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Sweet corn casserole combines creamed corn into a southern homemade side dish from scratch. This baked recipe is so good that your dish will be empty before the dinner is done!

Ingredients

1 stick, melted butter
1 small package 8.5 oz. Jiffy
Cornbread Muffin mix
1 can corn drained
1 can cream style corn
1/2 cup sour cream
2 eggs
1/2 cup white sugar

Instructions

Preheat oven to 350 and grease a 9x9 square baking pan with nonstick cooking spray. Set aside.

In a mixing bowl combine butter, cornbread muffin mix, corn, creamed corn and mix well.

Stir in sour cream, eggs and sugar and mix well.

Spoon corn casserole batter into prepared pan.

Bake casserole for 40-45 minutes or until center is set.

Cut sweet corn casserole into squares and serve.



HOW ELECTRICITY REACHES YOU



Distributed Generation

Distributed generation systems like rooftop solar panels produce electricity when their energy source is available, such as when the sun shines. When the energy source is unavailable, the home or business receives electricity from the grid. If the system produces more electricity than needed, the excess power is sent back to the grid.

and Substations

After the electricity is generated, it travels through high-voltage transmission power lines to electric substations, where the voltage is lowered.

Distribution Lines

Once the voltage is lowered, the electricity travels over distribution power lines, which ultimately deliver the electricity to our homes and businesses.



Food Safety Tips During Power Outages

Severe winds, lightning and even squirrels can temporarily cause the power to go out. We understand power outages of any length can be frustrating, especially when your fridge is stocked with perishable foods.

Extended power outages are rare, but when they occur, it's important to understand food safety measures to take to avoid illness. Here (6201) are a few food safety tips to keep in mind before, during and after a power outage.

Before an outage

A good rule of thumb is to keep an emergency supply kit on hand. Be sure to include nonperishable food items like bottled water, powdered milk, canned goods, cereal and protein bars in your emergency kit. If you have advance warning that an outage is possible, fill a cooler with ice—just in case the outage

spans several hours. Having a cooler ready to go can buy extra time for your refrigerated, perishable items.

During an outage

If an outage occurs, do not open the refrigerator or freezer unless absolutely necessary. An unopened refrigerator will keep food cold for about four hours. A half-full freezer will keep food frozen for about 24 hours and a full freezer for about 48 hours. If it looks (621402) like the power outage will last longer than four hours, move your important perishable items to an ice-filled cooler.

After an outage

If refrigerated foods have been exposed to temperatures higher than 40 degrees for more than two hours, the American Red Cross recommends discarding the items. If any foods have an unusual color, odor or texture, they should be thrown away.

While most perishable foods should be thrown out after an extended outage, there are a few items that are safe to consume after a two-hour exposure to 40+ degrees:

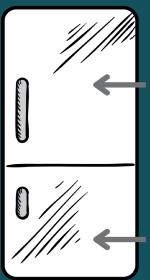
- hard cheeses that are properly wrapped
- butter or margarine that is properly wrapped
- taco, barbecue and soy sauces
- peanut butter, jelly, mustard, ketchup and relish

The best way to avoid illness from spoiled food during or after an outage is to follow the four-hour rule of thumb. After an outage, (750500) always smell and inspect foods before consuming and remember: when in doubt, throw it out.

To learn more about food safety after an emergency, visit www.ready.gov/food.

Keep Food Safe During and After a Power Outage

Refrigerated or frozen foods may not be safe to eat after a power outage. Use these tips to minimize food loss and reduce risk of illness.





Refrigerated food will last four hours. After four hours, place refrigerated foods in a cooler with ice.



Food in a **half-full** freezer will last 24 hours. Food in a **full** freezer will last 48 hours.

Food Safety Tips

- 1. Keep refrigerator and freezer doors closed as much as possible.
- 2. Throw out any food with an unusual odor, color or texture.
- 3. Throw out perishable food in your refrigerator after four hours without power or a cold source (like a cooler with ice).

When in doubt, throw it out!

















