STRESSED about PAST-DUE Balances? Let us HELP you!!

Navopache Electric Cooperative has been mindful of the situation that many of our members find themselves in due to the current COVID-19 pandemic. One of many steps NEC is taking to reduce stress and provide local families and businesses with certainty during an uncertain time is to TEMPORARILY suspend disconnecting electric service and waiving late payment fees to support our members who are affected during the COVID-19 pandemic.

**Important:** Suspension of disconnection for non-payment **IS NOT** a bill waiver. We want to remind members to make arrangements with NEC regarding their balance due. NEC would like to help members avoid being faced with a very high bill, which will be due immediately, once NEC resumes normal operations and begins normal disconnection processes. NEC is requesting that our members with past due balances call us. Our Member Care staff is available to help members get caught up on their past due balances by providing options such as short-term repayment arrangements, levelized payment plans, and other assistance options & resources.

Contact one of our Member Care Specialists at 928-368-5118 or toll free at 1-800-543-6324 to make the first step in catching up on your past due balance.

Notice of 74th Annual Meeting

OFFICIAL NOTICE

The Annual Meeting of the Members of Navopache Electric Cooperative

Meeting will be held at 2:00 pm
Saturday, September 12, 2020
St. Mary of the Angels, Pinetop, AZ

Registration is from 1:00 pm to 2:00 pm
Members must be registered in order to win a prize
Navopache Electric Cooperative would like to congratulate all of the Graduating Seniors in our communities this year and wish them the best of luck in their future endeavors!

$2500 Washington D.C. Youth Tour Scholarships

These 5 students worked hard and were awarded the Annual NRECA Washington D.C. Youth Tour trip. Unfortunately NRECA cancelled this trip due to COVID-19 concerns. The Board of Directors for NEC decided to award a special $2500 scholarship to these students in recognition of their hard work in going through the process to be selected for the tour.

$2500 Annual Scholarships have been awarded to:

Naomi DeLao
Reserve High School

Naomi Embry
Sequaia Village High School

Kyler Owens
Show Low High School

Caitlynn Tessay
Cibecue High School

Mikaela Colby
Alchesay High School

Kaleb Capps
Round Valley High School

Reichen Cooke
Show Low High School

Shelbie Coker
Ble Ridge High School

Sharlimar Declay
Alchesay High School

Marissa Farley
Cibecue High School

Makayla Hinton
Reserve High School

Emily Weber
Mogolian High School

Hannah (Rosie) Wiltbank
St. Johns High School

Check out our July issue for more information about these talented students!!

The winner of the $50 Paperless Billing Credit for June 2020 is Sheryl Eaton

Congratulations!
Navopache Electric Cooperative

Healthy Choice Recipe Contest

Navopache Electric Cooperative partners with our team members to provide opportunities for them to learn about healthy choices for not only themselves but for their families as well. NEC just held their first health challenge of 2020 in the form of a healthy recipe contest. Employees were invited to submit their favorite simple and healthy recipes with 5 or less ingredients. The winners were:

1st place – Jason Crunk – Salmon & Potatoes
2nd place – Garth Turley – Power Ball
3rd place – Ashlee Claridge – Stuffed Zucchini Boats
4th place – Holly McNeil – Stuffed Mini Peppers

Recipes for 1st, 2nd and 3rd place are included on the back page for you to try with your family! Enjoy!

Wearing a Mask Properly

The CDC recommends wearing a cloth face covering in public settings where physical distancing is difficult, and helps people who may have the virus and do not know it from transmitting it to others.

Putting it on

Wash hands
Make sure hands are clean before touching your mask

Adjust
Fit the mask to your face and cover nose, mouth, and chin

Then don’t mess with it!
After adjusting fit, DON’T contaminate your mask or hands by touching it

Taking it off

Wash hands
Clean hands before removing

Remove by the straps
Do NOT touch the cloth part of the mask—remove with the straps and drop into washing machine

Wash hands
Don’t waste all that effort by not washing hands afterwards—keep them clean!

Did You Know?

• All thunderstorms produce lightning.
• Lightning often strikes outside the area of heavy rain and can strike as far as 10 miles from any rainfall.
• If you hear thunder, you’re in the danger zone.

#StormSafety

Happy Father’s Day
Power Balls - 2nd Place Winner!

