

Apple Ambrosia

- 4 large firm sweet apples cored and chopped
- 2 (20-oz) cans crushed pineapple in juices
- 1 (10-oz) jar maraschino cherries sliced into halves
- 1 (6-oz) can frozen orange juice concentrate
- 1/3 cup sugar
- 1/3 cup Splenda
- 1 (6-oz) package coconut

Stir together orange juice, crushed pineapple with juice, sugar and Splenda in a large 16-20 cup container. Add chopped apples, sliced cherries and cherry juice. Add the coconut and mix ingredients well. Place in refrigerator. (Better if prepared a day or two before serving). A couple of oranges or even a grapefruit may be added. Makes 10 servings.

CALORIES 148.8; FAT 5.7g; PROTEIN 2g; SODIUM 34mg; FIBER 1.2g; CHOLESTEROL 2mg CARBOHYDRATE 24g



A Touchstone Energy® Partner

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FROM THE CEO'S DESK

J. Ronald McElheney

Jones-Onslow and other electric utilities are in the business to provide electricity and service to their customers when they need it.

However, unlike other types of electric utilities, Jones-Onslow and the other electric cooperatives (across our state and country) are not in business to make profits but solely to serve customers effectively, without sacrificing reliability and quality of service.

With that mission in mind, there are many ways we all can use energy more wisely without reducing our standard of living. In this very publication, as well as our website (www.joemc.com), we regularly advise you of everyday energy conservation tips and how to run or operate your appliances more efficiently. In fact, consumer education is one of our top priorities. Wasting energy not only costs you money, it forces us to buy more power from generation plants, adding to the cost of operating the electrical system and adding to your electric bill.

Whether it's a tip on installing energy-efficient lighting in your home or a simple reminder about changing the filters for your heating and cooling system, we want to help you get the best deal you can on the electricity you buy. This month, on page two, we've included a guide to some on-line energy-saving tools (Touchstone Energy Savers). These tools, which help you manage the energy use around your home, can be accessed by going to www.joemc.com and clicking on the energy-savers logo.

But, energy conservation is a true partnership between you and your cooperative. While you work at home to keep your electric bill as low as possible, we are working to put the latest technologies in place to better manage the electrical system that provides power to customers. And, as the need for energy increases, we will continue to roll out new, well-tested technologies that will help manage energy use in the most efficient manner.

All of these measures are designed to help us balance our energy supply and demand in order to keep the energy flowing, to power the ever-growing number of electronic devices that are coming onto the system, and to keep our environment clean.

Cooperative Offices Will Be Closed On Friday, March 21st, In Observance Of Easter



Spotlight

A Monthly Publication for the Customers of Jones-Onslow EMC

A Touchstone Energy® Partner

T. Bubba Bechtol To Entertain At 2008 JOEMC Annual Meeting

Jones-Onslow EMC's Annual Meeting of Members is scheduled for Friday, March 28, at the American Legion Building at the Onslow County Fairgrounds in Jacksonville.

Highlighting this year's meeting will be special entertainment by MCA Nashville comic/recording artist T. Bubba Bechtol.

The comic from Pensacola, Florida has become one of the nation's funniest observers of "basic Bubba nature" simply by calling it like he sees it. In a recent interview when asked to identify his "brand of humor", he replied, "I just repeat what I hear and add my opinion to it!"

Whether it's entertaining audiences on television talk shows, performing as an opening act in concert halls or doing his standup routine as a regular guest on the world famous Grand Ole Opry, T. Bubba has earned a reputation as a down-to-earth humorist whose quick wit crosses all regional, gender, generational and class lines. His debut CD on MCA Nashville, *I'm Confused*, (recorded live at the Pensacola Little Theater during two sold-out nights in July 2001) captures his ability to meld a Southern accent with humorous insights that make everyone (regardless of where they call home) laugh.

In addition to the special entertainment, there will



T. Bubba has earned a reputation as a down-to-earth humorist whose quick wit crosses all regional, gender, generational and class lines.

be local musical groups performing as well as informative displays. And don't forget...as has become an annual meeting tradition, great door prizes will be given away including a recently retired fleet vehicle ("as is" condition).

Registration and displays open at 5:30pm, local musical entertainment takes the stage at 5:45pm, and the business meeting will start at 7:00pm. And at 8:00pm, be prepared to enjoy the funny talents of comedian T. Bubba.



CENTRAL

Surf The Net For Energy Saving Tips...

Want to save money and make your home energy efficient? Visit Energy Savers Central at www.joemc.com to learn more.

We've provided energy-saving tips and ideas for many years but now, thanks to a new set of Web-based energy-savings tools—

known collectively as “Touchstone Energy Savers”—you'll have a variety of options to help maximize your energy dollars.

The set of animated applications, which can be accessed by going to Jones-Onslow's website (www.joemc.com) and looking for the energy savers logo (to the left), provide a variety of energy-saving ideas. Tools include:

The Light Bulb Saver

helps customers quickly calculate how much energy and, more importantly, how much money, they would save by using compact fluorescent light bulbs (CFLs) instead of standard incandescent bulbs;



The Water Heater Energy Saver

is designed to help customers learn the benefits associated with using energy-efficient water heaters by giving facts, tips and resources;



The Heating and Cooling Energy Saver

provides information and resources for managing the HVAC system in homes, which use the largest

- [Saver Online Energy Audit](#), the [Home Energy Savings Guide](#) and [Commercial Energy Savings Guide](#) (both guides are available for download at the website or can be mailed), as well as hundreds of other
- energy-saving tips.

amount of a customer's home energy dollars;

Energy Savings Home Tour

can find things you can do in your home to help make it more energy efficient. Take the Touchstone Energy Home tour to find ways to save energy.

These new, innovative tools are a great compliment to the other resources that your cooperative has available for customers including the [Home Energy Saver Online Energy Audit](#), the [Home Energy Savings Guide](#) and [Commercial Energy Savings Guide](#)

Something for the kids...

Also part of Touchstone Energy Savers is [The Kids Energy Zone](#), a website that offers hours of fun and also helps kids learn about energy safety and energy-efficiency. It includes interactive games, fun facts and tips for helping the family create an energy-efficient home.



Powerful Ideas That Save Energy & Money

from an electric cooperative that's always looking out for you and our world.

Jones-Onslow EMC is not only dedicated to delivering safe, reliable energy, but to conserving it. As a member of NC Green Power, we continually participate in voluntary contributions toward renewable energy. Join us by choosing Energy Star rated appliances. And try our easy-to-use online features that evaluate your energy usage and suggest ways to conserve. As a member of your community, we are committed to being a friend to the world around us.

Attention 2008 Graduating High School Seniors...

Are you planning on going to college after you graduate from high school this spring? If so, the cooperative would like to provide a little assistance!

Every year, Jones-Onslow awards scholarships to high school seniors to help with their continued education.

How do you apply? If you live or attend school in Onslow County, talk to your high school guidance counselor or the S.A.T. Program coordinator at Onslow County Schools (we work with the Onslow County Schools and their S.A.T. Program). If you live or attend school outside of Onslow County, your school's guidance counselor or principal will have information about the cooperative's scholarship.

If you have any questions about scholarships, please call the cooperative's Youth Tour coordinator, Paula Redick, at (800) 682-1515 or (910) 577-6350.

