

Cool and Crunchy Crab Dip

- 3/4 cup fat-free sour cream
- 4 ounces block-style 1/3-less-fat cream cheese, softened
- 1 cup finely chopped celery
- 1/4 cup minced fresh chives
- 1/4 cup fat-free Thousand Island dressing
- 3/4 teaspoon salt
- 1 (8-ounce) container lump crabmeat, drained and shell pieces removed
- Chopped chives (optional)

Combine fat-free sour cream and cream cheese in a large bowl; stir with a whisk until smooth. Stir in celery, 1/4 cup chives, dressing, and salt. Gently fold in the crabmeat. Garnish with additional chives, if desired. Serve with your favorite crackers and crisp raw vegetables.
Yield: 12 servings (serving size: 1/4 cup)

CALORIES 67(38% from fat);
FAT 2.8g (sat 1.6g, mono 0.7g, poly 0.2g);
PROTEIN 5.6g; CHOLESTEROL 28mg;
SODIUM 304mg; FIBER .4g; IRON 0.2mg;
CARBOHYDRATE 4.5g

Cooking Light, NOVEMBER 2004



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.

Board of Directors
Hugh Batts, Chairman Horace Phillips, Vice Chairman
George Jones, Secretary/Treasurer Billie Jean Jones
Douglas Parker John Pierce
Dale Powell Clifton Taylor
Thomas Waller Mack Whitney

Chief Executive Officer
J. Ronald McElheney

Contacting Us
Jones-Onslow EMC
259 Western Boulevard, Jacksonville, N.C. 28546
(Monday - Friday, 8:00am - 5:00pm)
1225 Highway 210, Sneads Ferry, N.C. 28460

Local ~ (910) 353-1940
Toll Free ~ (800) 682-1515
Power Outage ~ (910) 353-7117 or (800) 681-4146
website ~ www.joemc.com

FROM THE CEO'S DESK

J. Ronald McElheney

Every year, when mid to late summer approaches, many of us start tuning in a little more frequently to weather reports to see if the tropics are heating up.

At the beginning of hurricane season, it was predicted that this would be an active year for tropical storms, with several forecast to reach hurricane status. Thus far, those predictions have not held true BUT we still have several weeks left in the "peak" of the season for our area.

As your electric service provider, Jones-Onslow keeps a close eye on the potential for devastating storms which could knock out power to your homes. We have a detailed plan of action should severe weather threaten our area. But, let me assure you, this plan of action is not "dusted off" during hurricane season — the cooperative is prepared, 365 days a year, to respond to a major outage situation, should it occur.

As an electric cooperative, Jones-Onslow has a lot of resources to draw from in the event of a major outage. And, after such an event, we assess how well we've responded in restoring electric service and determine what could have been done better.

We are fortunate to have dedicated employees and support from other cooperatives in the state, as well as the southeast, to help out during major disasters. This assistance works both ways — if another cooperative needs our help to restore power to their customers and our customers have not been affected, we are quick to respond to others' call for help. That's the way electric cooperatives do business.

We would like to think our area will never suffer from another major weather-related outage but, unfortunately, that's probably not very realistic. Please know that Jones-Onslow will work around-the-clock until every customer has electric service restored.

It Works For All Of Us...

The United Way of Onslow County is a local nonprofit organization that supports the needs of county residents through a single community-wide campaign. The funds raised locally by our community remain in



Onslow County and support 41 health and human service programs.

The United Way of Onslow County is in the process of raising funds to assist nonprofit agencies that provide vital services here in the county. You may support the local United Way Campaign by mailing a donation to the United Way of Onslow County, 8 Ruth Street, Jacksonville, NC 28540.



Spotlight

A Monthly Publication for the Customers of Jones-Onslow EMC

A Touchstone Energy® Partner

Cooperative Family Loses One Of It's Own In Board Member Ed Cole...

Mr. Edward Thomas Cole Sr., cooperative board member for more than two decades, passed away peacefully on August 6, 2007 at the age of 85. He was at his home surrounded by his family.

Mr. Cole served 21 years on Jones-Onslow EMC's Board of Directors, from April 1986 until his passing. He was dedicated and faithful to the customers of the cooperative during his years of service and even attended the July 2007 board meeting, only two weeks before his passing.

Mr. Cole was known for his loyalty and dedication to his friends, community, and his church. He also held public office for many years, serving as Onslow County Clerk of Court. This commitment was honored at a Citizens' Appreciation Day in Jacksonville last year where he was recognized. Upon receiving the award, Mr. Cole remarked, "I really don't feel that anybody owes me anything, God has been good to me."

Mr. Cole was born and raised in Onslow County and attended school and worked almost all of his adult life in the area. He never relinquished his love for its people nor his belief in the possibility of goodness in all mankind.

