

SPOTLIGHT

JONES-ONSLow EMC—POWERING HOMES SINCE 1939



JUNE 2021

2021 Youth Tour Delegates Chosen

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Due to the COVID-19 pandemic and the commitment to keeping delegates, staff, and communities safe, the National Rural Electric Cooperative Association has replaced the week-long in-person Youth Tour to Washington, DC with a virtual experience for 2021. This format will still allow the Youth Tour delegates to learn about government and the cooperative-way of doing business.

The four delegates representing JOEMC participated in an essay contest available at public high schools in our area. An independent panel of judges selected the winners. We are excited to recognize these four outstanding high school students chosen to represent the co-op.

Madison Hilliard, daughter of Donald and Kerry Hilliard, attends Jacksonville High School. She is a member of the National Honor Society and National Technical Honor Society. Madison participates in cross-country track, indoor track and plays soccer and lacrosse. Madison enjoys running, baking, painting and listening to music.

Catherine Lee attends Jacksonville High School and is the daughter of Ernie and Misty Lee. She is a class officer, a member

of the National Honor Society, and was selected to attend Governor's school to study dance. She is a member of Skills USA, the Unity Club, and a yearbook staff member, where she serves as Copy Editor. She recently was crowned as Miss Onslow County 2021. Catherine enjoys playing the piano, saxophone, and doing artwork. She also enjoys making blankets for the homeless and placing them on park benches with an encouraging note.

Ashley Moore, daughter of James and Lana Moore, attends Jacksonville High School, where she is a member of both the pep band and the marching band. Ashley has been a member of Avid since the sixth grade. Ashley enjoys reading, drawing, sketching and painting, and loves to listen to music.

Kristina Nguyen attends Jacksonville High School and is the daughter of Andy Nguyen. She is a member of Skills USA, FBLA, Environmental Club, and Interact. Kristina enjoys cooking, volunteering, playing tennis, softball, and reading.

In addition to their virtual experience, these Youth Tour participants will receive a \$1,000 academic scholarship towards their college education.



Madison Hilliard



Catherine Lee

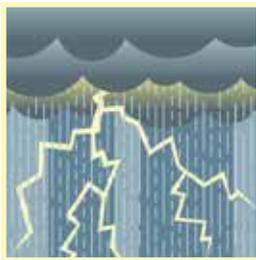


Ashley Moore



Kristina Nguyen





SAFETYFIRST

Storm Safety

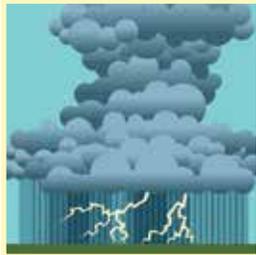
With summer weather comes summer storms. And with summer storms comes lightning and thunder. Do you know what to do if you get caught in a storm?



When Thunder Roars, Go Indoors!

Seek shelter indoors or in a hard-topped vehicle. If you can't get to a shelter:

- avoid open fields and hilltops.
- stay away from tall, isolated trees and objects.
- spread out (if you are in a group).



Shocking Facts About Lightning

- There are 25 million cloud-to-ground lightning flashes annually in the U.S..
- Every year, 300 Americans are struck by lightning.
- Of those struck, 30 are killed, and others suffer lifelong disabilities.

Did You Know?

- All thunderstorms produce lightning.
- Lightning often strikes outside the area of heavy rain and can strike as far as 10 miles from any rainfall.
- If you hear thunder, you're in the danger zone.

ENERGYEFFICIENCY

Suds and Savings—

8 WAYS TO SAVE ENERGY IN THE LAUNDRY ROOM

Your clothes washer and dryer account for a significant portion of energy consumption from major appliances, and let's face it—laundry is no one's favorite chore. Make the most of your laundry energy use! There are several easy ways you can save energy (and money) in the laundry room. The Department of Energy recommends the following tips for saving on suds:



1 Wash with cold water. Switching from warm water to cold water can cut one load's energy use by more than half, and by using a cold-water detergent, you can still achieve that brilliant clean you'd get from washing in warm water.

