

# SP TLIGHT

JONES-ON SLOW EMC—POWERING HOMES SINCE 1939



JUNE 2022

## Unplug to be More Connected

***“Almost everything will work again if you unplug it for a few minutes, including you.”*** Author Anne Lamott captures the benefits of unplugging in today’s device-driven, multitasking world. Keeping up with work, family, and school activities or the latest on social media makes most of us feel compelled to check our devices constantly.

Summer is a great time to take a vacation, but it’s also an excellent opportunity to unplug from our devices and enjoy the great outdoors with family and friends. Research shows that we all need downtime after a busy day to recharge—even though we may resist it. Take a moment to slow down and enjoy some peaceful hours away from technology.

Enjoy our beautiful surroundings with your family and friends. Stop by the local farmers’ market, visit a park, or spend

the day at the beach. If your plans include a staycation, take time to recharge your relationships and be more present with those you love.

While you’re unplugging from your devices, look around your home to identify electronics that consume energy even when they are not in use (known as “vampire” energy loss). Televisions, gaming consoles, phone chargers, and computers are some of the biggest culprits.

Save energy by keeping warm air outside where

it belongs. Add caulk or weather stripping to seal air leaks around doors and windows. And use a programmable thermostat to adjust the settings a few degrees higher when no one is home.

In our connected world, we’ve forgotten how to slow down. We multitask and text. We check email, then voicemail, then Facebook. Do yourself and your family a favor. Put down the device and smell the fresh air.



## Do Not Attach Anything on Utility Poles

Posting items on utility poles may seem like an easy and harmless way to share the news with passersby; however, it presents a safety hazard for our employees. In addition, it’s against the law (NC General Statute 14-145). Staples, nails, tacks, and more are used to hang a multitude of items. These sharp items can tear the rubber gloves, which help to protect lineworkers from electrocution. Also, the items used to hang the signs allow water to enter the pole and quicken the normal deterioration. So please look at other options to post your information and let the utility pole just be a utility pole.



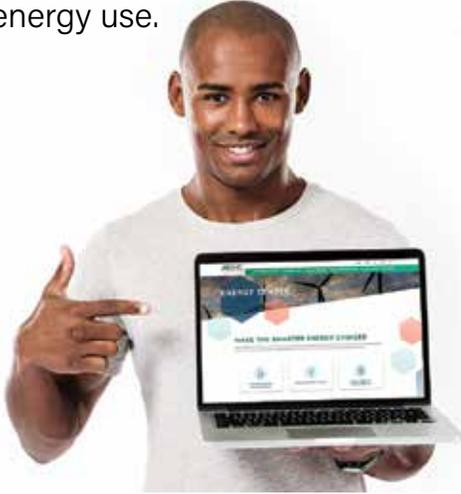
**NO Nails! NO Tacks! NO Staples!**

## MEMBERSERVICES

### We Want to Help You Take Control of Energy Use

#### GET YOUR PERSONAL VIDEO BILL EXPLANATION

With warmer weather approaching and air conditioners working overtime, the impact might result in higher bills. JOEMC is here to help you take control of your energy use.



We provide members with the most advanced technology available—a personal video bill explanation—to help manage energy use.

If you are already using our online bill pay and we have an active email address, you will automatically receive a personal video bill explanation. The video will help you learn where your energy dollars are going and give you suggestions about how you can save. You will only receive this video when your bill has increased or decreased by \$30 or more from your previous bill.

If you have not signed up for online bill pay and want to receive your personal video bill explanation, visit [billing.joemc.com](http://billing.joemc.com) to get registered. You will start receiving your energy analysis video in the coming weeks.

To learn more about energy efficiency visit [joemc.com/energy-center](http://joemc.com/energy-center), for additional energy resources, including:

- Home energy audit tools
- Specialized appliance calculators
- Video library of energy efficiency tips
- Information about programs and rebates

And, if you ever have any questions regarding your bill, give us a call at (910) 353-1940.

## ENERGYEFFICIENCY

### Electric Use Doesn't Stop While You are on Vacation

Even though you are on vacation or away from home for an extended period, 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.

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

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

- **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, you may want to adjust it to a lower temperature or turn it off.

- **Ensure 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, televisions, gaming systems, and other electronic devices before leaving.
- **Don't leave lights on 24/7.** Use timers to operate lights instead.



*So, when your electric bill isn't as low as you anticipated because you've been away for a week or two, remember that many of the appliances in your home didn't take a vacation; they were still hard at work while you were away.*

## COMMUNITY FOCUS

### Three Middle School Students Awarded Scholarships for Basketball Camp

Jones-Onslow has awarded Touchstone Energy Sports Camp scholarships to three local middle school students to attend basketball camps this month at the University of North Carolina in Chapel Hill and NC State University in Raleigh.

Fisher Taylor (Topsail Middle School) is the scholarship recipient of the Roy Williams Basketball Camp at UNC, while Sidney Ferguson (Hunters Creek Middle School) and Mia McCarroll (Jacksonville Commons Middle School) will both attend the Wolfpack Women's Basketball Camp at NC State.

Students stay overnight in campus dorms, learn fundamental basketball and life skills, and receive individual and group instruction from Division 1 coaches. Hubert Davis, coach of the Carolina Tar Heels men's basketball team, and Wes Moore, coach



*Pictured are JOEMC TSE Sports Camp Scholarship recipients: Fisher Taylor, Sidney Ferguson and Mia McCarroll.*

of the Wolfpack women's basketball team, direct the camps with the help of staff and current and former players.

JOEMC is one of 26 Touchstone Energy cooperatives in North Carolina that collectively award more than 50 sports camp scholarships to students statewide each year.



