

Watts Cooking And Watts For Sale



**BRUNSWICK
ELECTRIC**
Membership Corporation



A Touchstone Energy® Cooperative

FOR THE MEMBERS OF BRUNSWICK EMC

JULY 2009

Luan Kebabs

- 1 ¾ pounds boneless center-cut pork chops, about 1 ¼ inches thick
- ¼ cup plus 2 tablespoons extra-virgin olive oil
- 3 medium garlic cloves, minced
- 2 tablespoons soy sauce
- Salt and pepper
- 1 large pineapple, peeled, cored, and cut into 1-inch chunks
- 2 red bell peppers, stemmed, seeded, and cut into 1-inch pieces
- 1 large red onion, peeled and cut into 1-inch pieces

Cut pork chops into 1 ¼ inch cubes. Combine ¼ cup oil, garlic, soy sauce, ¾ teaspoon salt, and ½ teaspoon pepper in medium bowl. Add pork cubes, toss to coat, and marinate for 15 minutes. Toss pineapple, peppers, and onion with remaining 2 tablespoons oil in medium

bowl and season with salt and pepper. Thread pork, pineapple, peppers, and onion onto eight 12-inch metal skewers. Brush skewers with any remaining marinade. Grill kebabs over high heat, turning skewers, until pork is well browned and cooked through, 8 to 10 minutes.

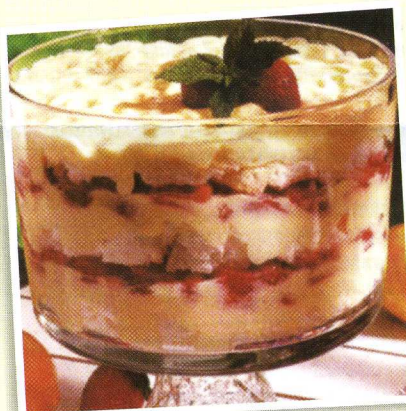


Strawberry Lemon Trifle

- 4 ounces fat-free cream cheese, softened
- 1 cup fat-free vanilla yogurt
- 2 cups fat-free milk
- 1 package (3.4 ounces) instant lemon pudding mix
- 2 teaspoons grated lemon peel
- 2 ½ cups sliced fresh strawberries, divided
- 1 tablespoon white grape juice, or water
- 1 prepared angel food cake (10 inches)

In a mixing bowl, beat cream cheese and yogurt. Add the milk, pudding mix and lemon peel; beat until smooth. In a blender, process ½ cup strawberries and grape juice until smooth. Tear cake into 1-inch cubes; place a third in a trifle bowl or 3-quart serving bowl. Top with a third of the pudding mixture and half of the remaining strawberries. Drizzle with half

of the strawberry sauce. Repeat. Top with remaining cake and pudding mixture. Cover and refrigerate for at least 2 hours.



Tips to help you
save \$ and energy

Summer Cooling Ideas:

- ▶ Reverse the rotation of your ceiling fans for the summer so it blows the air downwards.
- ▶ Run fans on medium or high speeds to create more "breeze". Turn them off when you leave a room to save energy.
- ▶ When cooking or bathing, run the exhaust fans in kitchen or bath to remove moisture from the air.
- ▶ Minimize heat from stovetop use by using a slow cooker, microwave or cooking outside on the grill.
- ▶ Block heat from entering windows and glass doors with awnings and window film.
- ▶ Install reflective foil under the attic rafters to block radiant heat from a hot roof.
- ▶ Make sure attic ventilation is adequate and insulation is not blocking soffit vents.



Safety Tip

Be ready for Seasonal Storms

They can strike without warning, toppling trees, power lines, and making an unsafe environment for you and your family. Go to www.bemc.org and click on the Storm Center button to find checklists of what to do to be ready. You can also download the 8-page Hurricane Survival Guide. To aid your co-op in getting your power restored sooner you can:

- ▶ turn off all lights and appliances, except one so you'll know when the power has been restored
- ▶ turn off automatic heating/cooling thermostat
- ▶ turn on a porch light so the co-op workers know when your power has been restored.

WEBSITE: www.bemc.org
E-MAIL: info@bemc.org
OUTAGE REPORTING: 1-800-682-5309

CUSTOMER SERVICE:
Toll Free: 1-800-842-5871
Shallotte: 910-754-4391
Southport/Oak Island: 910-457-9808
Whiteville: 910-642-5011

Use the BPTs at these convenient locations to pay your electric bill or purchase energy for your PowerStat card:

24 hrs a day/ 7 days a week
BEMC Headquarters:
795 Ocean Hwy W (Hwy 17), Supply
BEMC Oak Island Office:
4335 Southport-Supply Rd (Hwy 211)
BEMC Whiteville Office:
2228 New Britton Hwy E (Hwy130)

NAKINA—Fowler's Supermarket
Hwy 904 / 6am-9pm Mon-Sat;
9am-9pm Sun

CHADBOURN—Hasty Mart
Hwy 410N / 24 hrs/ 7 days

WINNABOW—Handee Hugo, 6170
Ocean Hwy (Hwy17) / 6am-11pm / 7 days
SHALLOTTE—Scotchman (next to
Wendy's on Hwy 130) / 24 hrs / 7 days
SUNSET BEACH—Market Express
1798 Seaside Rd / 7am-10pm / 7 days

Watts for Sale

And Watts Cooking

JULY 2009

We're happy to provide this **FREE** service for BEMC members. **Please note the following:**

- FOR SALE ADS ONLY (no rentals, no items wanted, no commercial ads)
- ADS LIMITED TO THREE LINES (About 20 words), including telephone #
- We do not print email addresses or names.
- All ads run **ONE TIME ONLY, AS SPACE PERMITS** and are subject to editing.

