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CAMILLA, GEORGIA
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Armond Morris, Georgia Peanut Commission chairman, presents a certificate to Mitchell Electric Membership Corp. directors Billy Senkbeil of Sylvester and Ralph Davis of Camilla for their efforts in promoted Georgia peanuts across the U.S. at EMC meetings.

Georgia EMC directors recognized for their service promoting Georgia peanuts

By Joy Crosby, Georgia Peanut Commission

The Georgia Peanut Commission recognized the dedication and service of two Mitchell Electric Membership Corp. (EMC) directors during their monthly board meeting in February. Mitchell EMC Directors Billy Senkbeil of Sylvester, Georgia, and Ralph Davis of Camilla, Georgia, have promoted peanuts for many years at state and national EMC meetings.

During the presentation, GPC chairman Armond Morris read excerpts of a letter sent to GPC from Dennis Chastain, president and CEO of Georgia EMC.

“These two gentlemen, who have dedicated their lives to agriculture, make annual deliveries of peanuts to the Georgia EMC Directors’ Association Annual Meeting and to the National Rural Electric Coop. Association’s annual meeting. I can say without hesitation that these two gentlemen have made it their lives’ mission to promote Georgia peanuts. By all accounts and estimates they have shared more than 40,000 of the iconic red foil bags of delicious Georgia peanuts with others.”

Tips for Healthier Meals

By Allison Goldberg

Instead of focusing on what to remove from your meals, try adding a few new habits to make your meals healthier!

Add more vegetables the easy and tasty way.

Grab the microwavable steam bags from the freezer section. Top with your favorite herbs or a sprinkle of cheese to make them tastier.

Don't enjoy soft vegetables? Grab hard vegetables like broccoli, cauliflower, carrots or sweet potatoes. Wash, cut into bite-size pieces, toss in a little olive oil, salt, garlic and herbs then roast at 425°F for 20 to 25 minutes for crunchy-tender veggies.

Sautéed veggies, like mushrooms, peppers, onions and other favorites add flavor to your eggs and provide nutrients to power your day.

Add avocado to your sandwich for a dose of healthy fats and good cholesterol.

Not a fan of vegetables at all? Consider hiding your veggies in foods like pasta sauce, meatballs and more. Search online for "hidden vegetable recipes."

Instead of refined flour pasta, try whole grain pasta or legume-based pastas, like chickpea, black bean or red lentil. These pastas are higher in fiber, which can help you feel fuller longer. You can even mix them half and half with traditional pasta.

Add more protein and fiber to your diet by trying quinoa instead of rice. Though the calorie counts are similar, quinoa has more protein and fiber than brown rice.

When sautéing, replace butter or coconut oil with olive oil to trade saturated fats for healthier fats.

Beat the mid-afternoon sugar craving. Keep apples, tangerines, berries or another favorite fruit on-hand to satisfy your need for sugar; eat your fruit with peanut or almond butter for extra protein and fat to keep you feeling full after your snack. If you're craving chocolate, try a

vanilla or chocolate Greek yogurt (with active cultures), add some dark chocolate chips, nuts and berries. You'll feel like you're indulging while giving your body important nutrients, like probiotics, calcium and an array of vitamins and minerals.

Drink more water. Increasing your water intake can help curb cravings, boost your energy and support every single system in your body, including your immune system. By drinking more water, you'll likely think clearer, digest food easier and your joints and muscles will feel better. Try adding fruit or mint leaves to your water, or cut your favorite juices by mixing them with an equal amount of still or sparkling water.

Allison Goldberg writes and edits employee benefits-related materials for the Insurance and Financial Services Dept. of the National Rural Electric Cooperative Association, the national trade association representing more than 900 local electric cooperatives. From growing suburbs to remote farming communities, electric co-ops serve as engines of economic development for 42 million Americans across 56 percent of the nation's landscape.

Energy Efficiency Tip of the Month

Here's a cool tip for your fridge! Cover liquids and wrap foods stored in your refrigerator. Uncovered foods release moisture, causing the compressor to work harder.

Source: energy.gov



Shining Light on Energy Savings

With LEDs, the future of bulbs is bright.

By **Derrill Holly**

When it comes to lighting, the potential for energy efficiency is just too great to ignore. Around the home, changing bulbs can change your electric bills, and the monthly savings can add up quickly.

“Lighting efficiency upgrades have long been the poster child of energy efficiency,” said Alan Shedd, director of energy solutions for Touchstone Energy Cooperatives.

That’s because consumers regularly use dozens of bulbs in fixtures out of necessity and convenience. According to the U.S. Department of Energy’s Energy Information Administration, nearly 130 billion kilowatt hours of electricity are consumed by residential lighting each year, representing about 9 percent of all home energy use.

As light emitting diode (LED) design options increase, prices are coming down, and more consumers see LEDs as an alternative to carbon filament incandescent bulbs first popularized by Thomas Edison in the 1880s.

“The economics make sense,” said Shedd. “When LED lamp products were \$20, it was a tough sell, now for a couple of bucks you can get a lamp that saves energy and lasts 10 times longer.”

To get an idea of your potential for energy savings, complete a home inventory. Don’t just count fixtures – count bulbs, checking wattage, and whether they are dimmable, three-way or require special bases. Also note the type of bulb now in use: incandescent, halogen, compact fluorescent lights or straight or circular fluorescent tubes.

