



A Touchstone Energy® Partner 

SPOT LIGHT

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JOEMC Member Newsletter
June 2017

Congratulations Basketball Camp Scholarship Winners

This month, two exceptional local students—Ama Baldwin and Zacari Rogers—are seizing an opportunity to learn more about teamwork via the Touchstone Energy Sports Camp Scholarship program. The youth, who will represent JOEMC, will have an experience that builds foundational skills that can be used on the court and in the classroom.

Ama Baldwin, from Blue Creek Elementary School, will attend the NC State Wolfpack Academy this month in Raleigh and Zacari Rogers, from New Bridge Middle School, will attend the Roy Williams Basketball Camp at the University of North Carolina at Chapel Hill.

Students who will be enrolled in the 6th, 7th, or 8th grades during the 2017-2018 school year were eligible to participate in the contest. Applicants were judged on academics, extra-curricular activities, and an essay on why they wanted to attend the basketball camp.

JOEMC, along with the other electric cooperatives in the state, will send more than 50 middle school students to camp on full scholarships this year. The Touchstone Energy Sports Camp Scholarships



Zacari Rogers



Ama Baldwin

provide a one-of-a-kind educational and athletic opportunity to our state's youth and reflect Touchstone Energy's core val-

ues of accountability, integrity, innovation, and commitment to community. ▼

The 6th Cooperative Principle of 7

6
COOPERATION
AMONG
COOPERATIVES



Cooperatives serve their members most effectively and strengthen the cooperative movement by working together through local, national, regional and international structures.

To learn more about all 7 Cooperative Principles visit joemc.com. ►



Being Prepared for Summer Storms

You hear it softly in the distance, a low rumble. Then the ping-ping-ping of thick, heavy rain drops. North Carolinians can expect to hear the familiar, rhythmic sounds of thunderstorms 40-50 times per year, mostly during summer months, according to our State Climate Office. Though familiar, the sounds sometimes precede dangerous weather capable of impacting every nook and cranny of North Carolina.

Summer storms in North Carolina run the gamut from rain to hail to high winds, and even tropical storms and hurricanes. June is the official kickoff to hurricane season, and it's a good month to refocus on tips and information that will help keep you safe this summer regardless of what kind of North Carolina weather you encounter.

SUMMER STORM SAFETY TIPS

Develop an evacuation route now, in advance of summer storms and hurricane season. The plan should identify the safest routes away from your area, as well as the closest shelters.

⚡ Determine a safe place in the home to gather during severe thunderstorms, away from windows, skylights or glass doors that could be broken by hail.

⚡ Create a family disaster supply kit and be sure to include the following: a battery operated radio, flashlights, a first aid kit, non-perishable food items, a three-day water supply, a non-electric can opener, medicines and cash.

⚡ Teach children to call 911 in case of an emergency. Communicate with family members to be sure they know how to respond in a storm situation.

⚡ Remember your pets when planning for possible evacuation. Not all emergency shelters allow pets. Contact your local humane society to learn which animal shelters accept pets during disasters.

⚡ Keep JOEMC's outage reporting phone numbers (910-353-7117 or 800-681-4146) in a handy place, like on the refrigerator.

Safety is a fundamental part of our cooperative culture, and that means



keeping our employees safe and providing our members with information and practical solutions to help keep you safe. We can't control what weather Mother Nature brings to our state this year, but we can help you prepare for it. And know that if summer storms cause power outages, we'll work round-the-clock to restore those outages as quickly and safely as possible. ▼

COMMUNITY IMPACT

THE ELECTRIC CO-OP IMPACT

LOCALLY (JOEMC)

- Serve approximately 75,000 homes and businesses
- Maintain more than 2,423 miles of power lines
- Span 6 counties in Southeastern North Carolina
- Employ more than 160 citizens



STATEWIDE (NC)

- Serve approximately 2.5 million people
- Maintain more than 98,000 miles of power lines
- Span 93 of North Carolina's 100 counties
- Employ more than 2,300 North Carolinians

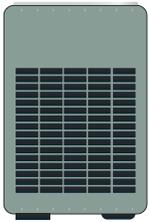
NATIONALLY (US)

- Serve more than 42 million people
- Maintain more than 2.5 million miles of power lines
- Span 2,500 of the country's 3,141 counties
- Employ more than 70,000 Americans

ENERGY EFFICIENCY

Time for a new HVAC unit?

An improperly sized HVAC unit can wreak havoc on your home. An oversized unit can cause your system to “short cycle” – constantly turning off and on. An undersized unit will run constantly to keep up with demand. Consider the factors below and choose an HVAC system that works best for your home.



SIZE MATTERS

The square footage of your home can help determine the load capacity of your HVAC unit, but it should not be the only factor considered when reviewing unit sizes. Enlist the help of a licensed professional to determine the best HVAC unit for your home.



