



# COLQUITT EMC NEWSLINE

VOLUME 52, NUMBER 11

NOVEMBER 2022



Pictured are Cook High School's Senior Athletes along with Principal Joi Williams, Colquitt EMC Director of Public Relations Sonya Aldridge and Assistant Principal Paula Simmons.

## COOK HIGH SCHOOL AWARDED WITH GHSA COOPERATIVE SPIRIT SPORTSMANSHIP AWARD

Since 2006, Cooperative Spirit Sportsmanship Awards are presented annually by EMC representatives during the fall to the winning GHSA-member high schools, with a winner being named in each of the 64 regions from the eight classifications.

To be considered for this award, students, athletes, coaches, spectators and anyone associated with high school activities programs must illustrate outstanding respect, fairness, honesty and responsibility before, during and after athletic competition.

"Congratulations to all of the region winners of the GHSA Cooperative Spirit Sportsmanship Award for 2021-2022," says Dr. Robin Hines, GHSA Executive Director. "It is an honor for these member schools to be selected by their regions for this award. The characteristics

of good sportsmanship are critical to the development of our young people as they transition into productive adults. The GHSA applauds our schools on this accomplishment and appreciates Georgia's EMCs for their support of this outstanding recognition program."

Cook High School has shown exemplary sportsmanship across a variety of athletics, ranging from athletes to spectators.

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## IS AN INDUCTION STOVE THE ULTIMATE COOKING SYSTEM?

Are you considering swapping your existing stove to an electric induction stove? Consider this while you are exploring your options:

Modern electric induction stoves operate quite differently than traditional electric stoves. Energy is transferred directly to cookware through magnetic currents to heat the pot or pan. As a result, the cooktop surface doesn't get very hot while food heats up and water boils more quickly. Induction stoves are also more accurate, which helps you to deliver more consistent results time and time again. Because the surface doesn't get very hot, cleaning up spills or boil-overs are a breeze since they will not burn onto the cooking surface.

Induction stoves are more efficient and somewhat cheaper to operate than gas and traditional electric stoves. Because you only use your stove for a few minutes a day, your energy bill savings won't add up to much every month — but then again, you can't put a price on the joy of watching a pot of water boil in less than half the time!

### **BURN WITH CARE... AVOID TROUBLE.**

**ATTENTION:** Use firebreaks around any utility poles on land that will be burned under controlled conditions. By using a firebreak to protect utility poles, you can help Colquitt EMC save thousands of dollars in repair costs. Also, you can avoid potential safety problems from burned poles.

*-Thank you in advance for your cooperation.*





## JOIN US IN CONGRATULATING THESE DEDICATED EMPLOYEES FOR THEIR SERVICE TO COLQUITT EMC

These five Colquitt EMC employees were recently recognized for their years of service. Pictured from left to right are: **Jody Warren**–30 Years, **Donna Johnson**–35 Years, **Danny Nichols**–25 Years, **Tony Garrick**–35 Years and **Sue Bolin**–30 Years.

## GHSA COOPERATIVE SPIRIT SPORTSMANSHIP AWARD

(Continued from Front)

The Award also extends to anyone involved in the athletic event, which honors both the school and the community.

The GHSA is a voluntary, non-profit organization comprised of more than 470 public and private high schools that strives to promote good sportsmanship, participant safety, fair play and a cooperative spirit among its member schools. The GHSA administers regulations for region and state competition in 18 sports and three activities. For more information, visit [www.ghsa.net](http://www.ghsa.net).



OUR OFFICES  
WILL BE  
**CLOSED**

NOVEMBER  
24 & 25  
DECEMBER 23 & 26  
& JANUARY 2

**Ditch the paper.**

**E-Billing is now Available!**

To enroll, log into your Colquitt EMC Account. Under the "My Account" menu tab, select "Bill Notification." Under "Bill Method", select "E-Bill" to enroll.



# Recipes OF THE MONTH



## **Broccoli Rice Casserole**

### **INGREDIENTS**

2 (10 ounce) pkgs. frozen chopped broccoli, thawed  
2 cups cooked rice  
8 ounces shredded cheddar cheese  
2 (10 3/4 ounce) cans cream of chicken soup  
1 small onion, chopped  
2 tablespoons butter

### **DIRECTIONS**

Cook onion in butter in large skillet until soft. Add remaining ingredients and cook just until cheese is melted. Put in 2-quart casserole dish. Bake at 350 (uncovered) for 1 hour. To make ahead and freeze: Mix all ingredients together (start with your rice cooked, not raw) and spoon into two or even three smaller casserole dishes, cover, label and freeze. If you thaw overnight, just cook the one hour. If cooking from frozen, add ten minutes or so, check for doneness.



## **Sweet Potato Casserole**

### **INGREDIENTS**

|                       |                         |
|-----------------------|-------------------------|
| 3 cups sweet potatoes | <i>Topping</i>          |
| 1/2 cup sugar         | 1/3 cup melted butter   |
| 1/2 cup butter        | 1 cup light brown sugar |
| 2 eggs, beaten        | 1/2 cup flour           |
| 1 teaspoon vanilla    | 1 cup chopped pecans    |
| 1/3 cup milk          |                         |

### **DIRECTIONS**

Boil and mash potatoes. Mix in sugar, butter, eggs, vanilla and milk. Put in a 13x9 inch baking dish. For the topping melt butter and mix in remaining ingredients. Sprinkle on top of the potato mixture. Bake 25 minutes at 350°.

(Cut Here) ✂