

Carrot-Cake Bars

2/3 cup packed brown sugar
 2 tbsp stick margarine or butter, softened
 3/4 cup low-fat buttermilk
 1 tsp vanilla extract
 2 large egg whites
 3/4 cup whole-wheat flour
 1 1/2 cups regular oats
 2 tsp baking powder
 1 tsp ground cinnamon
 1/4 tsp baking soda
 1/4 tsp salt
 1 cup shredded carrots
 1/2 cup raisins

Beat sugar and margarine at medium speed of a mixer (about 5 min.). Add buttermilk, vanilla, and egg whites; beat well. Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour and next 5 ingredients (flour through salt); gradually add to sugar mixture, beating just until blended. Stir in carrots and raisins. Pour batter into an 11 x 7-inch baking dish coated with cooking spray. Bake at 350° for 33 minutes. Cool in pan on a wire rack. Yield: 12 servings

CALORIES 121(17% from fat);
 FAT 2.3g (sat 0.5g,mono 0.8g,poly 0.7g);
 PROTEIN 3.1g; CHOLESTEROL 0.0mg;
 SODIUM 138mg; FIBER 2g; IRON 1mg;
 CARBOHYDRATE 23.3g

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A Touchstone Energy® Partner

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FROM THE CEO'S DESK

J. Ronald McElheney

Many Americans do business with some kind of cooperative each and everyday. They exist in almost every industry from energy to news reporting to healthcare. Cooperatives are a huge part of the economy here in the United States and serve some 120 million members, or 4 in 10 Americans.

While cooperatives may resemble most companies in some ways, they are very different in others. One of the most important differences is that cooperatives are not driven by profit. For-profit companies aim to return a profit to their shareholders who live all throughout the country or the world. After all, these shareholders have invested their money in the business.

A cooperative's mission, on the other hand, is meeting its customers' needs for goods or services. Electric cooperatives, just like Jones-Onslow EMC are part of this tradition of doing business, one that has a long history going back to 1752 when Ben Franklin started the first cooperative in Philadelphia.

A cooperative, however, is still going to see its operating costs rise when the price of doing business goes up. We work everyday to achieve operating efficiencies as we face these cost increases. We will work with you to make sure you have the information and help you need to use energy wisely. And if we find it necessary to pass along power supply increases, you can trust that the decision was based on keeping the business financially strong on behalf of all customers. We are not driven by the profit motive to make money for outside investors.

At a time when the price of every thing around you is going up, the cooperative way of doing business is an important way to help keep costs manageable.

We are not profit-driven and we don't have to impress Wall Street every quarter. Rather, we are service-driven and operate at cost. You can bank on the cooperative difference.

*Cooperative Offices Will Be Closed On
 Monday, November 12,
 In Observance Of Veteran's Day and on
 Thursday and Friday, November 22 and 23,
 In Observance Of Thanksgiving.*



Spotlight

A Monthly Publication for the Customers of Jones-Onslow EMC

A Touchstone Energy® Partner

Don't Let A Flicker Or A Blink Ruin Your Day...

Flickers and blinks we might have never noticed years ago are brought to our attention today by the world of digital electronic devices all around us.

Today, when walking in the home after work or from an evening out, the first thing we notice is a "flashing clock". But, what this lets you know is that Jones-Onslow's electrical distribution system is actually working the way it was designed—here's the explanation.

Blinks occur when an obstruction, like a tree limb, comes in contact with a power line or transformer.

To minimize the possibility of damage to the cooperative's electrical distribution system and your home (and the sensitive electronic equipment in it), a circuit breaker (called a recloser) interrupts the circuit for a fraction of a second.

If, for instance, a tree limb remains on the line, the recloser opens (cuts power) a second time, and again tries to close (provides power). If the obstruction is still on the line after the third try, the breaker stays open (cuts power). At this point, cooperative crews will need to be dispatched to the location,



examine the situation, remove the obstruction and reset the breaker.

As mentioned previously, system blinks actually mean that Jones-Onslow's electrical distribution system is working properly.

Older digital clocks and other devices are the most vulnerable to blinks; newer models are designed to ride out small voltage fluctuations.