2 Wash full loads when possible. Your washing machine will use the same amount of energy no matter the size of the clothes load, so fill it up if you can.

3 Use the high-speed or extended spin cycle in the washer. This setting will remove more moisture before drying, reducing your drying time and the extra wear on clothing.

4 Dry heavier cottons separately. Loads will dry faster and more evenly if you separate heavier cottons like linens and towels from your lightweight clothing.

5 Use lower heat settings to dry clothing. Regardless of drying time, you'll still use less energy.

6 Use dryer balls. Dryer balls, usually wool or rubber, will help keep clothes separated for faster drying, and they can help reduce static, so that you can eliminate dryer sheets.

7 Clean the lint filter after each drying cycle. If you use dryer sheets, remember to scrub the filter once a

month with a toothbrush to remove excess buildup.

8 Purchase ENERGY STAR®-rated washers and dryers. When it's time to purchase a new washer or dryer, look for the ENERGY STAR® label. New washers and dryers that receive the ENERGY STAR® rating use about 20% less energy than conventional models.

To learn about additional ways you can save energy at home, visit joemc.com/energy-center.

Flippin' the Switch

Season 2 • Episode 1 • Just Released



After taking a COVID break for the past several months, Flippin' the Switch returns with great interviews and timely information for the members of JOEMC.

If you are one of the more than 144 million Americans that listen to podcasts weekly or monthly, well, you're in luck—you can now tune in and subscribe to the second season of Flippin' the Switch, a free podcast from JOEMC.

Flippin the Switch is the monthly podcast for co-op members who want to go beyond what they read in the monthly newsletter. Through the podcast, members can take a deeper dive into important topics at JOEMC.



Each month listeners can learn more about community programs and involvement, get quick and easy energy tips that will save them money around the home, and hear how the co-op is using the latest in technologies to assist in providing the best customer service experience possible.

To learn more, including how to subscribe, go to joemc.com/audio-podcast.

