

Chili With Red Beans

- 1/2 pound extra lean ground beef
- 1 medium onion
- 4 cups or 2 (15-ounce) cans red kidney beans
- 3 cups or 1 (28-ounce) can chopped tomatoes
- 1 package of chili seasoning mix
- 1-2 tablespoons chili powder
- Non-stick cooking spray

Spray skillet with non-stick cooking spray. Peel and chop onion; place in skillet. Add the ground beef and cook over medium heat until meat is browned and onion is soft; drain. Add undrained red kidney beans, tomatoes, and chili powder to cooked ground beef and onions. Stir to mix well. Bring to a boil and cook slowly for 10-15 minutes. Stir several times to be sure chili is not sticking to bottom of skillet. Makes 8 - 1 cup servings.

CALORIES 170; FAT 3.5g (sat 1g);
 PROTEIN 13g; CALCIUM 39mg;
 SODIUM 580mg; FIBER 9g;
 CARBOHYDRATE 22g



A Touchstone Energy® Partner

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FROM THE CEO'S DESK

J. Ronald McElheney

A new year is upon us and with it comes new hopes and new challenges. We will make resolutions for the coming year that will challenge our fitness, spending habits, or whatever goals we set for 2009. As customers, however, we all will face big challenges in the energy field.

For the electric utility industry, one of these challenges is balancing renewable energy and energy efficiency requirements (that have been imposed upon us by state legislation) with the costs associated with these requirements. Until the solution of generation, transmission, and distribution of renewable energy can be reached, we must continue to concentrate our attention on energy efficiency. Energy efficiency is, and will be, the continued focus of our nation, and especially the electric utility industry, as we look for ways to become less dependent upon foreign resources.

As we have always done (and we will continue to do), Jones-Onslow will keep you informed about how your electric bills will be affected by all the changes that are occurring in the electric utility industry. We will also continue to highlight ways that you, the customer, can help us meet our energy efficiency requirements and lower your own impact of rising electricity costs. We need your help to meet this challenge.

Whether it's changing the bulbs in your home from incandescent to compact fluorescent lighting (CFLs), cleaning or replacing the heat/air filters each month in your home, or caulking and/or weatherstripping the windows and doors around your home to keep them airtight, there are inexpensive steps you can take to becoming more energy efficient. And we will continue to provide suggestions and ideas to assist you with this.

Finally, I would like to take this opportunity to invite you to the cooperative's Annual Meeting of Members, which will be held on Friday, March 27, at the American Legion Building at the Onslow County Fairgrounds in Jacksonville. We hope you can join us for what we believe will be a great time.



fact or fiction: Busting the Myths...

Myth: When an appliance is turned off, it's off.
Fact: Most devices continue to use power when they are switched off, sometimes as much power as when they are on! A large number of electrical products—from air conditioners to VCRs—cannot be switched completely off without unplugging the device. These products draw power 24 hours a day, often without the knowledge of the consumer. This power consumption is referred to as “standby power.”



Spotlight

A Monthly Publication for the Customers of Jones-Onslow EMC

A Touchstone Energy® Partner

Plans Now Underway For 2009 Annual Meeting of Members

Plans are now being made for the cooperative's 2009 Annual Meeting of Members.

This year, the event will be held on Friday, March 27, at the American Legion Building at the Onslow County Fairgrounds in Jacksonville. Registration will begin at 5:30pm and the business meeting will get started at 7:00pm.

The Annual Meeting is an event for the entire family. It provides the opportunity for customers to learn firsthand, about the cooperative, the various services offered, and Jones-Onslow's role in making our community a better place to live, work, and raise a family. Special entertainment will be provided throughout the evening and, as has become a tradition, drawings will be held during the event with hundreds of dollars worth of gifts to be given away. So make plans for you and your family to attend this year's Annual Meeting of Members.

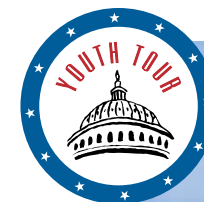
ATTENTION HIGH SCHOOL JUNIORS Want To Visit Our Nation's Capital?

Are you ready to spend a week this June in the nation's capital with kids from across North Carolina and the United States? Then check out the 2009 Rural Electric Youth Tour sponsored by Jones-Onslow EMC.

Each year, Jones-Onslow sponsors four rising high school seniors on the youth tour. Why? Because the program helps young people learn about cooperatives and the cooperative way of doing business. It also allows the youth to grow in ways we hope will benefit our community in the future.

Many of Jones-Onslow's past youth tour participants have used their experiences to provide leadership when they returned to their schools and communities.

Jones-Onslow's Youth Tour representatives will be chosen through an essay contest with a pre-selected topic concerning electricity. If you're interested in this year's youth tour, contact your high school guidance counselor or call the cooperative office at (910) 353-1940 or (800) 682-1515 and speak with the cooperative's youth tour coordinator, Paula Redick.



Statewide Cooperative Wind Project



Jones-Onslow Electric Membership Cooperative along with other members of North Carolina Electric Membership Corporation (NCEMC) has announced its participation in a 150-megawatt wind farm in Iowa.

The Story County Wind Energy Center, located near Colo, Iowa consists of 100 wind turbines, each capable of producing 1.5 megawatts of wind power.

Jones-Onslow and the other North Carolina electric cooperatives will receive renewable energy certificates (RECs) in return for participation in the project. The RECs may be used to assist the cooperatives in complying with North Carolina's Renewable Energy & Energy Efficiency Portfolio Standard (REPS), established in Senate Bill 3 by the state legislature, or they may be sold into the REC marketplace.