When purchasing a new VCR or DVD, microwave or other electronic device with a digital clock, ask the salesperson or manufacturer if the equipment will withstand occasional power blinks.



Don't Let Electrical Hazards Spook You This Halloween

Halloween is one of the best times of the year for children and adults, too. Nonetheless, with decorative lights, fog machines, black lights and animatronics, this spooky holiday can be full of electrical hazards if you are not cautious. Check for electrical hazards to avoid the risk of fire or electrical shock. The following tips will help lessen the risk of injuries:

- *Inspect electrical decorations. Look for cracked or frayed wires, broken or bare sockets, and loose connections.*
- *Before decorating, read the manufacturer's instructions regarding installation and maintenance. Also, check the instructions to see how many light strings can be connected together.*
- *Always unplug light strings before replacing any bulbs.*
- *Fasten outdoor lights securely to trees, walls or other firm supports. Do not use nails or tacks that could puncture light strings or electrical/extension cords; instead use insulated staples.*
- *Always provide well-lit walkways and porch lighting for trick-or-treaters. Keep walkways clear as masks can impair vision.*
- *Don't overload extension cords, circuit breakers or fuses.*
- *Electrical decorations should be approved by a nationally recognized certification organization like "UL" (Underwriters Laboratory) and marked for outdoor use if you are using them outside. Check www.cpsc.gov or www.ul.com for recalls.*
- *Plug electric lights and decorations into circuits protected by ground fault circuit interrupters (GFCIs). Portable outdoor GFCIs can be purchased where electrical supplies are sold.*



- *Make sure decorative lighting is well-ventilated, protected from weather and a safe distance from anything flammable like dry leaves and shrubs. Do not coil power cords or extension cords while in use or tuck under rugs or drapes.*
- *Turn out all lights and decorations before you go out or go to bed. Always have at least one fire extinguisher available and know how to use it.*

DID YOU KNOW...

What was the number one cause of death during Hurricane Bertha?

- A. Falling trees**
- B. Drowning**
- C. Electrocution**
- D. Carbon Monoxide Poisoning**

Answer: C—Folks didn't make sure their emergency generators were properly grounded, but it's also interesting to note there were several reported cases of people going to the hospital for carbon monoxide poisoning because their generators didn't have adequate ventilation and the poisonous gases overtook the homeowners.



Touching Lives.

Cooperative businesses touch the lives of virtually all Americans every day.

We provide almost every product and service imaginable, from the coffee you drink in the morning to the news you watch at night to the electricity you use to surf the internet.

And we do it with a difference.

Since we are a local business with roots here for more than 60 years, you know that more of the money you spend stays right here, in the community you live.



Cooperatives... *committed to our communities.*



Inspecting Your Attic...

Your attic contains some of the most important energy details in your home. It's worth taking a look up there periodically to be sure that everything is in order, and to see if upgrades might help you save energy and money.

Insulation: Your attic insulation provides an important barrier against both the cold of winter and the heat of summer and improving your attic insulation is still one of the best home efficiency investments. Measure your attic insulation. It should be thick and even—at least 12 to 16 inches in moderate climates. Contact an insulation contractor to add more if it's low.

Duct Work: Duct leaks in the attic are among the most expensive energy defects. If your heating or cooling system includes ducts in the attic, inspect them carefully. If you find disconnected ducts or loose joints, seal them up with metal duct tape or with duct mastic. Avoid common gray fabric duct tape since it tends to come loose.

Mechanical Ventilation: Your bath and kitchen fans carry moisture out of your home so it can't accumulate and cause damage. But these fans shouldn't just deposit this moisture into your attic. Locate your bath and kitchen fans from inside your home, then find where they penetrate the ceiling up in the attic. Confirm that your fans are attached to ducts that carry the moist air all the way outdoors. If needed, add flexible ductwork that connects these fans to a nearby attic vent. Your attic insulation will be drier as a result, helping it perform as well as the day it was installed.



For more information about electrical safety and energy efficiency tips, visit our website at www.joemc.com or call us at (910) 353-1940 or (800) 682-1515.