



Youth Basketball Camp Opportunities

Jones-Onslow EMC is now accepting applications for scholarships to attend basketball camps at two North Carolina universities this summer. Young men can apply

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Lower Bills, Greater Savings: The Power of Efficiency

At Jones-Onslow EMC, we're dedicated to more than providing reliable electricity — we're here to help you make the most of your energy. As temperatures drop, now is the perfect time to take control of your energy use and discover the benefits of greater efficiency. From saving on monthly bills to improving your home's comfort, small steps can lead to significant results.

Energy efficiency is not just about conserving resources; it's a smart approach to managing your household expenses. Simple changes, like turning off lights when leaving a room or unplugging unused electronics, can add up over time. By taking proactive measures to monitor and adjust energy use, homeowners can unlock meaningful savings while reducing their carbon footprint.

YOUR RESOURCE HUB

We encourage members to explore the [EnergyWise](#) section at [joemc.com](#).

This online hub is packed with tools, tips, and resources to help you take charge of your energy consumption.

A highlight of this section is the [Home Energy Calculator](#), which provides a customized breakdown of your household's energy use. This tool identifies areas where adjustments can lead to the biggest savings — whether that's upgrading to energy-efficient appliances, sealing air leaks, or adopting new energy-smart habits.

For members planning larger projects, JOEMC offers guidance and incentives to make your energy efficiency journey more affordable. Rebates for installing energy-efficient HVAC systems, smart thermostats, and other upgrades can ease the financial burden while boosting your home's overall efficiency.

MAKING A DIFFERENCE

Small changes can create a big impact.

Upgrading to LED lighting, programming your thermostat to maintain an ideal temperature when you're away, or adding insulation to your attic are all practical ways to reduce energy waste and improve comfort. These upgrades not only lower your monthly utility bills but also contribute to a sustainable future for our community.

At JOEMC, we're proud to be your energy partner, offering support and tools to help you make the best choices for your home. By using our [EnergyWise](#) resources, you can gain control of your energy use, cut unnecessary costs, and achieve long-term savings.

START SAVING TODAY

We invite you to visit the [EnergyWise](#) section at [joemc.com/energywise](#) to begin your energy-saving journey. Together, we can create a more sustainable, cost-effective, and comfortable future for your household.



[joemc.com](#)



joemc@joemc.com



(910) 353-1940



259 Western Blvd, Jacksonville
1225 Hwy 210, Sneads Ferry



Your Time, Your Choice: Simplifying Monthly Billing with JOEMC

At Jones-Onslow EMC, we know your time is valuable. That's why we offer a variety of simple ways to pay your monthly electric bill, giving you the power to manage your account on your terms and from anywhere.

Your monthly statement covers about 30 days of electric usage, and we've made paying it easy with several options:



ONLINE: Pay anytime with e-checks, credit card, or debit card.



AUTODRAFT: Set up automatic payments from your checking or savings account.



MOBILE APP: Download the JOEMC app to pay on the go.



KIOSKS: Pay at any of our six PaySite kiosks in Swansboro, Jacksonville, Sneads Ferry, Hampstead and Trenton. Check our website for locations.



PAY WHERE YOU SHOP: Pay with cash at participating retailers like Speedway, Dollar General, Family Dollar, Walgreens, and CVS Pharmacy. Visit our website for details.



MAIL: Send your payment to PO Box 63022, Charlotte, NC 28263-3022.



PHONE: Call 910-353-1940, select option 2, and follow the instructions to pay with e-check, debit card, or credit card.



DRIVE-THRU: Visit our offices at 259 Western Blvd, Jacksonville, or 1225 State Hwy 210, Sneads Ferry, with night deposit boxes available.

For more information on billing and payment options, visit the Member Services tab on our website joemc.com.

If you have any questions or need assistance, call us at **910-353-1940**. We're committed to providing you with a simple and convenient billing experience.

"Youth Basketball Camp Opportunities" (Continued):

for a scholarship to attend the Carolina Basketball School which will be held June 25-28 at the University of North Carolina at Chapel Hill. Young women can apply for a spot at the Wolfpack Women's Basketball Camp

which will be held June 15-18 at NC State University in Raleigh.

The scholarships cover all expenses at the overnight camps. These camps provide a glimpse into life on a college campus. Campers will stay overnight in

dorms, learn fundamental skills to excel on and off the court, and receive individual and group instruction from Division 1 coaches to enhance their basketball and team-building abilities.

To apply, students must be a sixth or seventh grade stu-

dent during the 2025-2026 school year at a qualifying school. The application opens this month, and it must be submitted by March 31. To learn more and apply, visit nselectriccooperatives.com/sports-camps.

Burning Rubber on Your Bill

If your electric bill seems high this winter, the culprit may be your heat strips. Think of them as the "gas pedal" of your heating system—when activated, they significantly increase energy consumption, much like burning rubber on the road.

1. What Are Heat Strips?

Heat strips are the emergency or auxiliary part of your heat pump, used when temperatures are exceptionally cold or when the system performs tasks like defrosting. While necessary at times, they use more energy than regular heat pump operations. When the thermostat is raised too quickly, your system switches into auxiliary mode, activating the heat strips and driving up your costs.

the system only uses heat strips when necessary. This way, you can warm up your home without increasing energy use.

