

## Beef & Mushroom Dijon Style

- 1 pound boneless beef sirloin or top round steak, 3/4" thick
- 2 tablespoons vegetable oil
- 2 cups sliced mushrooms
- 1 medium onion, sliced
- 1 can cream of mushroom soup
- 1/2 cup water
- 2 tablespoons Dijon-style mustard
- Hot cooked rice

Slice beef into very thin strips. Heat 1 tablespoon of oil in skillet. Add beef and cook until browned, stirring often. Remove beef. Add remaining oil. Add mushrooms and onion and cook until tender. Add soup, water and mustard. Heat to a boil. Return beef to pan and heat through. Serve over rice.

**Submit your favorite recipe to the cooperative's newsletter editor at 259 Western Boulevard, Jacksonville, N.C. 28546. One recipe will be chosen and featured each month.**



A Touchstone Energy® Partner

Spotlight is published monthly by Jones-Onslow Electric Membership Corporation for its customers. Correspondence should be directed to Jones-Onslow EMC, attn: newsletter editor, 259 Western Boulevard, Jacksonville, N.C. 28546.

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## FROM THE CEO'S DESK

J. Ronald McElheney

We're in the middle of a green revolution in America, with wind turbines and solar arrays dominating headlines as the future of electric generation. No doubt, those technologies will certainly take on a bigger role in "keeping the lights on" but they won't totally replace "conventional" sources for producing electricity, such as coal, natural gas, and nuclear power, any time soon.

To meet growing demand for electricity, electric cooperatives (and other electric utilities) will continue to mix and match generation resources, finding the best way to balance environmental concerns while ensuring delivery of affordable and reliable power. And because federal climate change legislation will likely boost the price for every kilowatt generated by fuels that emit carbon dioxide—notably coal and natural gas—nuclear power may very well become an attractive option once again.

For starters, nuclear power doesn't release carbon dioxide in the air. It's also reliable (available 24/7), unlike other renewable energy options that are dependent on breezes or daylight. In the past, nuclear power has faced opposition because of waste and safety concerns. However, commercial nuclear reactors have been operating since the 1950s, and most problems have been worked out. In addition, other countries have jumped on the nuclear bandwagon in a big way, and perfected the technology. Over the past 40 years, for example, France has replaced all of its coal-fired power plants with nuclear power stations and in the process recycled the radioactive waste created—using it over and over again as fuel.

In the United States, largely because of added construction costs imposed on nuclear plants following the Three Mile Island accident in 1979, no new nuclear facilities have been ordered and built from scratch since 1973. That's a long drought. However, utilities are ready to break ground on 26 nuclear reactors in 16 states, with another 11 reactors in the planning stages. These new reactors, if built, will run much more efficiently, generate more power, and boast a lot of new safety features.

Even with a nuclear revival, coal will remain a cornerstone of electric power in the United States. More than half of the nation's electricity is generated by coal—the goal is to burn it as cleanly as possible. One of the most promising options involves carbon capture and storage (CCS), where carbon dioxide emissions are pulled out before they're released up a power plant smokestack. The collected gas is then pumped thousands of feet down into geological formations where it will be entombed forever.

Large-scale CCS technology is just now being tested, and won't be commercially viable for at least a decade, if not longer. But CCS may become a cost-effective option as utilities focus on research and development to lower costs.

So the next time you hear someone talk about nuclear power or clean coal, remember both of these fuels are key to keeping power affordable and reliable. We will have to mix and match our resources if we want to find a balanced, sustainable solution for our energy future.



# Spotlight

A Monthly Publication for the Customers of Jones-Onslow EMC

A Touchstone Energy® Partner

## Customers To See Credit Added To Electric Bills Starting July 1...

In a day when the cost of most everything seems to be on the rise, wouldn't it be nice to see the cost of something go down? Well, your cooperative has some good news for you!

Jones-Onslow is pleased to announce that customers will see a credit on their electric bills starting this month and continuing for the remainder of 2009.

Through its power supplier, Jones-Onslow receives an estimation of what its wholesale power cost will be for the coming year—these costs include the fuel cost (natural gas, coal, and nuclear) associated with producing electricity. As time progresses and the "actual" wholesale power costs are realized, Jones-Onslow must "true up" with its power supplier. This year, that "true up" is a credit for the cooperative and its customers.

The credit that Jones-Onslow is receiving from its power supplier is due to one major factor — the current fuels (natural gas, coal, and nuclear) that are used to produce the electricity that we purchase have dropped in price over the last several months.

Starting this month, the credit will be shown on

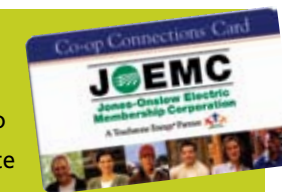
customers' bills as a WPTA (Wholesale Power and TIER Adjustment) credit line item. The projected credit will be \$1.89 per 1,000 kilowatt-hours of electricity used (an average decrease of 1.75%). The chart below shows typical monthly usages and the credits that will be seen.

kWh Usage	Credit
1000	\$1.89
1500	\$2.84
2000	\$3.78
2500	\$4.73
3000	\$5.68

"We are glad to be able to return monies to our customers because of the wholesale power cost adjustment," said CEO Ron McElheney. "We will continue to work each and every day to operate our business as efficiently as possible while maintaining the dependable, reliable electric service that our customers have come to expect."