Grilled Buttermilk Chicken

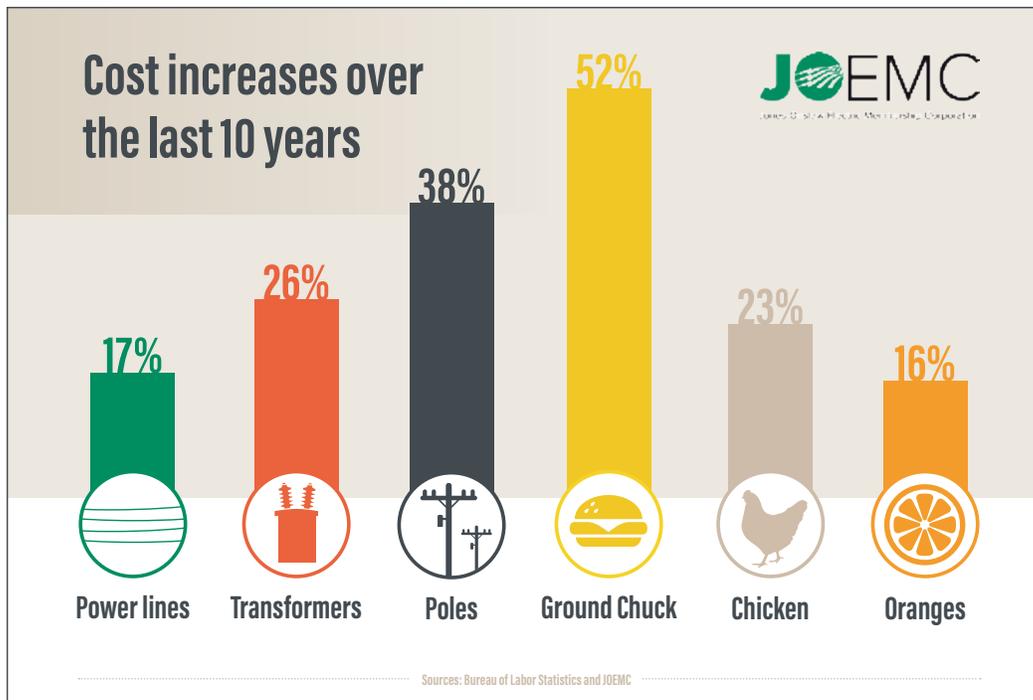
Servings: 4

Ingredients

- 1½ cups buttermilk
- 1 tablespoon mustard powder
- 1 tablespoon Sriracha
- 2 teaspoons minced garlic
- 2 teaspoons paprika
- 4 chicken drumsticks, bone in, skin on
- 4 chicken thighs, bone in, skin on
- Vegetable oil, for grill
- ¼ cup chopped fresh parsley
- Lemon, cut into wedges (optional)

Instructions

- In medium bowl, whisk buttermilk, mustard powder, Sriracha, garlic and paprika.
- Place chicken in large zip-top bag; pour buttermilk mixture over chicken. Seal bag and refrigerate 2 hours or overnight.
- Heat outdoor grill for direct grilling over medium heat. Remove chicken from marinade, shaking off excess; discard marinade. Lightly oil grill grates. Transfer chicken to grill and cook, turning occasionally, 16–18 minutes, or until internal temperature reaches 165 degrees.
- Transfer chicken to serving platter. Sprinkle with parsley and serve with lemon wedges, if desired.



Building a Brighter Future: How Renewables and Natural Gas Team Up in Diverse Energy Portfolio



Jones-Onslow EMC
CEO Jeffrey T. Clark

To meet the needs of our local members now and into the future, JOEMC and electric cooperatives across the state are adapting our energy sources and services. As the price of solar and other renewable resources come down, integrating more renewables into our grid is part of that transition. But outside of cost, renewables still present some challenges—for example, that solar does not generate consistent power overnight, under clouds, or in the early or late parts of the day. So how can JOEMC enhance reliability with new energy technologies while also keeping electricity affordable and sustainable? It takes a diverse energy portfolio that combines powerhouse “always on” generation sources—like nuclear and natural gas—with the technologies and sustainable resources of the future.

Matching supply and demand

To keep the grid reliable, co-ops must deliver exactly the right amount of power needed by members at every moment of the day. The supply of electricity on the grid must match demand at all times. If that balance isn't met, members could lose power and the system could be damaged.

Abundant, low-cost, consistent power

To ensure the needed amount of power is always available, JOEMC, through its power supplier, has invested in a diverse energy portfolio that incorporates power from a variety of sources. Emissions-free nuclear provides more than half of the power we deliver and is a steady, low-cost source that can run almost constantly.

Natural gas is another essential piece of the energy-mix puzzle. It provides abundant power at a low cost and with lower emissions than other fossil fuels. It also has the flexibility to be dispatched quickly at any time, day or night.

This makes it an important pair for renewables that may generate power intermittently. As more renewables are added to the grid, cooperatives can quickly ramp up natural gas generation and support those resources to keep the grid stable. It is a critical source of flexible, low-cost generation as renewables grow.

The flexibility of natural gas is also critical for meeting the power needs at times when members are using the most power, called peak demand, and to respond immediately if capacity dips.

Innovation for the future

Across the grid, electric cooperatives are working together to add smart new resources, including batteries for energy storage, microgrids, and controlling technologies that enable all of these resources to work together to provide the most value.

By coordinating new energy resources as they are added to the grid, electric cooperatives can further increase reliability and save costs, especially at “peak” times when electricity use is highest and wholesale power is most expensive. Because cooperatives like JOEMC are not-for-profit, community-owned organizations that provide power to members at cost, savings directly benefit co-op members.

Looking ahead, cooperatives will continue to work to exceed your expectations by pursuing our vision to build a brighter local future with reliable, affordable, and sustainable power and by coupling a diverse energy portfolio with smart energy innovations.

Energy Efficiency Tip of the Month

A dirty filter causes your air conditioner to work harder than necessary.

Remember to change your air filter every month (or every two months) to prevent dust buildup, which can lead to even bigger problems.

Source:
www.energy.gov



Our offices will be closed
Monday, July 5th for
Independence Day.



www.joemc.com