

Baked Fish


5 trout fillets
lemon pepper, to taste
5 tsp. margarine
1 cup white wine
5 slices lemon

In a casserole dish, place the fish fillets. (May wish to spray casserole with Pam first.) Sprinkle fillets with lemon pepper and cut margarine into small pieces and place over the fillets. Pour the wine over the top and place slices of lemon or lime on top of each fillet. Bake at 350 degrees until fish flakes. Good with a baked potato and spinach salad.

Serves 4.

CALORIES 255; FAT 11.6g;
PROTEIN 22.2g; SODIUM 114mg;
FIBER 1.4g; CHOLESTEROL 57mg
CARBOHYDRATE 14.9g;



A Touchstone Energy® Partner 

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FROM THE CEO'S DESK

J. Ronald McElheney

In the last several weeks, the first major legislation dealing with climate change came to the floor of the United States Senate. This bill has many pieces and parts—among them are provisions that would institute a charge or “tax” on emissions produced by carbon-based generation that would ultimately be passed on to electric consumers.

As an electric cooperative, with your best interest in mind, Jones-Onslow and other cooperatives across the state strongly oppose the tax portion of this bill. We believe that it will take a combination of research, advanced technology in coal generation, and the construction of new nuclear generation plants to significantly reduce carbon emissions in the United States. In addition, the bill does not allow for a practical timeline to accomplish the amount of work that needs to be done to reduce carbon emissions and keep your electricity rates affordable.

Senator Elizabeth Dole from North Carolina signed on as a co-sponsor of the bill in support of this legislation. Senator Dole has traditionally been a supporter of the electric cooperatives and their consumers in the past, and we appreciate her for those efforts. In this case, however, Jones-Onslow and the other North Carolina cooperatives have been communicating diligently with the Senator and her staff about our deep concerns with several provisions of the climate-change bill and the tremendous negative impact this legislation would have on our consumers. We have tried to explain that this legislation would affect our consumers, and the folks that elected her, right where it hurts the most—their pocketbooks. The legislation would, no doubt, raise electric rates for our consumers. How much, at this time, is hard to say but numbers as high as 40 to 50% have been mentioned.

When it came time to vote on moving forward with the legislation, Senator Dole voted in favor of California Senator Barbara Boxer's amendment to the bill that would make the cost to consumers even higher. Although the bill did not receive the number of votes needed to move ahead this year, we need to lay the groundwork for making sure our voices are heard when it comes time to discuss the issue in 2009.

We need to make sure that all of our elected officials understand how important this issue is to the future of our country. Electric cooperatives want to play a part in shaping that future and we believe that it needs to be met with a balanced approach that looks out for the electric utility consumers and the price they must pay for it.

I encourage you to visit the website www.ourenergy.coop to learn more about this pressing issue and to send an email directly to Senator Dole. If you don't have a computer at home, come to our main office in Jacksonville or the District Office in Sneads Ferry—there are computers available for you to use to visit the website and let your concerns be heard.



Spotlight

A Monthly Publication for the Customers of Jones-Onslow EMC

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Climate Change: Balancing New Opportunities With Cost Challenges

North Carolina's electric cooperatives and our consumers are facing a monumental challenge—climate change. Many scientists agree that greenhouse gases, including carbon dioxide, warm the earth and are accumulating in the earth's atmosphere as a result of human activities. However, there is still some uncertainty as to how greenhouse gases actually affect the earth's climate.

Regardless, our political leaders are currently debating significant legislation that will impact our daily lives—from the way we travel in our community to how much you will pay for electricity.

In response, the electric utility must be prepared to implement technologies that will slow, stop and eventually reduce the level of greenhouse gases in the earth's atmosphere. We take our role in this task very seriously.

Electric cooperatives, including Jones-Onslow, support an aggressive model developed by the Electric Power Research Institute (EPRI) for reducing greenhouse gases by 2030. This model, called the EPRI prism, recognizes that there is no single solution to climate change and suggests seven technologies that, combined, can reduce greenhouse gas emissions to the benchmark 1990 level. These technologies are: energy efficiency, different and diverse sources of renewable energy, nuclear generation, advanced coal generation, carbon capture, plug-in hybrid vehicles, and distributed energy resources.

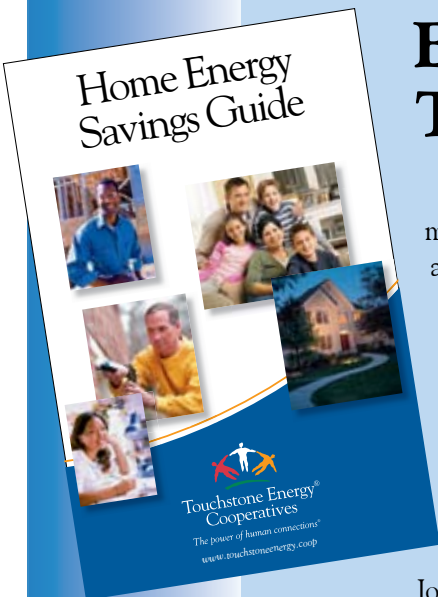
Researchers recognized that many of these technologies need additional development before they can commercially and economically be deployed. Implementing these technologies before they are



fully developed will result in significant cost increases to consumers with minimal benefit to the environment. We are strong proponents of financing research and development to reduce costs to consumers. Electric cooperatives in North Carolina are working hard on Capitol Hill to make sure political leaders hear this message.

