

THE SAWNEE HIGHLINER

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STAY COOL WHILE COOKING THIS SUMMER

The heat and humidity of another Georgia summer is here, but there are still ways for you to stay cool without breaking the bank. Try saving energy with these five (5) simple tips for cooking meals this summer.

- ▶ **Cook outdoors.** To reduce the heat in the house and the additional load on your air conditioner, cook outdoors. Remember, your AC is usually the largest user of electricity during the summer.
- ▶ **Use toaster ovens and slow cookers.** They consume less energy than conventional stovetops or ovens, especially when preparing smaller meals.
- ▶ **Cooking in glass or ceramic ovenware.** You can turn the temperature down by twenty-five degrees and cook in the same amount of time as you would with metal pots or pans.
- ▶ **Avoid thawing food in the microwave.** It is more energy efficient to thaw in the refrigerator. It helps the refrigerator stay cool and is safer than thawing food on the countertop or in the sink.
- ▶ **Use a lid whenever possible.** It reduces cooking time on the stove as well as the amount of steam that is released inside the house.

Looking for more information on how you can save energy this summer? Be sure to visit Sawnee's Energy Center online at www.sawnee.com/energy. This site is full of helpful energy-saving tips and information. For additional questions, contact a member of our Energy Services Department at (770) 887-2363 or via email at marketing@sawnee.com.



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QUOTABLE QUOTE

Do what you can, with what you have, where you are."

— Theodore Roosevelt

This institution is an equal opportunity provider and employer.

Don't Toy With Your Safety

When playing outdoors, please remind your friends and loved ones to always keep a safe distance from power lines (both overhead and underground), transformers, substations and all other electrical equipment.

Remind children that flying drones and operating remote controlled toys can be fun, but accidentally making contact with power lines, or other electric equipment, can be dangerous.

Here are a few tips to keep in mind:



Stay away from power lines, pad-mounted transformers and other electrical boxes



Never fly drones, kites or other remote controlled toys near power lines



Don't touch or go near downed power lines



Never climb trees near power lines



If you get something stuck in a power line, Call Sawnee EMC at 770-887-2363

811

Always call 811 before you dig to have lines located – It's the law



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



THE PATH TO ENERGY EFFICIENCY

There is no time like the present to think about ways to make your home more energy efficient. Energy efficiency, combined with energy conservation, and advances in technology in the utility industry, can help all of us on a path toward greater energy savings. Please keep reading for more information about the advantages of energy efficiency.

BENEFITS OF EFFICIENCY

For individual members, a reduction in energy usage typically translates into a tangible financial benefit – more money in your wallet at the end of the month. If your neighbors are also using less energy, collectively, it means the overall cost of providing that electricity could be lower and may result in reduced costs for co-op members. For many, this is reason enough to strive for greater energy efficiency.

START SMALL

Small steps can lead to a big difference for you and your neighbors. Energy efficiency can generally be achieved two ways. The first is with mechanical change, such as replacing an older HVAC unit or less efficient appliance with a new ENERGY STAR model or upgrading to new, insulated windows. Less expensive actions include improving the seal of your home's "envelope" by caulking exterior windows and doors and sealing openings where pipes and ductwork meet outside. Swapping out the last incandescent bulbs (inside and outside) with LEDs also makes a noticeable difference.



Regardless of the path you take on the road to energy efficiency, Sawnee EMC can help you on the journey.

SMART CONTROL

Another way to realize energy efficiency is through smarter management of your energy use. Leveraging smart thermostat technology is a good place to start. Most smart thermostats contain an app allowing remote control by mobile phone or tablet. Program your thermostat to reflect your family's schedule. Many thermostat programs allow you to view and edit your thermostat schedule and monitor the amount of energy used. Sometimes, however, energy efficiency is simply a matter of changing old habits such as washing clothes in cold water instead of hot or running the dishwasher during off-peak times.

Regardless of the path you take on the road to energy efficiency, Sawnee EMC can help you on the journey. For information about energy efficiency programs, contact our Energy Services Team at 770-887-2363 or marketing@sawnee.com.



2017 WASHINGTON YOUTH TOUR

Sawnee EMC is proud to announce the two (2) delegates who have been chosen to represent the cooperative on the 2017 National Rural Electric Cooperative Association (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. Isha Naidu, a rising senior at South Forsyth High School and **Ms. Megha Sequeira**, a graduating senior at Lambert High School, were selected to represent Sawnee EMC as delegates for this event. These two (2) outstanding students were selected from interested applicants from across our seven (7) county service territory.

The Washington Youth Tour runs from June 11-18. While in Washington DC, these students take 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. Through this innovative program, students representing their local electric 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 next year's 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.

Here's WATTS Cookin' Homemade Ice Cream

Ingredients:

<i>3 cups milk</i>	<i>2 cups half and half</i>
<i>1 ¾ cups sugar</i>	<i>1 tbsp. vanilla</i>
<i>½ tsp. salt</i>	<i>3 cups whipping cream</i>

Instructions:

Scald milk until bubbles form around edge. Remove from heat. Add sugar and salt. Stir until dissolved. Stir in half and half, vanilla and whipping cream. Cover and refrigerate at least 30 minutes. Pour into ice cream freezer and operate as directed. You can add four (4) cups pureed strawberries or peaches to chilled mixture before freezing.



👉 Thanks to Connie Jennings 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.