

## Pumpkin Cheesecake

**Crust:**  
 3/4 cup graham cracker crumbs, 3 tablespoons melted butter, 1 teaspoon cinnamon, 2 tablespoons firmly packed brown sugar, 3 tablespoons chopped walnuts.

Preheat oven to 325 degrees. Grease a 9-inch pie pan. Combine crumbs, butter, cinnamon, sugar and nuts. Line bottom and partly up sides of pan with mixture and refrigerate until ready to add filling.

**Filling:**  
 4 (8-ounce) packages cream cheese, softened  
 1 1/2 cup firmly packed brown sugar  
 5 eggs (or 4 eggs plus 2 egg whites)  
 1/4 cup flour  
 1 (16-ounce) can of canned pumpkin  
 2 teaspoons pumpkin pie spice  
 1/4 cup chopped walnuts  
 Pure maple syrup  
 Whipped cream

Soften unwrapped cream cheese in microwave at medium (50 percent) power for 2 minutes. Beat cream cheese in large bowl until fluffy. Gradually add sugar. Add eggs, one at a time, beating well after each one. Gradually add flour, canned pumpkin and pumpkin pie spice. Blend well and stir in nuts. Pour into crust-lined pan. Bake in preheated 325-degree oven for 1 hour and 45 minutes or until center fills firm when touched. Brush top with maple syrup. Garnish with walnuts and whipped cream.



A Touchstone Energy® Partner

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## FROM THE CEO'S DESK

J. Ronald McElheney

Over the years, Jones-Onslow has made a promise to its customers to give them the tools needed to practice energy efficiency and maximize their energy dollars at their homes and businesses. Each issue of our newsletter contains energy efficiency tips and if you visit our web site, you can spend hours learning about ways to save; everything from making the switch from incandescent bulbs to compact fluorescent bulbs to performing your own energy audit.

This month, we are excited to share with you a new campaign from Jones-Onslow and the other Touchstone Energy cooperatives across the country called "Together We Save."

You may have heard the phrase "every little bit helps" in reference to an item bought on sale or when talking about recycling. "Together We Save" is based on that exact same idea—it is a new effort to show our customers how little changes can add up to big savings.

"Together We Save" focuses on very simple steps that homeowners can take and, in return, realize real dollar savings. I am sure each of us can recall the voice of our mom calling out to us, "Turn the light off when you leave the room, you are wasting electricity." Well, guess what? She was right! One of the simplest ways to conserve electricity is to flip the switch. This practice, along with eight other applications, is demonstrated on the "Together We Save" web site.

The site, [www.TogetherWeSave.com](http://www.TogetherWeSave.com), is interactive and contains a virtual home tour, and links to videos that showcase additional energy-saving tips. There is also a digital counter that keeps a running total of how simple changes can really add up to savings around the home.

When you visit the web site and familiarize yourself with the various interactive applications, I encourage you to take the virtual home tour. The tour includes rooms that you would find in a typical home. Each room shows energy saving tips that require your action. Upon completion of each task, notice how the dollar savings on the digital counter continues to add up to even bigger savings.

I hope that each of you will take the time to visit [www.TogetherWeSave.com](http://www.TogetherWeSave.com) so you can see, first hand, how "Small Changes equal Big Savings."



*Cooperative Offices Will Be Closed  
 On Wednesday through Friday,  
 December 23 - 25,  
 In Observance Of Christmas.*



# Spotlight

A Monthly Publication for the Customers of Jones-Onslow EMC

A Touchstone Energy® Partner

## Learn How To Save At TOGETHERWESAVE.COM

Flip the switch. Lower the blinds. Insulate your attic. Lower the temperature on your thermostat. These sound like simple tasks. Take all of these steps around your home or business, though, and you can rack up substantial savings.

Jones-Onslow and the other Touchstone Energy cooperatives nationwide have rolled out a new energy-efficiency web site designed to encourage customers to save energy and money. The web site provides very specific directives, accompanied by real savings calculations, on how customers can take control of their energy costs.

At [www.TogetherWeSave.com](http://www.TogetherWeSave.com) you can take a virtual home tour of savings tips by going from room to room. The online energy savings calculator enables a customer to interactively see how making adjustments inside their home or business can save money. Items such as lowering the blinds, flipping a switch, changing your thermostat setting, increasing your insulation, switching to CFLs, or upgrading your HVAC equipment are all covered on this informative site.

You can also view energy saving videos and get



- simple tips that will help you immediately lower your energy use and save money at the same time.
- To learn more visit [www.joemc.com](http://www.joemc.com) and click on the "Together We Save" link on the cooperative homepage
- or go directly to [www.TogetherWeSave.com](http://www.TogetherWeSave.com).



