans:

- **FLIP THE SWITCH** - Most ceiling fans have a switch near the blades. In warm months, make sure the blades operate in a manner that pushes air down, which creates “wind chill” and makes the room feel cooler than it actually is.
- **ADJUST YOUR THERMOSTAT** - In the summer, when using a ceiling fan in conjunction with your AC system, you can turn your thermostat up a few degrees without any reduction in comfort. This saves money since a ceiling fan is less costly to run than an AC unit.
- **CHOOSE THE RIGHT SIZE** - Make sure your ceiling fan is the right size for the room. A fan that is 36-44 inches in diameter will cool rooms up to 225 square feet. A fan that is 52 inches or more should be used to cool a larger space.
- **TURN IT OFF** - Fans are intended to cool people – not the room. So treat them just like you do a light... when the room is unoccupied, turn the ceiling fan off. Also, never leave ceiling fans running in outside areas unless people are nearby to feel their cooling breeze.

Remember, by turning on the fan, you can turn up the savings!



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QUOTABLE QUOTE

Coming together is a beginning; keeping together is progress; working together is success.”

~ Henry Ford

This institution is an equal opportunity provider and employer.

Light Bulb Lingo: What is an LED?

Have you ever approached the light bulb aisle at your local home improvement store, scanned the hundreds of choices, and felt like banging your head on the shelf? The options can certainly seem daunting, and we know, you simply want a good light bulb that will do the job.

Let us help shed a little light on this subject.

When it comes to energy efficiency, LEDs have risen to the top of the list. For example, while providing the same lumens (the amount of light), a conventional incandescent bulb uses 60 watts of energy, while an equivalent LED needs only 12 watts – that is 80% less energy. This fact obviously makes LEDs less expensive to operate. Replacing one

60-watt incandescent bulb which is used 8 hours a day, with an LED bulb, creates an energy

savings of about \$1.47 a month. Don't forget

to multiply that savings by the number of bulbs that you change out! The savings can really add up...

Even though LEDs are more expensive to purchase, don't let that "sticker shock" scare you... the energy savings from an LED pays for itself quickly, especially in fixtures that are used more often.

LEDs also have longevity; their lifespan is the longest in the entire light bulb family, some lasting as long as 50,000 hours. An LED bulb operating for 8 hours a day, could potentially last 12-17 years. Can you imagine only changing a failed bulb every 15 years or so? This makes LEDs perfect for those hard to reach locations such as high vaulted ceilings and outdoor flood lights.

Now, you are ready to shop. Start by looking for the Energy Star label, like the one below, to help ensure quality. Look for bulbs that meet the type of fixture in which it will be used. Not all LEDs are approved or recommended for dimmable, recessed and enclosed fixtures.

Next, know your colors because LEDs come in a wide array of hues. Bulbs described as casting "warm" or "soft" colors tend to produce light similar to an incandescent bulb. "Cool" light generally means a bluish tint is produced. "Bright white" will be most similar to daylight or the lighting in stores.

Questions? Contact a member of our Energy Services Department at 770-887-2363 or via email at marketing@sawnee.com.

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Representatives Chosen for 2016 Washington Youth Tour

Sawnee EMC is proud to announce the representatives who were chosen to represent the Cooperative on the 2016 National Rural Electric Cooperative Association's (NRECA) Washington Youth Tour. This is an annual youth leadership event that is sponsored by participating electric cooperatives, like Sawnee, from across the nation.

Ms. Claire Roop, a member of the Creekview High School Class of 2016, and Mr. Arjun Karanam, a rising junior at South Forsyth High School, were selected to represent Sawnee EMC as delegates for this event. These two (2) outstanding students were selected from numerous applicants across our seven (7) county service territory.

The Washington Youth Tour took place June 9th through June 16th. While in Washington D.C., these students took part in a number of activities such as meeting state and national leaders, participating in leadership training seminars, as well as touring national monuments, museums and historic sites.

The Washington Youth Tour was inspired by President Lyndon B. Johnson during his attendance at the NRECA Annual Meeting in 1957. As a result of this innovative program, students representing their local cooperative from all across the U.S., have the opportunity to learn about the electric industry, American history, and the inner workings of our nation's capital. Sawnee EMC is proud to take part in this cooperative inspired program.

Interested in learning more about the 2017 Washington Youth Tour and how to submit an application? Please contact Mrs. Cindy Badgett at 678-455-1399 or via email at cindy.badgett@sawnee.com or online at www.sawnee.com/youth-tour.



Switch and Save with True Natural Gas

Since 2007, Sawnee EMC has been having a conversation with its members about the superior natural gas services of True Natural Gas. Through this unique relationship, True Natural Gas has provided natural gas to over 41,000 of Sawnee's members at some of the lowest natural gas rates in recent history.

That being said, if you do not receive your natural gas from True, we strongly urge you to consider switching to True Natural Gas. You will enjoy honest, dependable service at a low rate.

You can review the current natural gas rates at the Georgia Public Service Commission's (PSC) website located at www.psc.state.ga.us. There you will see that True Natural Gas consistently offers some of the lowest natural gas rates in Georgia.

If you have been with your natural gas marketer for several years, and you have not shopped around... there is a good chance that you are spending too much. We encourage you to give True Natural Gas a try, and discover the True difference.

Contact Sawnee EMC's Customer Call Center at 770-887-2363, via email at customerservice@sawnee.com or "chat" with us at www.sawnee.com to learn about current rates and switching to True Natural Gas. If you are ready to make the switch online, please visit www.truenaturalgas.com.

Note: Sawnee EMC is not a certified natural gas marketer in the state of Georgia, but actively promotes the superior natural gas services of True Natural Gas as a value-added service to its members.



Here's WATTS Cookin' Heart Healthy Guacamole

Ingredients:

2 ripe avocados	1 jalapeno, finely chopped
1 tomato, chopped	2 tbsp. lemon juice
¼ cup onion, finely chopped	1 tbsp. salt
3-4 tbsp. cilantro	½ tsp. black pepper

Instructions:

Cut the avocado into two pieces and scoop it into a bowl. Cut it into small pieces and mix all the other ingredients together, with avocado, in the bowl. Serve immediately as avocados turn black if left out for a long time.



👉 Thanks to Asim Rao 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.