2 tablespoons coconut oil
2 tablespoons creamy peanut butter or almond butter
1/3 cup pure maple syrup or honey
1 teaspoon pure vanilla
1/2 cup almond flour or meal
1 1/2 cup rolled oats
1/2 teaspoon sea salt
1 tablespoon dark chocolate chips or chopped Koko Samoa

Instructions:
1. Mix all ingredients in bowl.
2. When mixed smooth add: half cup almond flour or meal, 1 1/2 cups of blended rolled oats, 1/2 teaspoon fine sea salt, 1 tablespoon of dark chocolate chips or chopped Koko Samoa. (onewothreezerouzerozerogueight)
3. Roll dough into 1 tablespoon size balls and put in freezer for 5010 minutes until firm.
4. Store in freezer for easy snacks. If you want this to be nut free add 1/2 cups oat flour and a bit of coconut milk and trade peanut butter for sunflower seed butter.

Health Benefits:
Coconut Oil- is an HDL fat, meaning it helps build a healthy brain, prevent Alzheimer's disease, and fight cholesterol. It also boosts energy.
Peanut Butter- has potassium as well as protein which lower the risk of high blood pressure, stroke and heart disease. High in fiber and also contains fiber for your bowel health, healthy fats, magnesium to fortify your bones and muscles, vitamin E and antioxidants.
Almond Flour- health wise almond flour is a good bang for your buck and the ideal alternative for a glutenfree diet. This flour is high in protein (21% by weight), manganese, vitamin E and monounsaturated fats, low in carbohydrates, and contains fiber.
Oats- antioxidant, blood pressure, "consumption of oats and oat-based products significantly reduces total cholesterol and low-density lipoprotein cholesterol concentrations without adverse effects on high-density lipoprotein cholesterol or triglyceride concentrations.

Salmon & Potatoes - 1st Place Winner!

4 ounces of fresh skinless salmon
10 ounces of asparagus
6 ounces of tiny potatoes
2 tablespoons of vinegar
1 teaspoon cooking oil
Chopped fresh dill
1/4 teaspoon salt
1/8 teaspoon ground pepper
2 tablespoons vinegar

Instructions:
Combine vinegar, oil, chopped dill, salt, and pepper. Drizzle over salmon, asparagus, and potatoes and microwave for 12 minutes. Experiment with baking if you'd like.

Health Benefits:
This dish is full of protein, calcium, magnesium, and potassium. The salmon is also high in omega 3 fatty acids.

Energy Efficiency “Tip of the Month”

Home cooling makes up a large portion of your energy bills. Try to keep the difference between the temperature of your thermostat setting and the outside temperature to a minimum. The smaller the difference, the more energy you will save.

Share Your Favorite Recipes

Navopache Electric Cooperative would love to share some of your favorite recipes with our readers. Send in your favorite recipes along with your name and the town you live in (so we can give you credit) to:
Navopache Electric Co-op
Attn: “hiLites” Editor
1878 W. White Mountain Blvd.
Lakeside, AZ 85929
or e-mail it to jwade@navopache.org

Stuffed Zucchini Boats - 3rd Place Winner!

1 pound of lean ground turkey
3 zucchini's, large
1 can of Rotel (I like the one with Habanero's for a little extra kick)
1-1 & 1/2 cups mozzarella cheese
2 garlic cloves (powder will work if fresh cloves unavailable)
1 teaspoon of red pepper flakes

Instructions:
In skillet, brown ground turkey with garlic, red pepper flakes, onion powder, salt & pepper. While browning cut zucchini's in half (long ways). Take a small spoon and hollow the inside of zucchinis, as close to the skin as possible, putting the contents into a mixing bowl. Add a can of Rotel (drained), and parmesan cheese into mixing bowl with zucchini and mix well. Add mixture to cooked ground turkey and mix well. Spoon mixture into hollowed out zucchini 'boats'. Bake on 350 degrees for 15-20 min. Add mozzarella cheese to top and bake another 5 minutes or until cheese is melted.

Health Benefits:
Zucchini's are rich in vitamin's A & C and are good for your heart. Lean ground turkey is a great substitute for ground beef or sausage with less calories overall and saturated fats.

Recipes

We hide account numbers each month in the “hiLites”. If you find your number, please contact our office and we’ll give you a $10 credit on your next Navopache Electric Co-op billing.

hiLites

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Notary services are available at all NEC offices, except Whiteriver.