

# THE SAWNEE HIGHLINER

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Most homes have at least one ceiling fan, and some have one in almost every room. Ceiling fans help the indoors feel more comfortable. While they are a decorative addition to any home, they can also help lower your monthly energy costs if used properly. Check out these four (4) simple and easy tips for making the most of your ceiling fans this summer:

1. **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.
2. **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 fan is generally less costly to operate than an AC unit.
3. **CHOOSE THE RIGHT SIZE** – Make sure your ceiling fan is the right size for the room. A fan with blades that are 36-44 inches in diameter are best for rooms up to 225 square feet.
4. **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 the breeze.

Remember, by turning on the fan, you can turn up the savings! Questions? Contact a member of our Energy Services Team at 770-887-2363 or via email at [energy\\_services@sawnee.com](mailto:energy_services@sawnee.com).

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## QUOTABLE QUOTE

**A good leader takes a little more than his share of the blame, a little less than his share of the credit."**

**— Arnold H. Glasow**

*This institution is an equal opportunity provider and employer.*

# Switch Today for TRUE Savings!

True Natural Gas, Sawnee EMC's preferred natural gas provider, is one of Georgia's premier gas marketers. True Natural Gas has been meeting the natural gas needs of Sawnee EMC members for approximately 15 years and below are a few things to keep in mind when you are reviewing your natural gas rate.

If you are on a variable rate, think about locking into a fixed rate plan. Variable rates fluctuate depending on the market and prices usually "rise" in the fall and winter months when demand increases.

If your house or business uses natural gas only for heat, then you may want to consider being a "seasonal" customer. Seasonal accounts can be turned off during the summer months to prevent being charged Atlanta Gas Light's base charge, marketer's service fee, and taxes when gas is not being used. Atlanta Gas Light will charge a reconnect fee when you're ready to turn service back on. Some marketers will impose a fee to disconnect and/or reconnect service on top of Atlanta Gas Light's charge, but True Natural Gas does not.

According to Consumer Investigator Dale Cardwell, True is the number one choice for natural gas in Georgia. On his business review and consumer advocacy website, **TrustDale.com**, Cardwell says thorough analysis shows True Natural Gas "at the top of the scale."

For Sawnee EMC members who want an experienced hometown natural gas company staffed by well-trained professionals committed to providing low prices without gimmicks, True is the best option in Georgia. To switch your natural gas service and begin saving money, call 770-887-2363, text 678-999-8124 or visit [truenaturalgas.com](http://truenaturalgas.com) today!



***Note: 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 as a value-added service to its members.***

# Three Electrifying Kitchen Appliances to Save Time and Energy

Whether your oven and stove top are powered by gas or electricity, it's no secret that they consume more energy than smaller countertop appliances, like slow cookers and toaster ovens. In addition to efficiency, smaller kitchen appliances can provide faster cooking times and less hassle with cleanup.

If you're looking for convenient cooking methods with the added bonus of energy efficiency, here are three electrifying appliances for your kitchen:



1. **Air fryers** are becoming increasingly popular, and consumers have a lot of good things to say about these handy little appliances. Air fryers use convection to circulate hot air and cook the food—this means little to no oil is required, resulting in healthier meals than those from traditional fryers. Air fryers are fairly small, so they won't take up much of your counter space, and with everything cooked in the fryer, cleanup will be a breeze. Air fryers are available in a variety of sizes, and prices range from \$40 to around \$200.



2. **Electric griddles** have certainly been around for a while, and they offer several benefits for any home chef (beyond bacon and eggs!). Griddles are convenient because you can cook everything at once—like a “one-pan” meal, and the possibilities are endless. From fajitas to sandwiches to French toast, griddles can help satisfy any taste buds. They consume small amounts of energy and provide quick cooking times, so your energy bill will thank you. Prices and sizes for griddles vary, but you can typically find one for about \$30 at your local retail stores.