There’s a good chance your total bulb count for the average single-family home will be between 50 and 75, including hallways, garages and storage areas.

Savings add up

In 2009, 58 percent of U.S. households had at least one energy-efficient bulb indoors. By the

spring of 2016, 86 percent of all households used at least one CFL or LED bulb, and nearly 20 percent of all households had completely abandoned incandescent bulb use.

Since passage of the Energy Independence Act of 2007, electric cooperatives and public power districts, including Mitchell EMC, have promoted energy efficiency in lighting by sharing information on potential savings.

The federal law mandating a 25 percent increase in lighting efficiency led many U.S. manufacturers to phase out incandescent bulbs of 100 watts or more.

Halogen varieties available for residential applications can produce excessive heat. That becomes more of a consideration during cooling season, when HVAC systems can get their most use.

In recent years, manufacturers have focused more research on lighting efficacy, energy efficiency and cycle longevity. That’s led to major increases in the projected hours of use and lower failure rates.

Many consumers don’t like the lighting quality offered by compact fluorescent light bulbs, which can also be prone to failure due to heat build-up when used in closed lighting fixtures.

While LED lighting was initially expensive and limited to warm white or a few color temperatures and designs, market acceptance and continued research have forced prices down, and led to an expanded variety of products.

Lumens not watts

Cashing in on lighting efficiency can get easier if we rethink the way we buy and use the lighting products.

Many consumers resist switching from ounces to grams, miles to kilometers or Fahrenheit to Celsius when discussing measurements and temperatures. But, when it comes to lighting, thinking lumens instead of watts makes sense, because it could save you dollars

and cents.

Cool white, soft white, dimmable, decorative, three-way, decorative and color are now among the options, with LEDs taking up an increasing share of shelf space in the lighting sections of hardware, discount and home improvement stores.

“The wide range of products is the biggest challenge – used to be a lamp was a lamp – you pretty much knew what you were getting,” said Touchstone Energy’s Shedd. “Now, the shelves are packed with a dizzying array of choices.”

According to Shedd, education, or re-education is the key. Once a consumer knows that lumens are a measurement of the amount of light given off by a bulb, they understand that the lower the lumens, the dimmer the light.

“Sure lumens can be confusing – we didn’t grow up with that,” said Touchstone Energy’s Shedd. But showing that a 1,000 lumen lamp is equivalent to a 60 Watt incandescent bulb is a short term fix.”

While replacing compact fluorescent light bulbs with LEDs saves less energy, consumer preferences have driven a shift away from CFLs, in part because of color and lighting quality.

“The energy savings and life expectancy of an LED is incrementally better,” said Shedd. “The early CFLs did not offer good color, they took a long time to reach full brightness, particularly in cold environments, and some failed prematurely – especially if they were used in enclosed fixtures.”

Derrill Holly writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association, the national trade association representing more than 900 local electric cooperatives. From growing suburbs to remote farming communities, electric co-ops serve as engines of economic development for 42 million Americans across 56 percent of the nation’s landscape.

Stay away from electrical substations

An electrical substation converts electricity to a lower voltage so it can be safely routed and delivered to your home. Because high-voltage power runs through substation equipment, please avoid substation areas and the fences that surround them. Keep the following safety tips in mind:



Never release metallic balloons near substations. If they get caught in the equipment or lines, they can cause power outages.



Never fly kites or drones near electrical substations. If you do and the kite or drone gets caught inside the fence, let us retrieve it for you.



Teach youngsters to stay away from electrical substation fences. The area is dangerous, and these fences are NOT for climbing.



If you see a substation fence or transformer cabinet that is open or looks to be vandalized, please contact us immediately.

Note: If you move or no longer have electric service with Mitchell EMC, it is important that members keep their address current, so that future disbursements can be properly mailed. Capital credits are reserved for members even if they move out of the Mitchell EMC service area. Mitchell EMC will make a diligent effort to send a check by mail.

Statement of Equal Employment Opportunity

All applicants for employment shall be considered and hired on the basis of merit, without regard to race, color, religion, sex (including pregnancy), age, national origin, disability, genetic information, or past or present military status. The employment practices shall ensure equal treatment of all employees, without discrimination as to promotion, discharge, rates of pay, fringe benefits, job training, classification, referral, and other aspects of employment, on the basis of race, color, religion, sex (including pregnancy), national origin, disability, age, genetic information, or past or present military status. M/F/V/DV/D

WATT'S *COOKING*



Quick & Delicious Fruit Turnovers

Ingredients:

1 can (21 ounce) Comstock apple, cherry or peach pie filling
2 cans Pillsbury Crescent Rolls
1-1/2 cups powdered sugar
1/2 teaspoon vanilla extract
Water as needed

Spray cooking sheet with pam. Divide each can of crescent rolls into 4 squares. Put about 2 tablespoons of pie filling in each and fold dough over to form an envelope. Press edges together with a fork. Bake on 325° until golden brown. Meanwhile, mix the powdered sugar with vanilla and enough water to make a thick glaze. Cool turnovers 10 minutes and then spread with icing.

Thanks!

to

Nita Long, Baker County, GA,
for sharing this recipe.

Share & Win!

Send us your favorite quick and easy dinner recipes. If your recipe is chosen for print, you can win a
\$25 credit
on your next Mitchell EMC bill.

Send recipes to
Heather Greene, P.O. Box 409, Camilla,
GA 31730 or email to
heather.greene@mitchellemc.com.