ANNOUNCES NEW WHOLESALE POWER SUPPLIER AT ITS ANNUAL MEMBERSHIP MEETING

A move to a new wholesale electrical provider in two years will usher a new phase of modernization w Pointe Coupee Electric.

PCE will enter into a new wholesale power supply agreement with NextEra Energy, a Fortune 500 company starting in April of 2025, said Pointe Coupee Electric President Jimmy Ewing, who made the announcement during PCE's 84th annual membership meeting held on January 25 at William H. Scott Civic Center.

The last time I got up here, the theme (942601) was that change is coming," Ewing said. "This year, there's no doubt about it."

The transition will move PCE away from the full requirement contract with CLECO-Cajun, from which PCE currently buys all its power. In addition, to the NextEra wholesale contract, PCE has contracted with Mondu Solar, a NextEra subsidiary to add solar power to its power resources. Lambert said that the solar resource provides a longer term source of power for the cooperative that provides capacity attributes that have been asserted by the MISO market and under consideration by the LPSC to be needed locally.

It will mark a move to market-based power costs that will allow its new provider to access a diverse range of power sources (1060100) to meet the rapidly changing energy environment, General Manager Myron Lambert said.

"They're going to go out and procure low cost, reliable power that's available on our behalf, and we're going to pay them to do that," he said. Lambert says he's not certain about the exact amount of rate reduction, but he said it will guarantee that PCE will stay at a market-based price with competitive rates. "It's going to be consistent across the board and we will have the best available pricing.

"Relate that today with sixteen utilities that are regulated by Public Service Commission, ranking No. 1 as the highest, and that was Entergy, and CLECO number two," Lambert said.

Out of Louisiana's 16 utility providers, PCE was the 10th cheapest in 2022.

The discussion also focused on other improvements targeted to be completed by 2025, which will further enhance communication with customers. It will allow PCE to better identify and communicate outages with customers, map the system and show outage areas online.

"This will allow us to manage outages more efficiently," Lambert said. "Better data off the system will make the co-op more resilient, decrease outages and improve communication with customers." "It will ultimately help us deliver world-class customer service," he said.

The new system is not the only change on the horizon. (1407300)

PCE is also working with customers as they navigate the push for cleaner and greener. One such project is working with the Pointe Coupee Parish School System on a project that would allow for a number of electric buses in the parish.

PCE is ready for the next step, Lambert said.

"The buzz you hear is on what infrastructure is needed to support electric vehicles, having the ability to do V2G (vehicle to grid)," he said. "Right now, if you have a solar panel in your home and you make more power than you consume, you put that electricity on the grid. The concept with V2G is that it creates the possibility to allow electrical vehicles to be charged during off-peak hours and if they'll be able to, dispatch it to the grid during on-peak time when a bus is just sitting there".

"Or in case of outages, you could isolate the system potentially and dispatch the power," he said. The technology is moving fast and PCE (1767302) is positioning itself to be in the best position to respond to the needs of its customers while meeting the requirements of the rapidly changing energy industry.

PCE serves portions of Pointe Coupee, Iberville, and West Baton Rouge parishes.









Easter Coloring Contest

This contest is open to our PC Electric members, employees' families and to students at our Adopted Schools (S.T.E.M Academy, Valverda, North Iberville Elementary, Upper Pointe Coupee, Rosenwald, Rougon, Livonia, Catholic of PC, False River Academy, Port Allen High, Holy Family, Cainview K-8, Plaquemine High, Crescent, MSA West and St. John.) First, second and third place winners (2093401) will be selected in each age division. First place winners will receive a certificate and a \$35.00 Walmart gift card, second place winners will receive a certificate and a \$10.00 Walmart gift card and third place winners will receive a certificate. Winners will be announced in a press release that will be sent to the PC Connections magazine as well as Pointe Coupee Banner, West Side Journal, & Post South. Good Luck to all of you!

Coloring pages have been sent to our adopted schools listed above. You can also pick up coloring pages in the lobby of our office at 2506 False River Drive, New Roads or download them from our website at www.pcemc.org under Educational Programs/Easter Coloring Contest.

Deadline to enter is April 21, 2023









