

Don't Cook Up a Stormy Energy Bill for the Holidays

Cooking can be a great area in which to save energy. The Energy Education Council recommends keeping these energy efficient tips in mind while preparing your holiday meals this year:

- Think small—opt for a smaller appliance, such as a toaster oven or microwave, whenever possible. They have smaller spaces to heat, so they require less energy.
- Turn the oven or stove burners off a few minutes before your food is ready. They will remain hot enough to finish cooking the food.
- Don't preheat the oven unless a recipe requires it.
- Self-cleaning ovens use less energy for normal cooking because of the higher insulation levels built into them. If you own one, plan to clean it right after you have finished baking something so it does not have to heat up a second time.
- Don't peek. Opening the oven door lowers the internal temperature and requires more energy to reheat.
- Don't cover oven racks with foil. This reduces heat flow and increases cooking time.
- Make sure your pan covers the coil of your range. If you can see coil peeping out from the sides of your pan, you need a bigger pan (or a smaller burner).
- Put a lid on it. Cover pans while cooking to prevent heat loss.
- Plan ahead. Defrosting food in the microwave may be convenient, but it costs nothing more to defrost in the refrigerator.

These steps are 1245000 easy to follow and come at no extra cost. Making a habit out of them will save you both energy in the kitchen and money on your energy bill.

Visit energycouncil.org for more information.



Watt's Cooking



Skillet Chicken with Creamy Cilantro Lime Sauce

Submitted by Sharla Lane



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| 4 skinless boneless chicken breasts | ¼ cup finely chopped onion |
| ¼ teaspoon salt | 1 Tablespoon chopped cilantro |
| ¼ teaspoon freshly ground black pepper | ½ teaspoon red pepper flakes |
| 1 Tablespoon olive oil | 3 tablespoons heavy cream |
| 1 cup chicken broth | 2 Tablespoons unsalted butter, cubed |
| 1 Tablespoon fresh lime juice | Optional: lime wedges & cilantro for garnish |

1. Preheat oven to 375 degrees
2. If the chicken breasts are uneven in thickness, pound them down to even thickness to allow the breasts to cook through simultaneously. Sprinkle each with salt and pepper.
3. In a large oven proof skillet, heat the oil over medium-high heat. Add the chicken and cook for 6-7 minutes, turning once. You want the chicken browned on the outside. (It doesn't have to be cooked all the way through yet) Set chicken on a plate and cover tightly with foil until step 5.
4. Remove skillet from heat and add the broth, lime juice, onion, cilantro, and red pepper. Return to heat. Cook and stir to scrape up the browned bits from the bottom of the skillet. Bring to a boil. Allow to boil gently, uncovered, for 10 minutes or until the liquid is reduced to around ¼ cup. (During this time you can steam some veggies to have on the side.) Reduce heat to medium-low, then add the cream and butter. Stir until butter has melted.
5. Add chicken to the sauce and place the skillet in the preheated oven. Bake uncovered until the chicken is completely cooked through (about 5-10 minutes).
6. Serve chicken with sauce spooned on top and any of the listed optional garnishes.

November 2017

Hot Watts

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Your Touchstone Energy® Cooperative

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Energy Efficiency

Tip of the Month

Spending more time in the kitchen during the holiday season? Here's one way to be more energy efficient: Unplug small kitchen appliances, like toaster ovens and microwaves, when not in use. You could save \$10 to \$20 per year.

Source: U.S. Department of Energy

Congratulations!

Sam Casteel is our online survey winner.

Offices Closed

CHEC offices will be closed on November 23rd & 24th in observance of Thanksgiving.

New Logo Puts CHEC "On The Map"

CHEC is excited to announce the unveiling of the new CHEC company logo! After nearly two years of researching, brain storming, and redesigning, a final design was approved that CHEC felt represented the heart of the cooperative.

Founded in 1945, CHEC was created in order to serve and meet the electric needs of those in our rural communities and areas. The color red in the logo represents energy, strength, power and determination – all traits that the founding fathers of CHEC exhibited. The outline of our service territory within our state places our members "on the map" and represents you, our members, and the reason why we exist. The circle has no beginning or end and represents the unity of the membership and the leadership of the cooperative.