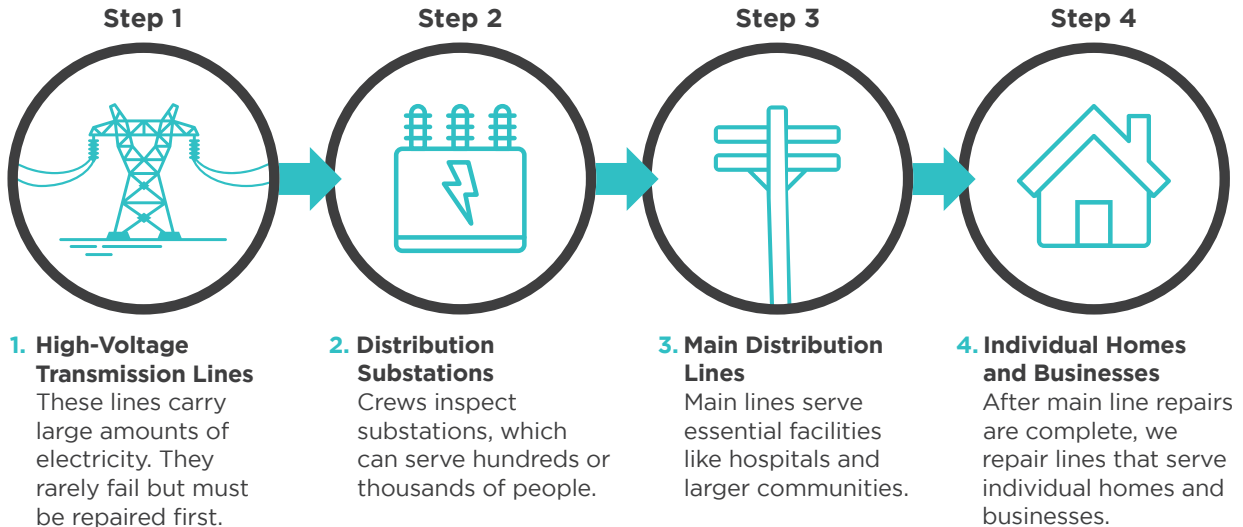
3. **Pizza makers** are compact, countertop machines and are an inexpensive alternative to a costly brick oven. Plus, they use less energy than your traditional oven. Choose your own fresh ingredients to whip up a faster, healthier pizza at home. Plus, most pizza makers are multifunctional and can be used to cook flatbreads, frittatas, quesadillas and more. You can purchase a pizza maker for about \$30 to \$150 online or at your local retailer.

These are just a few electrifying appliance options for your kitchen. Remember, when you're cooking a smaller meal, countertop appliances can save time and energy.

To learn about additional ways to save energy at home, visit [sawnee.com/energy](http://sawnee.com/energy).

## Four Steps Sawnee EMC Uses to Restore Power

When a major outage occurs, our crews restore service to the greatest number of people in the shortest time possible – until everyone has power.



You can report an outage and check its status via our website at [sawnee.com](http://sawnee.com). Give it a try!

Questions? Email us at [customerservice@sawnee.com](mailto:customerservice@sawnee.com).

## Here's WATTS Cookin' Oven Baked Chicken Parmesan

### Ingredients:

1 lb. boneless chicken breasts	$\frac{1}{4}$ cup parmesan cheese
1 egg	1 jar pasta sauce
$\frac{1}{2}$ cup Italian breadcrumbs	1 cup mozzarella cheese, shredded

### Instructions:

Preheat oven to 400 degrees. Lightly beat egg in a bowl. In a separate bowl, mix breadcrumbs and parmesan cheese. Dip chicken in egg and then coat each side in the breadcrumb mixture. Coat a 13x9 inch pan with cooking spray and place chicken in it. Bake uncovered for 20 minutes. Pour sauce over chicken and top with mozzarella cheese. Bake an additional 10 minutes.



**NEW**  
recipes needed.  
Please send  
us your  
favorite!

👉 Thanks to Alison Nieporent 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](mailto:marketing@sawnee.com).