4. The Cost of Heat Strips

Normally, running a heat pump costs around 30 to 35 cents per hour. But when the heat strips are activated, the cost jumps to about \$1.30 per hour. If your system is running in auxiliary mode without extreme weather conditions or



2. Small Adjustments, Big Savings

To avoid using heat strips unnecessarily, make gradual adjustments to your thermostat. If you lower the temperature while sleeping or when you're away, avoid raising it more than two degrees at a time when you return. Raising it too quickly triggers auxiliary heating mode, using more energy.

drastic thermostat changes, it may need servicing. Contact a licensed professional to prevent unnecessary energy use.

5. Save on Energy Bills

Though we can't control the weather, we can control how we adjust our thermostat. By making small adjustments and only raising your thermostat in 2 degree increments and using a programmable thermostat, you can keep your system running more efficiently and save on your energy bill. For more tips, visit the [EnergyWise](#) section at [joemc.com](#).

3. Use a Programmable Thermostat

A programmable thermostat allows you to control the temperature remotely and ensures



ONE-SKILLET LEMONY PAPIKA CHICKEN THIGHS

Serves 4-6

Source: [www.carolinacountry.com](#)

INGREDIENTS

- 2 tablespoons olive oil, divided
- 4-6 chicken thighs, bone-in, skin-on
- 1 teaspoon paprika
- 2 teaspoons salt, divided
- Pepper to taste
- 4 medium-sized carrots, sliced ¼-inch thick
- 1 large shallot, finely chopped
- 3 stalks celery, sliced ¼-inch thick
- ½ tablespoon dried thyme
- ½ tablespoon dried oregano
- 2 teaspoons lemon zest, grated
- 2 teaspoons lemon juice
- 2 cloves garlic, minced
- 1 cup long-grain rice
- 4 cups chicken stock
- 1 tablespoon fresh chives, chopped

DIRECTIONS

1. Preheat your oven broiler and heat 1 tablespoon of oil in a large skillet over medium-high heat.
2. Toss the chicken with the paprika, 1 teaspoon salt, and pepper in a large bowl. Place the chicken skin side down in the skillet for 4-5 minutes, or until it is golden brown.
3. Set chicken aside and add the remaining oil to skillet. Add the carrots, shallot and celery and sauté 4-5 minutes. Add in the thyme, oregano, ½ teaspoon salt, lemon zest, lemon juice and garlic. Cook for 1 minute.
4. Pour in rice and cook for 2 minutes, or until lightly toasted. Pour in broth and add ½ teaspoon salt, stir and then add the chicken thighs, skin side up. Boil and then cover. Reduce to a simmer and cook until the chicken is done, 15-20 minutes. Remove the lid and broil in the oven until the chicken skin is golden and crispy, 2-3 minutes. Sprinkle with chives.

We Love Our Community

"Happiness doesn't result from what we get, but from what we give."

This quote about giving back reflects the special bond and commitment that ties JOEMC to the communities we serve. With Valentine's Day and National Heart Month celebrated this month, we can't think of a better time to express how much the employees and board of directors love this community and serving you, the co-op members.



Gary Ray, CEO

We know that when we helped bring electricity to rural eastern North Carolina many years ago, the quality of life improved for all. Over the years, other issues needed to be tackled, and we have been at the forefront of helping to address some of those issues. We feel it is our obligation to help meet the communities' long-term needs to ensure they continue to thrive—because, like you, we live here, too.

While our top priority is to provide you with safe, reliable, and affordable energy, our mission is equally important: to enrich the lives of the consumer members that we serve. This focus on benefiting the larger community is central to how we operate as a cooperative. JOEMC

knows electricity is a critical need for modern-day life, but it takes more than poles and power lines to make a community.

Over time, your co-op has evolved to meet the community's changing needs, improving everyone's quality of life. And that can mean many different things. It can mean programs for our youth and schools, such as education scholarships, the Electric Cooperative Youth Tour, or the Bright Ideas Educational Grant Program. This means that the co-op actively supports economic development activities in our community's various towns and municipalities. JOEMC employees volunteer their time and energy to assist the local United Way with its

Children Healthy Eating on Weekends (CHEW) Program. It also means partnering with our local non-profit organizations to assist them in fulfilling their needs and carrying out their mission.

As a local business, we are proud to power your life and bring good things to our community. We hope you will continue to guide our efforts by sharing your perspective as we plan for the future. The energy landscape is changing dramatically, fueled by evolving technology and consumer desires for more options. While the larger environment we operate in is constantly changing, one thing remains the same. By working together, we can continue doing good things for our community.



If you have a home office, look for opportunities to save energy in your workspace. Use ENERGY STAR®-rated equipment, which consumes up to 50% less energy than standard models. Set equipment like printers and scanners to automatically switch to sleep or energy-saver mode when not in use. In addition to saving energy, the equipment will stay cooler, which will help extend its life. Another way to save energy in your home office is to use efficient lamps for task lighting. Replace any older bulbs with energy-saving LEDs.

Source: energy.gov

*Roses are red, violets are blue,
we love providing electricity
just for you!*

Happy Valentine's Day!



JOEMC 2025 Annual Meeting

The 2025 Annual Meeting has been moved to a virtual format. Plan on joining us from the comfort of your home on Friday, March 28th at 10:00 AM. Registration and further information will be available shortly. While the meeting is virtual, the prizes are still real!