### Could your business use some free advertising?

If so, Co-op Connections is for you...Simply agree to offer a discount to any Jones-Onslow customer with a Co-op Connections Card and in return we'll promote your business on our website and in this newsletter. We'll help market your business to all of the Jones-Onslow customers in our community. To find out more about Co-op Connections, contact Paula Redick, program coordinator, at (910) 577-6350 or email her at predick@joemc.com.



# Local Students Rewarded For Outstanding Achievement...

Twenty-four graduating high school seniors and four community college students have received scholarships that Jones-Onslow funds for deserving students in our community.

The \$1,000 scholarships will assist the youth as they continue with their academic endeavors.

Students that attended high school in Onslow County were selected in conjunction with the school system and its S.A.T. Program and received their scholarships at the May S.A.T. Banquet. Other recipients were chosen by the individual school's staff.

The cooperative is proud of these and all the fine students in our area schools and communities.

Scholarship recipients are listed to the right. Congratulations to you all!



## HIGH SCHOOL RECIPIENTS

<b><u>Camp Lejeune</u></b>	Christian Kohlmann Amanda Witzig
<b><u>Dixon</u></b>	Sarah Brown Jack Taylor
<b><u>East Duplin</u></b>	Corey Brown Alexis Dixon
<b><u>Jacksonville</u></b>	Zachery Taylor Hayley Vatcher
<b><u>Jones Senior</u></b>	Joanne Smith Tiffany Coward
<b><u>Northside</u></b>	Eriane Evans William Mullen
<b><u>Richlands</u></b>	Matthew Jarman Lauren Pollard
<b><u>South Lenoir</u></b>	Suzanna Smith Zachary Sutton
<b><u>Southwest</u></b>	Joseph Fulcher-Adams Jessica Horne
<b><u>Swansboro</u></b>	Andrew Feazell Kristen Pearson
<b><u>Topsail</u></b>	Matthew Thomas Alexandria Wilson
<b><u>White Oak</u></b>	Meghan Edwards Jacob Yaniero

## COMMUNITY COLLEGE RECIPIENTS

<b><u>Coastal Carolina</u></b>	Erin Heath Susan Farage
<b><u>Lenoir</u></b>	David Atkinson Lindsay Moore

# Use Tax Credits To Fund Efficiency Upgrades

The idea of living in a more efficient home—and paying lower utility bills—has widespread appeal. But finding ways to fund improvements can be difficult during hard economic times.

Fortunately, the federal government offers two ways to recover some of your expenses when planning upgrades: energy efficiency tax credits and renewable energy tax credits.

Through the 2009 American Recovery and Reinvestment Act—known as the federal stimulus bill—Uncle Sam offers a personal tax credit of up to \$1,500 for energy efficiency measures made at existing homes in 2009 and 2010.

You can recover 30% of the cost of adding insulation materials and exterior doors, windows and roofs designed to help reduce your home's heat loss and gain.

With a maximum value of \$1,500 for all improvements made in 2009 and 2010, the credit may be applied toward material costs on all projects.

You can also use it on installation costs for heating, ventilation and air conditioning systems.

If you want to start generating your own power, consider taking a renewable energy tax credit covering



30% of the cost of materials and installation for solar panels, solar water heaters and geothermal heat pumps. This credit applies to both existing homes and new construction. Projects must be placed into service between January 1, 2009 and December 31, 2016.

ENERGY STAR, a joint program of the U.S. Department of Energy and the U.S. Environmental Protection Agency, provides guidelines on what qualifies for both tax credits at [www.energystar.gov](http://www.energystar.gov), keyword "Tax credits."



## Handling CFLs Safely...

CFLs use up to 75 percent less electricity than incandescent bulbs, last up to 10 times longer, and provide a good return on investment.

However, concerns over the mercury in CFLs raise questions about their proper disposal. CFLs contain a very small amount of mercury — an average of four milligrams — sealed within the glass tubing. By comparison, older thermometers contain about 500 milligrams. Mercury, an essential part of CFLs, reacts with the coating on the inside of the glass tube to produce light while using very little electricity. CFLs are safe to use in your home as no mercury is released when the bulbs are in use and pose no danger to you or your family when used properly.

*The following tips have been recommended for safe handling of CFLs:*

- Carefully handle CFLs when removing packaging, installing, or replacing them.
- Hold the bulb by its base and not the glass and never forcefully twist them into a light socket.

*If a CFL breaks, follow these guidelines:*

- Carefully sweep up fragments, wipe the area with a wet paper towel, and dispose of all fragments (including the used paper towel) in a sealed plastic bag.
- North Carolina residences can dispose of CFLs in their household trash.
- Use duct tape to collect small glass fragments from carpet. Open a window and have all people and pets leave the room for 15 minutes. Do not use a vacuum cleaner as it might stir up the remaining dust and vapors.

*To facilitate proper disposal, Jones-Onslow has CFL recycling stations at both the Jacksonville and Sneads Ferry offices. Bring in your used CFLs and we'll make sure they are disposed of properly.*

# 11<sup>th</sup> Annual Crime & Drug Prevention Event

Wednesday, August 4, 2009 • 5pm til 9:30pm  
Riverwalk Park in downtown Jacksonville

Enjoy family fun, balloons, clowns, face painting, games and prizes. Over 190 vendors, dancing, fireworks, and the annual bicycle giveaway.

