

HIGHLIGHTER

We're More Than Electricity, We're Service.

DON'T LET THE AIR OUT!

Achieve energy efficiency in your home with weatherization

Children running in and out of the house on a hot summer day may get a common warning: "Don't leave the door open; you'll let the air out!" But how many of us are doing the same thing without realizing it?

When you combine all of the small cracks and crevices that allow your conditioned air to escape, it's like leaving a door or window open all the time.

Starting in your basement, look for gaps and cracks where your foundation meets the frame of your home. Joists between the floor and the foundation create cavities, small empty spaces, that are hard to insulate and may leak air. Not all of the gaps are visible, so seal the top and bottom of cavities around rim joists. Use caulk to seal cracks that are 1/4 inch or smaller and spray foam to fill gaps from 1/4 inch to about 3 inches.

It's also a good idea to look between the basement ceiling and the floor above, to seal holes that were drilled for wiring and water pipes.

In the attic, there are many small areas where air may come in, but focus on large spaces. For example, if your home has dropped soffits, be sure they've been properly sealed. These design elements are often built before your

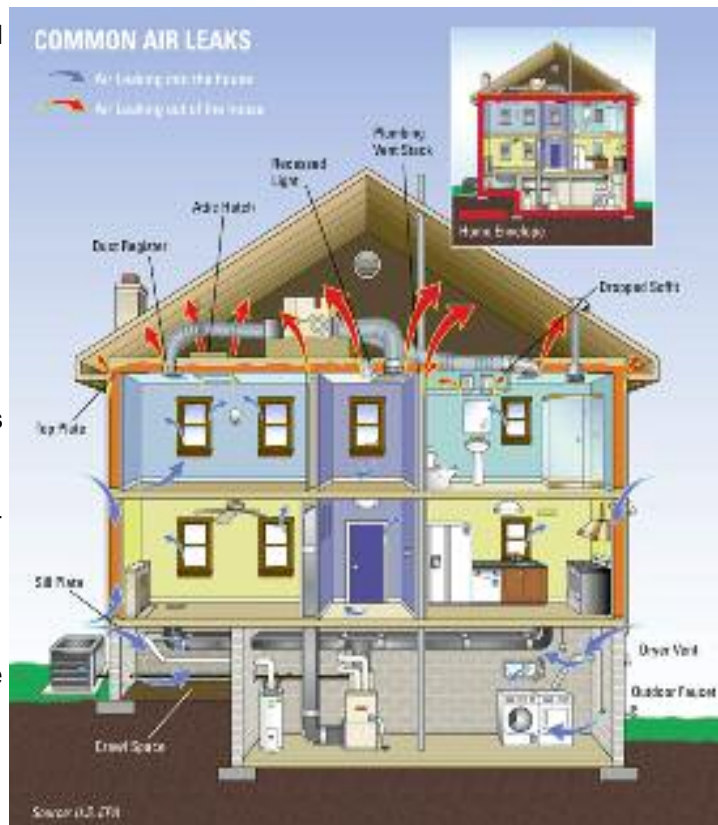
home's drywall is installed, leaving part of your wall potentially open to air leakage from wall or floor cavities.

Even though there may be insulation covering dropped soffits in your attic, be sure all cavities around the soffits have been properly sealed. To do this, place fiberglass insulation inside plastic bags and stuff it tightly into any cavities.

Pay attention to dirty insulation; it's a clue that air may be moving through the area. And just like the basement,

be sure to seal gaps between the attic floor and the rooms below, including holes that were cut for wiring, lighting and the attic door.

For more energy saving tips visit our Energy Center online at www.sawnee.com/energy.



HOW MUCH IS TOO MUCH?



LEARN HOW TO ESTIMATE ENERGY USAGE TO SEE IF IT'S TIME FOR AN UPGRADE!



Most homeowners don't know the affect that inefficient appliances have on a home's monthly energy bill. Replacing a refrigerator made before 1993 with a new ENERGY STAR model could reduce your electricity bill by as much as \$100 per year. Also, rebates funded by the federal stimulus bill provide even greater incentive to replace older appliances with newer, more energy-efficient alternatives.

However, this leaves consumers with a question...how much is too much? To estimate the energy usage of any electrical item, simply look at the wattage it consumes.

The wattage of most electrical items is usually listed on its "nameplate" located on the back or bottom. The wattage list-

ed is the maximum power required by the appliance. Since some appliances have a range of settings (i.e. hairdryer, space heater), the actual amount of energy consumed depends on the setting used at any given time.

Typical wattage for some common household items:

- Clothes washer: 350-500 Watts
- Clothes dryer: 3500-5000 Watts
- Dishwasher: 1200-2400 Watts
- Hair dryer: 1200-1875 Watts
- Microwave oven: 750-1100 Watts
- Refrigerator: 700-800 Watts
- Space Heater: 750-1500 Watts

Once you determine how many watts you are using to run your item, compare that to the watts of a more efficient ENERGY STAR model and you may find

that the savings can really add up.

Don't want the hassle of adding up the potential savings? No problem, visit www.TogetherWeSave.com and go to the "Add Up Your Savings" section. This user friendly website demonstrates how small changes like replacing an appliance or unplugging electronics can lead to big energy savings. It walks you through a typical home and points out energy-smart choices in each room. With each change you make, you're shown how much money you could potentially save on your annual electric bill.