HOME'S ORIENTATION

How sunlight hits your home during different times of the day impacts the load capacity required to properly heat or cool your home.



GEOGRAPHICAL LOCATION

The region in which your home is located will factor into how much capacity you need per square foot.



INSULATION EFFECTIVENESS

The better insulated your home is, the fewer BTUs (British Thermal Units) per square foot your home will need to stay at the desired temperature.

A reliable energy partner will help you determine how each of these factors affect your system's load capacity. Visit joemc.com for more information. ▼

Energy Efficiency Tip of the Month



Periodically inspect your dryer vent to ensure it is not blocked. This will save energy and may prevent a fire. Manufacturers recommend using rigid venting material – not plastic vents that may collapse and cause blockages.

Source: U.S. Dept. of Energy



Electric Use Doesn't Stop While You are on Vacation this Summer

Even though you are on vacation or away from home for an extended period of time, certain appliances continue to operate and use kilowatt hours unless they are turned off.

Refrigerators, freezers, and water heaters are large power users that continue to use electricity whether you're home or not. Computers, automatic lighting, air conditioning and dehumidifiers will also use electricity when you are away.

Often, before leaving on vacation, there is a lot of laundry to be done so the family can have clothes they will need. Then, when returning home, washing, drying and ironing must be done again.

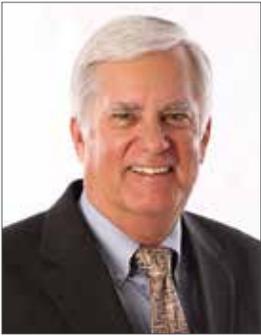
During the summer months when most of us are away on vacation we often assume that our power bill will automatically be lower without taking things like this into consideration.

Here are some energy-saving tips to follow before leaving on vacation to help you conserve on your power bill:

- Set the thermostat to 85 degrees. If it's a programmable thermostat, use the “hold” or “vacation” setting to keep it at that temperature.
- Check the temperature settings of your water heater and if you're going to be gone for a lengthy period of time you may want to adjust it to a lower temperature or turn it off.
- Use timers to operate lights each night.
- Make sure all windows and doors are closed tightly so cool air is not escaping. Closing blinds and shades will keep sunlight out and help keep the house cooler.
- Unplug computers, CD/DVD players, TVs, and gaming systems before leaving.

So, when your electric bill isn't as low as you would have imagined because you've been away for a week or two, remember, many of the appliances in your home didn't take a vacation. ►

Storm Season Sets Co-op Principles in Action



Your power is on 99.9 percent of the time and that's something we're proud of at Jones-Onslow EMC. But summer storms, particularly hurricanes, can create natural unavoidable circumstances that sometimes lead to serious widespread outages.

The month of June ushers in the start of the 2017 Hurricane Season. JOEMC stays prepared day-in and day-out for potential weather events that can cause major destruction to our electrical distribution infrastructure and stand ready to respond should power outages occur for our members.

Most of the time outages are simple to restore, but major storm events can create conditions that snap poles, topple trees and leave power lines dangling. In these situations, JOEMC and its employees call on their peers—other co-op linemen and contract crews from across the state and nation—to help get your power back on as quickly and safely as possible.

The deployment of support crews from other electric cooperatives is part of a mutual aid agreement shared between the nation's nearly 1,000 electric co-ops to help one another in times of emergency. Electric cooperatives across the country use the same line system engineering standards, which means line crews from any part of the country can quickly help sister cooperatives with restoration efforts.

This agreement exemplifies this month's cooperative principle (highlighted on page one of this newsletter) of "cooperation among cooperatives," which reads: "Cooperatives serve their members most effectively and strengthen the cooperative movement by working together through local, national, regional, and international structures." This concept makes sense in the cooperative business environment because we're focused on people, not profits.

As an electric cooperative our members are our priority. That's why we've worked for years to analyze how we respond to outages and make improvements—because we know you, our members, depend on electricity for almost every aspect of your daily lives.

Jeffery T. Clark | CEO



Chocolate Almond Banana Smoothie

Ingredients:

- ½ cup oats (quick or old-fashioned)
- 2 tablespoons chia seeds
- 2 bananas, broken into chunks and frozen
- 1 cup milk
- ½ cup plain Greek yogurt
- 3 tablespoons creamy almond butter
- 2 tablespoons unsweetened cocoa powder
- 1 tablespoon honey, optional
- ¼ teaspoon pure vanilla extract
- ⅛ teaspoon pure almond extract

Directions

Blend oats and chia seeds in blender. Grind into a fine powder. Add frozen bananas, milk, yogurt, almond butter, cocoa powder, honey, vanilla, and almond extract. Blend on high power until smooth, scraping the sides of the pitcher halfway through if any ingredients are sticking. Serve immediately. Makes 2 large smoothies.

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