### Frothy Brazilian Lemonade

Servings: 2

#### Ingredients

- 2 small limes
- 1 large lemon
- 1/3 cup condensed milk (we used coconut condensed milk)
- 1/3 cup sugar
- 2 tablespoons honey
- About 2 cups ice water (3 if not using seltzer)
- Lime seltzer (approx. 1 cup)
- Slices of lemon and lime for garnish

#### Directions

1. Wash fruit and cut into small pieces, making sure to remove seeds from lemon and white pith in the center.
2. Combine in blender with milk, sugar and honey. Add the cold water to blend, no more than 30 seconds. Strain out pulp. Add more water if not using seltzer. Taste and add a bit more honey or milk if needed as fruits will vary in juiciness and tartness.
3. Pour over crushed ice and top with about a cup of seltzer water per serving, if using. Garnish with lemon and lime slices.
4. Serve immediately as mixture will become bitter after sitting, due to pith.

## SERVING UP SAVINGS, ALL SUMMER LONG



The One Card That Does It All.  
**Connections.coop**



JOEMC is proud to be an integral part of the communities we serve. That's why we participate in the Co-op Connections Program, a program that helps you receive discounts on products and services from participating local and national businesses. Learn more at: [www.joemc.com/cooperative/community-programs/co-op-connections](http://www.joemc.com/cooperative/community-programs/co-op-connections).

## Working together: Answering your home solar questions

At JOEMC, we are focused on supporting our members and building a brighter future for our communities. Beyond our efforts to integrate renewables while upholding the reliability and affordability of electricity, we are also supporting changing community and individual needs, like increased interest in home solar installations.

As we receive more questions about home solar, our energy experts are dedicated to working with members to assess their home energy use and new energy technologies. We have also launched a solar toolkit at <https://www.joemc.com/energy-center/technology-renewables/solar/> with clear information about this technology.

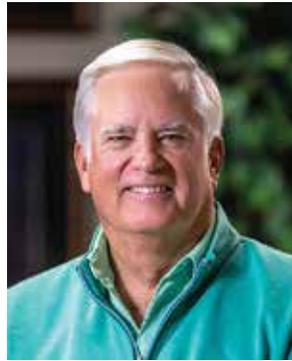
Embarking on a home solar project can be a significant investment. And like any major investment, it is important to consider a range of personal, geographic and financial factors when determining the best fit for your home and family.

One of the most important questions is: What are my goals? A recent study across North Carolina's electric cooperatives revealed that 56 percent of co-op members who express an interest in home solar are interested because of perceived savings on their electric bill. If savings are your aim, please get in touch with us. Our energy experts

can walk through several home energy technologies and the impact they could have on energy use. We can also perform an energy audit at your home that will yield recommendations for energy efficiency upgrades that can provide a faster return on your investment. JOEMC offers rebates for heating and cooling equipment, heat pump water heaters, and various Energy Star appliances that can help make these measures even more wallet-friendly.

If your motivation stems from environmental factors or the opportunity to embrace a growing technology, check out our online toolkit. It provides information about how home solar works and shines a light on the most common questions we hear from members, including: Is my home in a good location for solar? How could solar impact my energy bill? How would my home solar system interconnect with the grid? What other factors should I consider?

If you have researched home solar and it seems like a fit, we encourage you to contact JOEMC as your first step. We will provide you with important information about rates and grid interconnection agreements that you will need before entering into conversations with solar installers. While many installers are reputable and knowledgeable, there are more than 100 electric



Jones-Onslow EMC  
CEO Jeffery T. Clark

utilities in North Carolina, and it is possible that they may miss facts and details specific to our co-op.

As our cooperative works to evolve the electricity grid, we are proud to support all energy solutions that fit our members. We uphold the safety and reliability of our grid and improve the diversity of our resources while also ensuring that costs are not shifted to members without home solar panels.

JOEMC is here to support you in meeting your energy goals. If you're eyeing home solar, we hope you'll connect with us soon to learn more about our interconnection process and get the accurate information you need to make an informed decision. Our team of experts is ready to help, and we look forward to continuing to work together with our members to build a brighter future for all.

To connect with an energy expert about your specific energy goals, call 910-353-1940 or email us at [joemc@joemc.com](mailto:joemc@joemc.com).

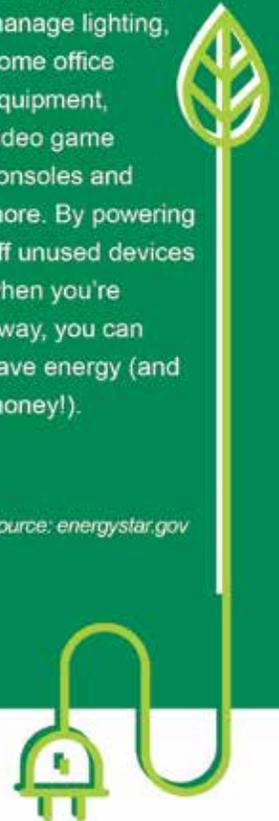
### Energy Efficiency

#### Tip of the Month

If you're looking to add smart technology to your home, consider smart plugs. Smart plugs are inexpensive and can be used to control lighting and other electronic devices through a smart phone app.

With smart plugs, you can conveniently manage lighting, home office equipment, video game consoles and more. By powering off unused devices when you're away, you can save energy (and money!).

Source: [energystar.gov](http://energystar.gov)



**Our offices will be closed on July 4<sup>th</sup> in observance of Independence Day.**



[www.joemc.com](http://www.joemc.com)