- ONE AD PER MEMBER PER MONTH. NO REPEATS PLEASE!** May combine several items into one 3-line ad.
- Please print clearly and be sure to include your telephone number.
- See bottom of page for how to submit your ad.

FOR THE MEMBERS OF BRUNSWICK ELECTRIC MEMBERSHIP CORPORATION

Wood burning heater, w/oak wood. 579-9320.
Cherry entertainment center, 63"wx55"tx22"d, includes 36" Sanyo tv & remote, \$200; ADCO Travel trailer cover, 26.1x28.6, new, \$50. 253-7154.
Large china cabinet, lead glass, dark oak, \$650 firm; Antique china w/gold trim, \$500. 846-2761.
Sofa, 85", 3yrs old, cream color base w/green, pink, blue floral, \$350. 269-4411.
Liftmaster garage door opener, 1/2 hp, \$100 OBO, 632-9463.
2 BD/2BA Horton MH, 14x70, corner lot, owner financing after qualification, storage bldg, Trace St, Supply, \$68,000. 409-2455 or 754-0861.
3BD/2BA '08 custom mobile home, 1216 sq ft, River Run Plant, \$89,900. 704-888-1139.
'84 El Camino, 305V8, all original, \$6,000. 842-2843 or 850-0596.
'93 Grady White, 26' Center Console, twin '03 225 Yamahas, very low hrs, '07 electronics, '08 T top, '08 coaming pads, \$45,000. 336-889-2229.
PVC foam core, 4x20, \$14 ea; 3x20 \$10 ea; 2x20 \$6 ea; 1.5x20 \$4 ea; Pex 1/2 x100 \$18 ea; 3/4x100 \$22 ea; assorted fittings. 840-9991.
'96 Sunbird Neptune 160, 16', Evinrude 60 hp motor; '05 boat trailer, boat cover. 843-4591.
13.5' aluminum jon boat & trailer, w/lights & jack, 4hp Evinrude gasoline motor w/gas tank, Minnkota electric trolling motor, extras, \$1,200. 232-9764.
3 wooded lots, NE 5th St, Oak Island, deeded together, \$290,000. 279-4248 before 9pm.
19' Classic Bayliner Cab boat, w/trailer Mercruiser 3.0 lite w/power trim xD. \$2,500; Craftsman riding mower w/Kohler engine, 6 speed, \$1,000. 625-4496.
2BD/2BA. 14x64, Seashore Rd, enclosed porches, nice lot, \$98,500. 842-8722.
1 acre lot w/driveway, ready for building, and another lot with views, not restricted, located in Western North Carolina, \$39,500 per lot. 828-380-9227.
36" Sony HDTV, w/stand, not LCD/plasma, \$400. 755-5322.
Mink Stole, Excellent condition, \$100. 579-2883.
16' Eldo Craft Metal Air Boat, \$1500; 36" Craft Woodstove insert \$200; 2 Black vinyl seats w/ belts on metal base \$15 ea. 828-327-7237.
Authentic red, yellow, green traffic light, rewired for home use, conversation piece for bar, rec room, just plug it in. \$165. 704-604-0837.
Pit bull puppies, 1 female, 6 males, ABDA certified, both parents on site, 253-4562, leave message.
Horizon E95 Elliptical, \$400 OBO. 575-5369.
Unlined silver mink jacket, great for crafting, \$175. 575-0344.
Three 24" bar stools, Mahogany with black cushion tops, \$50. 575-4958.
Kayaks, two Old Town kayaks, Adventure XL139, with rudders, paddles, rod holders, cart, storage rack, kept inside, \$1,200. 575-2256.
Lionel 027, US Marine Corps work train w/engine & 4 cars; Snowplow engine; transformer; track; switches; many other items. 579-0783.
'93 VW convertible, Karmann classic collectors model, 35,000 miles, \$3,200. 579-4985.