Remember, many incentives are available to help you conserve energy at your home. Need more help? Give one of our energy experts a call at 770-887-2363.

ARE YOU WASTING YOUR MONEY ON DUST?

The most expensive dust in the world may lurk in your home's heating and cooling system. If neglected, dust collecting on the air filter will substantially increase your energy bills and could potentially result in costly repairs.

Dirty HVAC filters could cause your system to work harder and wear out faster because dust and grime make their way into critical parts, thus creating friction and eventual failure.

Unfortunately, dust is unavoidable. To help avoid costly issues, try to clean or replace your air filter approximately every 2 months.

While most types of filters must be replaced, there are reusable filters available in various types and efficiencies.

Filters are professionally rated with a Minimum Efficiency Reporting Value (MERV). Basically, the higher the MERV number, the

more effective the filter is at keeping dust out of your system.

Regardless of where it comes from, dust trapped in an air filter can lead to problems such as:

- Reduced air flow in the home
- Up to 15% higher operating cost
- Costly duct cleaning or replacement
- Lowered system efficiency

To learn more about how to save energy around

your home, visit www.TogetherWeSave.com or call one of our home energy experts at

770-887-2363. Too busy to call? Drop us an email at marketing@sawnee.com.



10 tips

FOR GREEN SUMMER COOKING!

Keep your cool this summer when preparing meals. You can save money and energy with these 10 easy tips for cooking summer meals (and year round, for that matter).



one COOK OUTDOORS when possible to reduce the load on your air conditioner. Remember, your AC is your biggest user of electricity in the summer.

two TOASTER OVENS, convection ovens, and slow cookers get the job done with less energy than conventional stovetops or ovens, especially when preparing smaller meals.

three USE AS SMALL a pan, as little water and as little pre-heating time as possible.

four 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.

five AVOID THAWING food in the microwave. Thawing food in the fridge is more energy efficient, contributes to the fridge's cooling, and is safer than thawing food on the countertop or in the sink.

six DON'T OPEN the door and peek in the oven. Use the oven window instead!

seven CLEAN BURNER PANS (the pans under the burners that catch grease) regularly.

They'll more effectively reflect heat to the cookware. Dirty burner pans absorb heat and reduce efficiency.

eight USE FLAT-BOTTOM cookware that rests evenly on the surface of electric coil burners, solid-disk elements, or radiant elements under smooth-top ceramic glass.

nine 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 element can be turned off two (2) minutes before removing the cookware, since it remains hot. Ovens can be turned off 20 minutes before cooking is complete.

ten CONSIDER SUBSTITUTING one or more stovetop burners with an induction cooker. The typical efficiency of an induction cooker is 84 percent, while gas stovetops are only 40 percent efficient, according to the U.S. Department of Energy.

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....all for you! Questions? Contact our Energy Services Department at 770-887-2363 or via email at marketing@sawnee.com.



SAWNEE EMC, YOU AND GREEN POWER

As a part of Sawnee EMC's on-going commitment to help preserve and protect our environment, while still responsibly meeting the energy needs of our members, we offer energy made from environmentally friendly sources. Today, these alternative sources of energy are commonly referred to as "GreenPower."



Quotable Quote

"You must regulate your life by the standards you admire when you are at your best."

John M. Thomas

GreenPower covers many methods of producing electricity. These "environmentally friendly" methods generally include wind power, solar power (photovoltaic), low-impact hydro resources, landfill gas, sewage methane gas, agricultural waste, wood waste, animal litter and biomass.

Web Address & Email

www.sawnee.com
customerservice@sawnee.com

Business Hours

Mon.-Fri. 8:00am-5:00pm
Call Center Hours
Mon.-Fri. 7:00am-9:00pm
Sat. 8:00am-5:00pm



By utilizing these methods of energy production, Sawnee EMC is able to lessen the demands that conventional means of producing central station electricity have on the environment. However, producing electricity by utilizing the methods mentioned above can be more expensive than conventional methods such as nuclear, coal or natural gas.

That is where **"you"** come in...

Postal Address

P.O. Box 266
Cumming, GA 30028

All Sawnee EMC members are eligible to purchase GreenPower from Sawnee EMC on a "first come, first served" basis. Sawnee's GreenPower Program is Green-e Certified by the Center for Resources Solutions (CRS) and is available to Sawnee members in "blocks" of 150 kWh for \$4.50 per month or 100 kWh for \$3.00 per month. Members can purchase as many blocks as they desire, while supplies last.

Customer Call Center

(770) 887-2363
Fax (678) 947-3368
TDD (770) 781-4271
(800) 635-9131

To view information about the types of renewable resources used in Sawnee's GreenPower program, please visit us online at www.sawnee.com/greenpower.aspx.



HERE'S WATTS COOKIN'

Spinach Salad

- 1-10 oz. package of baby spinach
- 1 granny smith apple, diced
- 1/2 cup salted cashews
- 1/4 cup raisins or golden raisins
- 1/4 cup sugar
- 1/4 cup light olive oil
- 2 Tbls. balsamic vinegar
- 1/4 tsp celery salt



Mix first 4 ingredients in serving bowl. In a separate bowl, whisk together sugar and next 3 ingredients until well blended. Pour over salad, toss gently, serve immediately.

Thanks to Heidi Hammond. Send us your recipe - if we print it, we'll credit your account \$5.00.