# 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.

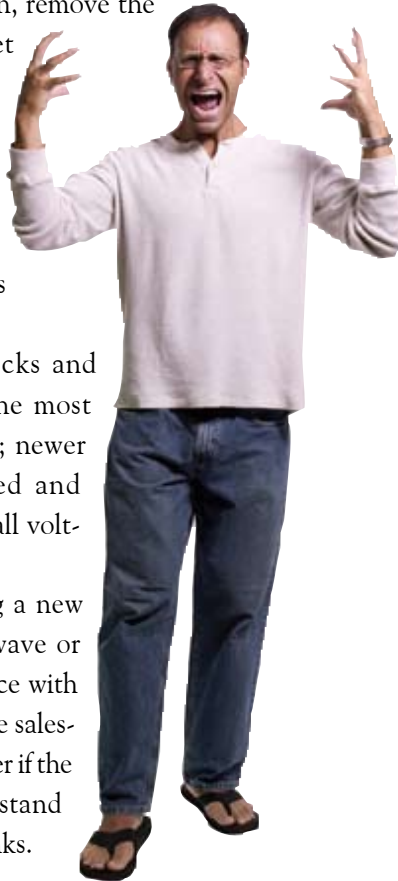
If, for instance, a tree limb remains on the line, the recloser opens (cuts power) a second time, and

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 our electrical distribution system is working properly.


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

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



## Don't Fall For Phone Scams

Consumers in parts of the nation are receiving phone calls from scam artists pretending to be from their local electric utility. They ask consumers to provide credit card or other financial account information and personal identification information over the phone. There are at least two flavors of this scam—one is to say the consumer owes on his/her account and will have service shut-off unless payment information is provided immediately. The other appears aimed more specifically at seniors. The caller claims the consumer can receive Federal stimulus dollars to pay their utility bills or receive a bill credit but the consumer must first provide personal information (Social Security Number and utility account number). Do not become a victim of this and other telephone scams—if someone claims to be a Jones-Onslow employee and request credit card or banking information, hang-up and call the cooperative office at (910) 353-1940 or (800) 682-1515 to report the activity immediately.



## MARK YOUR CALENDAR FOR THESE HOLIDAY FESTIVALS...

### 54th Annual Jacksonville Holiday Parade

Saturday, November 21 starting at 9:45am at Coastal Carolina Community College. Contact the Greater Jacksonville/Onslow Chamber of Commerce at (910) 347-3141 for more information.

### 30th Annual Swansboro Christmas Flotilla

Friday, November 27 starting around dusk at the Swansboro waterfront. Contact the Swansboro Festival Committee at (910) 326-7370 or the Swansboro Chamber of Commerce at (910) 326-1174 for more information.

### 7th Annual Festival of Trees

The Festival will be held November 21-23 at the American Legion Building at the Onslow Fairgrounds in Jacksonville. Admission is a \$1.00 donation and the event is sponsored by Onslow Caregivers Inc. to raise funds for Onslow County Home Health and Hospice patients. Hours are: November 21, 10am-9pm; November 22, 11am-6pm and November 23, 8:30am-3pm. For more information contact Charles Clements at (910) 265-3342.



### Energy-Saving Tips

#### Low-flow Shower Heads...

On average, 22% of the total water use in your home comes from what is used for you and your family to take showers. A standard shower head uses approximately 30 gallons of water during a 5-minute shower.



You can potentially decrease your home's water consumption and water heating costs by as much as 40-50% when you install energy efficient shower heads and faucet aerators in your home.

Federal policy requires that all faucet fixtures manufactured in the United States restrict maximum water flow at or below 2.5 gallons per minute (gpm) at 80 pounds per square inch (psi) of water pressure or 2.2 gpm at 60 psi.

The two main types of low-flow faucets and shower heads are aerating and non-aerating. The most common type, the aerating head, mixes air into the water stream to maintain continuous pressure and a steady flow of water. Non-aerating adds a pulse to the water stream which helps maintain temperature and delivers a strong spray.

Replace your shower heads and faucet aerators today and start saving tomorrow.

### Cook Safely This Holiday Season

Don't let careless or inattention ruin your Thanksgiving holiday meal. Cooking-related fires peak on Thanksgiving. This holiday season, add these kitchen safety ingredients to your recipes for safe and happy meals.

**Supervision is key.** Never leave cooking food on the stove top unattended.

**Get in the zone.** Keep children and pets away from the cooking area and turn panhandles in but away from hot burners. Keep the cooking area clear of anything that can burn—towels, pot holders, food packaging, etc.

**Roll 'em up.** Wear short or tightly rolled sleeves when cooking. Loose clothing can catch fire.

**Keep a cool head.** For a range-top fire, put on an oven mitt and smother the flames by turning off the burner and carefully sliding a lid onto the pan, leaving it in place until well cooled. Don't use water or flour on a grease fire.

**Use the right tools.** A multi-purpose fire extinguisher is great for a grease fire but make sure you know how to use it to avoid spreading the fire.