A World War II Veteran, Mr. Cole served in the United States Army and was the recipient of two Bronze Stars. He was known to say, "the only



Edward T. Cole, Sr.
Cooperative Board of Director from 1986-2007

true heroes were those left behind."

"The Board of Directors, cooperative customers, and the community, as a whole, will miss the dedication and leadership that Ed Cole has provided for all these years," said cooperative CEO Ron McElheney. "He was truly a man of integrity and dignity and Jones-Onslow was fortunate to have had him serve as a board member."

Energy Use: Myths and Facts

As energy costs continue to rise, consumers are looking for ways to reduce their energy use. Although there are a lot of good ideas out there, there are a lot of misconceptions as well about what is really effective. Here are some of the most common myths and the facts to set you on the right path.

Myth: Computers, monitors, and other office equipment will use less energy and last longer if they are left running all of the time.

Fact: Turning equipment off overnight does not shorten its life, and the small surge of power that occurs when some devices are turned on is much smaller than the energy used by running equipment when it is not needed. In fact, leaving computers and other office

equipment on overnight and on weekends wastes significant amounts of energy and also adds to the wear and tear on the equipment. In general, turn off equipment you are not using or make sure that energy-saving features on networks or individual machines are enabled. Some office equipment, including printers and scanners, features small transformers that use energy even when the equipment is turned off. Plug all such devices into a power strip so that they can be shut down completely with one flick of the switch.



Myth: I should run my HVAC 24/7 to avoid an increased demand charge from the “spike” that occurs when the equipment starts.

Fact: Although turning on HVAC equipment will cause a power spike on the order of fractions of a second, this period is not long enough to have any impact on demand charges. Demand charges are based on the average power used in a facility during 15-minute periods. The spike from turning on such equipment does not last long enough to significantly affect this average. Not only are there no significant demand savings from running HVAC equipment continuously, but there is a significant downside as well. Equipment life can be considerably shortened, and unless the equipment is designed to operate at continuously variable capacities, it likely will not be able to properly match the cooling load and will waste energy and decrease comfort.



Back to School Safety Reminders

- When you plug in a lamp for studying, place the cord against the wall where no one can trip over it.
- Use light bulbs that are the proper wattage for your lamp or lighting fixture. A bulb of too high wattage may lead to overheating and cause a fire.
- Remember, electricity and water don't mix. Keep all electric cords and products such as radios, TVs, and hair dryers away from water, the sink, or tub.
- If your bagel gets stuck in the toaster, first unplug the toaster and then use a knife or fork to remove your stuck breakfast.

Remember...

Your heating system will operate at peak efficiency if the filters are kept clean. Most filters should be changed or cleaned every month—check yours periodically to see how quickly they get dirty.

Cooperative Employees Are Easy to Identify

Here's an important home safety tip to remember. If someone comes to your door who says they are an employee of your local electric cooperative, be alert. For your protection, all Jones-Onslow employees carry photo identification badges and will present them upon request. For additional identification, our meter readers and outside crews wear uniforms and our staking technicians wear “JOEMC” polo shirts. All employees drive company trucks or vans that are clearly marked with our name. If you are ever unsure of the identity of any personnel on your property, please feel free to call our office.

Also be aware that Jones-Onslow employs contract crews for certain jobs. Their vehicles are clearly marked with signage that indicates they are working for Jones-Onslow.



Portable Generator Safety...

Many customers, thanks to visits from hurricanes in past years, have purchased portable generators to supply electricity to appliances during major power outages. If used improperly, however, they can kill you and the people who are restoring power to your residence or building. They can also damage the appliances you connect.

Generator sizes vary. Common units can be from 8 to 14 horsepower and capable of handling from 4,000 to 8,400 watts (including starting surge requirements). Prices may range from \$800 to \$3,000.

Jones-Onslow has a handout available entitled “How To Operate a Portable Generator Safely.” For a copy of the brochure, go to our website at www.joemc.com or call the office at (910) 353-1940 or (800) 682-1515.



WARNING:

If you connect a portable electric generator to the main electrical supply coming into the house, the generator could feed back onto the cooperative's system and electrocute workers who are repairing the lines. To avoid the back-feeding, the connection of a generator requires the services of a qualified, licensed electrician. The electrician will install a double-pole, double-throw transfer switch between the generator and utility power in compliance with all state and local electrical codes. Installing the connection and switch can cost \$800 to \$1,200. Before connecting the generator to your household circuit, please notify the cooperative so that we are aware of the situation.

PowerGuard YOUR HOME

In a flash, the blink of an eye...a power surge can enter your home. Your first line of defense against these destructive power surges? PowerGuard Surge Suppression Equipment available only from Jones-Onslow EMC. Call us today at (910) 353-1940 or (800) 682-1515 for more information.