'83 15 Ft. Hydro Sport Boat, red and white, 115 Johnson motor, 2 depth finders, trolling motor, \$3,500. 336-879-5431.
Pet supplies, 2 mahogany dog crates, 2 pet carriers, 1 mahogany pet gate and more great deal. 579-8784.
Bowflex Power Pro exercise equipment, like new, \$300. 579-4455.
Vintage '73 Honda Trail 70 parts, parts off two bikes, frame in good condition, make offer, 842-7236.
'69 Camaro, Z-28 Clone, 350 4 sp. mint cond. 600 miles, viper red, black stripes, call for pics, \$33,000. 914-582-2334.
4 plots, Oleander Gardens Wilmington in Sunrise E, \$2500 ea. 617.4169.
Sewing machine, just serviced and runs great \$50; Antique Singer machine not running \$25. 201-1712.
Parting out Mercedes 1988 560SL, battery, hardtop & stand, trim, sheet metal, engine/trans, chain guides, oiler tubes ends & tensioner replaced. 575-7161.
Fleetwood pop up camper, Cheyenne Grand Tour series, sleeps 6 never used, \$3,700; Marquis spa seats 7, like new can deliver, \$1,300. 754-6100.
3BD/2BA mobile home, '98, unfurnished, deck, 8.2 acres in two lots, one wooded, Stout Road, Ash, 828-656-2235.
'08 Seahunt 24' four stroke Yamaha, less than 50 hrs. fully equipped, curtains and full cover 39k, 843- 602-5623 or 843 651-0001.
Sears dehumidifier, \$85; Optimus digital stereo and speakers, great sound \$50. 579-5609.
Old mahogany pineapple bed, double, \$175; Sonoma, stainless steel gas grill w/rotisserie and side burner \$350, pictures available, 523-1085.
Lot/Brierwood Country Club, Shallotte, 100' x 200', water & sewer, \$69,900. 616-1074.
Baby Crib, by Pottery Barn with ultra foam mattress, \$250; B.O.B Sport Baby Jogger, \$120. 253-4571.
'96 Wellcraft 21' ski boat, v6, trailer, am fm, cd player, 2 pair skis, vest, \$6,000. 704-488-7891.
Baby crib & Swing 100; VCR; Betty Boop collection; stove, 625-2609.
27" Toshiba tv, \$75; 14" Trutech TV, \$35; 754-6552.
68" Coleman glass top table, 6 chairs, \$250. 754-2070.
Antique black doll, Paris-Bebe, close mouth, original dress, Martinique. 575-0329.
Building Cypress Swings, \$75 and up, CKC Boxer six months old, Flashy Fawn Purebred, parents & siblings on site, \$800. 642-4725.
Craftsman 10" table saw, stand/casters, ext table, \$100; Lazer compound mitre saw, \$60. 579-4832.
Sail Boat trailer, for 22' Catalina w/wind-up keel \$600; Irrigation cover, H 26", W 9", L 29", \$40. 575-1081.
'05 Harley Davidson, 1200 XLC Sportser, silver, 800 miles, garage kept, \$8,750 firm. 653-4819.
350 Case bulldozer, good condition; Utility trailer, 5'x9', all metal, wooden sides, drop down tailgate, price neg, 653-4444 days, 653-2984 nights.
'02 Honda motorcycle, VTX 1800, loaded, low miles, 653-2998.

'95 Izuu Rodeo, 4x4, 129k miles, good condition, automatic, V6, \$3000. 754-3401.
'89 GMC Sierra 1500 truck, toolbox, a/c, ps, pb, at, v8, \$3,900 OBO, 575-0464.
Dehumidifier, Whirlpool, used 1 year, \$75; U-Line Model UR-30 compact refrigerator, \$75. 383-1785.
Boat Slip, 30', St. James Marina, indoor dry stack, secure & protected, \$42,000. 795-8625.
5 piece white wicker set, with new floral seat cushions \$175. 842-8326.
Hand made violins/ fiddles, made by well known NC luthiers, four for sale, 995-6699.
Entertainment Center, 5 piece Broyhill \$300; 32" Sony TV \$100; 4 Solid Oak Bar Stools \$100; Dresser, Chest and Night Stand \$75. 443-8479.
Elegant wedding gown, sz 8 w/train & stole, Camille La Vie, \$295; Mother/bride dress, blue, sz 6, \$50. Both exc. cond. 454-4133.
Western Horse Show Chaps, Navy Blue, worn by size 10 female, \$50. 575-3627.



K-12 Teachers!

Early Bird Deadline for Bright Ideas grant applications is Aug 17.

Bright Ideas grants can be as much as \$2,000 each and are available to all teachers in grades K-12. The grants are awarded to teachers for creative programs

that are not funded within the usual school budget process.

Get your application in by the **Early Bird Deadline of August 17** to qualify for TWO Early Bird Drawings! Statewide, one \$500 Visa gift card will be awarded. BEMC is also awarding one \$150 Visa gift card drawn just from those applying from the BEMC service area.

Final Deadline for Applications is September 18, with awards announced in early November.

www.ncbrightideas.com

HOW TO SUBMIT YOUR AD

SEE TOP FOR RULES. ADS MUST BE RECEIVED AT BEMC BY THE 10TH OF THE MONTH for inclusion in the next month's issue. **SEND TO:** BEMC, ATTN Watts for Sale, PO Box 826, Shallotte NC 28459, FAX 910-755-4299 OR email to: watts4sale@bemc.org.

Please include your BEMC account number or address. Each issue starts mailing around the 26th of the prior month (i.e., Jan. issue starts mailing on 12/26 thru 1/23). Each issue is also posted on www.bemc.org (What's New page) around the 26th of the month prior. Copies are also available in BEMC offices.