GreenCo Solutions will manage the RECs associated with the output of the Iowa wind farm.

JOEMC is Proud Partner of ENERGY STAR...



ENERGY STAR was introduced in 1992 to identify and promote energy-efficient products to reduce greenhouse gas emissions. ENERGY STAR is best known as a label for products, such as appliances, that meet strict energy efficiency guidelines set by the U.S. Environmental Protection Agency (EPA) and the U.S. Department of Energy (DOE). Jones-Onslow EMC encourages its members to reduce energy by using Energy Star products and practices to help save money and reduce greenhouse gas emissions. Additional information is available on the Energy Star Website: www.energystar.gov

New Year's Resolution: Save \$\$\$

How? Replace one major home appliance, and you can save \$75 this year on your energy bills.

ENERGY STAR appliances are designed to use 10 percent to 50 percent less energy and water than other models. The ENERGY STAR label is part of the U.S. government's effort to encourage Energy conservation.



If Your Lights Go Out...

- Check your home's fuses or breakers.
- Check, if possible, to see if your neighbor's power is also off.
- Call the **Outage Report System at (910) 353-7117 or (800) 681-4146 to report the problem.**

2009 NOMINATING COMMITTEE

A Nominating Committee has been selected for the purpose of nominating individuals for election to the position of Director in Districts One, Two and Three. This committee is scheduled to meet in February 2009. The committee's names and addresses are as follows:

<i>District One</i>	<i>District Two</i>	<i>District Three</i>
<i>Mr. Robert (Bobby) Edens P.O. Box 155 Sneads Ferry, N.C. 28460-0155</i>	<i>Mr. W.C. Jarman 198 Thomas Loop Road Jacksonville, N.C. 28540-8518</i>	<i>Mr. William Haddock 2314 Wyse Fork Road Trenton, N.C. 28585</i>
<i>Mrs. Linda Kellum 1446 Kellum Loop Road Jacksonville, N.C. 28546</i>	<i>Mrs. Pansy Horne 1810 Haw Branch Road Beulaville, N.C. 28518</i>	<i>Mrs. Judy Smith 3167 NC Highway 58 North Trenton, N.C. 28585</i>
<i>Mr. Bobby Provost 178 Great Neck Landing Road Hubert, N.C. 28539</i>	<i>Mr. Tony Padgett P.O. Box 272 Jacksonville, N.C. 28541-0272</i>	<i>Mrs. Eula M. Koonce 7224 NC Highway 41 West Trenton, N.C. 28585</i>

Summary Of Bylaws Pertaining To The Annual Meeting...

Any natural person, firm, association, corporation, business trust, partnership or body politic shall be eligible to become a member of, and, at one or more premises owned or directly occupied or used by him, to receive service from Jones-Onslow Electric Membership Corporation. No person shall hold more than one membership in the cooperative.

An Annual Meeting of the members, for the purpose of electing directors, hearing and passing upon reports covering the previous fiscal year, and transacting such other business as may properly come before the meeting, shall be held on the last Friday of the month of March of each year. Provided, that for good cause, the Board of Directors may fix a different date for such Annual Meeting not more than thirty (30) days prior or subsequent to the date established for such meeting in this Section.

Attendance in person of at least two percent (2%) of the then total members of the cooperative shall be required for the transaction of business at any meeting of the members. If less than a quorum is present at a meeting, a majority of those present in person may adjourn the meeting to another time and date.

The election of directors shall be completed at each legal meeting by the members. The business and affairs of the cooperative shall be managed by a Board of eleven (11) Directors, which shall exercise all the powers of the cooperative except such as are by law or by the cooperative's Articles of Incorporation, or Bylaws conferred upon or reserved to the members.

The cooperative's eleven (11) Directors shall be so nominated and elected that, at least three (3), but no more than four (4), shall be residents of each of the cooperative's three (3) Directorate Districts.

It shall be the duty of the Board of Directors to appoint, not less than fifty (50) nor more than one hundred fifty (150) days prior to the date of the Annual Meeting of Members, at which directors are to be elected, a Nominating Committee, consisting of three (3) members from each of the cooperative's

three (3) Directorate Districts, and who are members of the cooperative, but are not incumbent directors or close relatives thereof. The Nominating Committee will nominate members for the Directorate District seats which are up for election each year. Voting by proxy will not be permitted.

Any two percent (2%) or more members of the Cooperative, acting together, may make additional nominations in writing over their signature, listing their nominee(s) in like manner and filing the same with the Cooperative not less than thirty-five (35) days prior to the meeting of members. The Committee shall prepare and post at the principal office of the cooperative, at least twenty (20) days before the meeting, a list of nominations for directors to be elected. Should there be two or more candidates for the same Directorate seat then elections will be held by mail ballot. The ballots will be mailed in the Official Notice.

A Credentials and Election Committee of at least five (5), and no more than thirteen (13), shall be appointed by the Board at least ten (10) days before any meeting of members. It shall be the responsibility of the Committee to pass upon all questions that may arise with respect to the registration of members in person, to count all ballots cast in any election, unless delegated by the Board to an independent auditor, or in any other ballot vote taken, and to rule upon the effect of any ballots irregularly marked. The Committee's decisions on all such matters shall be final.

Each member who is not in a state of suspension, shall be entitled to one vote and no more upon each matter submitted to a vote at a meeting of the members. A member, which is an association, corporation, business trust or body politic may be present in person and vote at such meeting by and through a duly designated representative, qualified as such upon registering for the meeting. At all meetings of the members, at which a quorum is present, all questions shall be decided by a majority of the members voting thereon, in person, except as otherwise provided by law or by the cooperative's Certificate of Incorporation or Bylaws.