Although many of these technologies need further research and development, we all have the opportunity to become more energy efficient. Visit the JOEMC website, www.joemc.com, to receive information about an on-line energy audit. Home energy audits troubleshoot areas in your home that need repairs or upgrades. Also consider changing your traditional incandescent light bulbs to compact fluorescent light bulbs (CFLs). Consider upgrading your appliances to newer, more energy efficient ones, and follow home improvement tips like adding insulation.

Jones-Onslow's goal, providing you safe, reliable electricity at a good value, remains unwavering, even in this new era of balancing electricity demand with rising cost pressures from increased regulation.



Energy Guide Available To Customers

As the cost of most everything we buy today seems to be increasing, more and more people are concerned about their utility bills. Consumers are looking for ways to manage their energy use and reduce costs.

Jones-Onslow has always placed a priority on promoting energy efficiency to customers. Whether it's on our webpage (www.joemc.com), in this newsletter, or on the radio or television, your cooperative is dedicated to providing useful and applicable information about maximizing your energy dollars around the home.

With that in mind, customers looking to make their home more energy efficient should check out the cooperative's Home Energy Savings Guide. The guide, which can be downloaded from Jones-Onslow's website or mailed upon request, provides valuable tips designed to create greater home comfort and improve performance. Included in the energy savings guide are sections on insulation, windows, air infiltration, water heating, heating and air conditioning, and much more.

To get a copy of the Home Energy Savings Guide go to www.joemc.com or call the cooperative office at (910) 353-1940 or (800) 682-1515. You can also send an email request to joemc@joemc.com.

Scholarship Winners Selected

Congratulations goes out to two local middle school students who were recently selected as the recipients of Jones-Onslow's scholarships to the Kay Yow and Roy Williams Basketball Camps taking place this summer.

Journée Collins will be attending the Kay Yow Camp while Aaron Kapiko will be going to the Roy Williams Camp.

Collins is the daughter of Deneen Harriatté and will be attending Jacksonville Commons Middle School. She was selected for the Team Manager Award for 2006-07 at Northwoods Park Middle School, was a member of the Onslow County East Force Shock 1 AAU Team and an All-Star Recreation team member for the past three years. Journée is also involved as a youth member at Final Refuge Non-Denominational Church.

Kapiko is the son of Leigh Anne Kapiko and attends Topsail Middle School. He participates in many different activities such as Pop Warner football, Upward basketball, Topsail baseball and is a Presidential Physical Fitness Award Winner. Aaron is also involved as a volunteer and tutor at



his school as well as a member of the National Junior Honor Society. He is an active youth member with Trinity United Methodist Church and Scotts Hill Baptist Church.

The two recipients were selected through an essay contest available to students in sixth through eighth grades at schools in the cooperative's service area. All essays were reviewed and judged by the Jacksonville-Onslow Sports Commission.



38th Annual Shrimp Festival...

If you enjoy great seafood, arts and crafts, and music, you don't want to miss Sneads Ferry's Shrimp Festival. The 38th annual event takes place the weekend of August 9 & 10 and will be held at the Sneads Ferry Community Center Grounds.

A parade kicks the event off on Saturday, the 9th, at 10:00 a.m. and a "Shrimperoo" dinner lasts from noon until 6:00 p.m. Festival-goers can also enjoy games, rides, arts and crafts booths, a Military Static Display (on Saturday), an Antique Car Show (on Sunday) as well as various other displays. There will also be musical entertainment throughout the weekend with dancing all day and phenomenal fireworks followed by the traditional "Street Dance" Saturday night around 9:00 p.m.

Proceeds from this year's festival supports community needs such as the fire and rescue squads, community park improvements, civic organizations, and scholarships. It also sponsors the annual Senior Citizens Dinner, Memorial Day Parade, the Shrimp Ball, the 4th of July Jubilee, the Sneads Ferry Community Theatre, Winter Fest, and Harvest Fest.

Admission to the festival will be \$3 per person each day or you can get a two day pass for \$5. Children under 12 will be admitted free.

For a complete schedule of events or if you have any questions, go to www.sneadsferryshrimpfestival.com.

Right-Of-Way Maintenance Key To Reliable Electric Service...

Jones-Onslow's goal is to provide safe, reliable and economical electric service to all of our customers. In doing so, we must manage the growth of certain vegetation that could interfere with providing reliable service.

Cooperative crews manage the unwanted vegetation on right-of-way using a variety of methods—all which are evaluated for safety and environmental impact. Because of the variety of soils and land use, and vegetation type, the cooperative uses an Integrated

Vegetation Management (IVM) approach which includes both mechanical (maintaining right-of-way with equipment such as tractors and chain saws) and chemical control methods.

Maintenance on right-of-way is performed on a regular cycle and conducted throughout the year. When herbicides are used, applicators use small amounts of Aresenal and Krenite S. Both products have been tested and approved for this particular use by the Environmental Protection Agency (EPA).

Jones-Onslow manages its right-of-way with concern for the environment. The use of herbicides results in the growth of favorable low-growing, non-woody vegetation that serves as food and shelter for many animals including rabbits, squirrels, and deer.

If you have any questions concerning our right-of-way maintenance procedures, or if you would like a copy of the Material Safety Data Sheet or the manufacturer's label for the herbicides currently being used, please call the office at (910) 353-1940 or (800) 682-1515.



The cooperative uses both mechanical and chemical control methods to maintain right-of-way.

The following trees are utility friendly when planted outside the right-of-way area:

- Purpleleaf Plum
- Eastern Redbud
- Japanese Maple
- Star Magnolia
- Crape Myrtle
- Yaupon
- Dogwood

Measure 15 feet from the power line plus half the distance of the width of the tree's spread when fully grown. This is as close as you should plant to power lines.