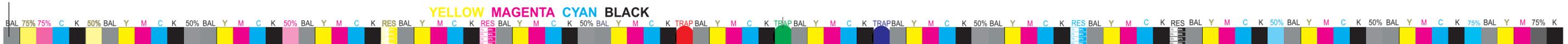
CHEC will begin converting to the new logo in early December, but the conversion will be a slow progression. You will first notice changes on your billing and notices as well as on our website and Facebook page. We will then convert the logo on our truck fleet as well as on our uniforms. We will continue to utilize our letterhead and envelopes that carry the former logo until all supplies have been exhausted.

If you have any questions about the new logo or the conversion process, please contact CHEC at 800-328-2368 (Stigler) or 918-775-2211 (Sallisaw).



Reminder:

Beginning with December billing, residential accounts switch from summer rates to winter rates. Winter rates will remain in effect through February. During this time energy usage is billed on a declining block rate (first 800 kWh - \$0.08720 per kWh, over 800 kWh - \$0.07720 per kWh). Summer rates, which include March through November, are billed at the same rate (all kWh - \$0.08720 per kWh). If you have any questions about rates, please call 800-328-2368 or 918-775-2211.



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Cookson Hills Electric Cooperative, Inc. welcomes members to submit photos, and articles which will be subject to editing. Cookson Hills reserves the right to publish or modify any article. Companies and individuals featured in the Hot Watts newsletter do not necessarily reflect the official policy, position, or view of Cookson Hills.

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Cookson Hills Electric Cooperative, Inc. is an equal opportunity provider and employer.



If You Find Your Account Number Hidden in This Issue of the *Hot Watts*, You'll Receive a \$25 Credit on Your Electric Bill

69th Annual Meeting Successful

CHEC's 69th Annual Meeting was a huge success! On a beautiful fall morning, 1,761 family members, friends, and guests of CHEC filled up the Sallisaw High School gymnasium. Members from every part of CHEC's seven county territory attended the meeting. The total members registered this year were 1,140. Registered members received a \$20 bill credit and a CHEC goodie bag.

The Ritter's Family Band, long-time residents of the Vian area, provided the entertainment again this year. Sallisaw Cub Scout Pack #731 honored our country with the posting of the colors and leading of the Pledge of Allegiance. John Speir of Sequoyah County sang

a beautiful rendition of our National Anthem.

To kick off the business meeting, all members and guests were welcomed by Kendall Beck, General Manager, who also gave a brief update on CHEC and directed the business portion of the meeting, which was immediately followed by the highly anticipated prize drawings. Kyle Reed of Sallisaw, grandson of Jeanette Woody, assisted during the drawing of prizes. CHEC would like to thank Kyle for his assistance.

Thank you to everyone who attended this year's annual meeting. We hope to see you all again next year.



Kyle Reed



Thank you to our members for making this meeting a success!



Daylight Savings Time Ends on Sunday, November 5th. Don't forget to set your clocks back one hour.



Brian Tramell



Sadie Blackbird



Robert Robertson



Jackson Robertson



Abigayle Wagner



James Denton



Rosa Carter



John Speir

Thank you to our contractors and vendors who graciously donated many of the prizes awarded.

KAMO POWER
Arkansas Electric Cooperatives, Inc.
Gordon Construction Company Inc.

Congratulations to all the Annual Meeting prize winners!

Children

- Seth Davis
- Aiden Reed
- Harley Fain
- Skyler Toney
- Riana Livers
- Jayden Dill
- Sadie Blackbird
- Jackson Robertson
- Abigayle Wagner

Adults

- Kim Bishop
- Jimmy Riddle
- Daryl Crawford
- James Mathews
- Alvin Pridgeon
- Paul Sheridan
- Larry Dyer
- Boyd Walton
- French Wildcat
- Rose Anderson
- Vina Johnson
- Janet Adams
- Josie Cheater
- Nicole Rowe
- James Denton
- Fran Shanks
- Beverly Bolin
- Alice Coward
- Justin Blackbird
- Teresa Belt
- Donna Smith
- Ronnie Hall
- Rose Kelley
- Lonnie Younger
- Donna Waters
- Robert Robertson
- Brian Tramell
- Rosa Carter

Pictures taken by Kristie Cash