



Annual Meeting
Business Spotlight

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August Brings Dog Days of Summer

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Kidz with
DIRTY FEET

Summer Horse Camp Isn't for Four-Legged Campers

Flying G Ranch Horse Camp is the Highlight of the Summer for Many Youngsters

Kids don't come home from this summer camp with artwork made from uncooked macaroni, and they don't have to try to be creative when writing the obligatory "What I Did Last Summer" essay at the beginning of the new school year.

The youngsters attend the Flying G Ranch Horse Camp for one week, but they make a summer's worth of memories.

The Flying G Ranch is owned by IEC Trustee Mike Spradling and his wife Lotsee and is located on Hwy. 51 between Sand Springs and Mannford. Their daughter, Arron, is the camp's creator and director. Arron, who lives on property adjoining the ranch, also gives riding lessons and boards horses on the ranch throughout the year.

"About three years ago, the parents of several of my riding students asked me why I didn't have a camp the kids could attend in the summer," says Arron. She says she hadn't thought about a camp before that time, but once she put some thought into it, she realized what fun it could be. So in the summer of 2000, Arron held her first camp. It was such a success, she has had to add an additional week of camp each summer since then.

The camps are held for one week each throughout June and July, and consist of about 20 youngsters. "They range in age from 4 to 15," says Arron. Camp is held from 8 a.m. to 5 p.m. Monday through Friday.

Each morning the campers are divided into groups and set off to do different things on the ranch. Arron's mother Lotsee helps, along with

assistants Kelly Floyd and Deana Gee. The groups then take care of some necessary chores such as feeding the horses and cattle. After the chores, they spend time each morning on horseback, learning about horses and how to ride.

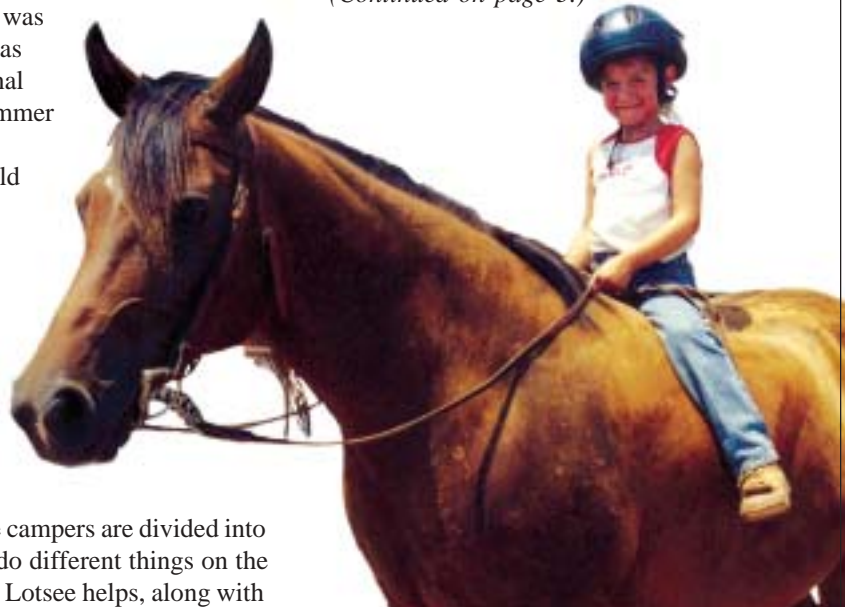
The Flying G is home to about 50 horses, including three Clydesdales, one Friesian, three miniature horses, along with quarter horses, Arabians, paints, a mustang, Appaloosa and a pony.

"We teach the kids traditional Western riding skills and how to ride bareback, which is best for balance," explains Arron.

A farrier comes out to show the campers how to shoe a horse and how shoeing protects the horse's hooves, and a veterinarian comes to show them how to take care of the horses.

"We have three pregnant mares on the ranch this year, so the kids are getting to see ultrasounds of the babies, along with watching the vet treat one of our Clydesdales who has a cut on his leg."

(Continued on page 3.)



The official
publication
of the members of
Indian Electric
Cooperative

Annual Meeting Plans Underway

Business Spotlight to Return; Reserve Your Booth Space Now

Annual Meeting is still weeks away, but we're already planning a fun and informative morning for you.

Join us Saturday, October 18 at Cleveland High School for our 64th annual meeting.

Meeting registration will begin at 8:15

a.m. in the high school multi-purpose room. Following registration, you'll receive your registration gift as you enter the gymnasium for the business session which will begin at 10 a.m. This year's registration gifts are a 6 and 1/2-inch iron skillet and khaki cap with a brown visor. Both have the IEC logo.

Our Business Spotlight was so popular last year, we are offering it again this year. Businesses in our service territory are invited to participate to highlight their products and services. Space is limited, so if you would like to join us, please complete the accompanying reservation form and return it to us by September 5.

Entertainment will be provided by Cleveland musician Tim Muniz.

More annual meeting information will be included in upcoming issues of The Lamp.

2003 IEC Annual Meeting & Local Business Spotlight Booth Reservation Form

Organization: _____

Name of Contact Person: _____

Daytime Telephone: () _____ Evening: () _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

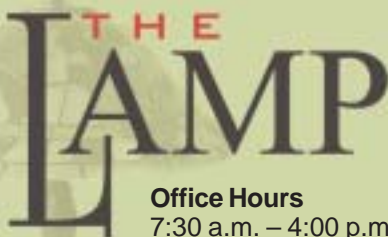
Product to be sold or displayed: _____

Mail reservation form by September 5 to:
Indian Electric Cooperative
Attn: Cyndie Wood
P.O. Box 49, Cleveland, OK 74020

Note: Spaces are limited and will be reserved on a first come, first serve basis.

Co-op Closes for Labor Day

IEC offices will be closed Monday, September 1 for Labor Day. However, service personnel will be on standby throughout the three-day holiday. If you experience an interruption in your electric service, please call (918) 358-2514 or 1-800-482-2750.



INDIAN ELECTRIC COOPERATIVE, INC.

Office Hours

7:30 a.m. – 4:00 p.m. (Monday - Friday)
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24-hour Service Center

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Are Dogs to Blame for Summer's Dog Days?

Everyone knows the “dog days of summer” occur during the hottest and muggiest part of the season; that period between early July and early September when the hot sultry weather of summer lives with us everyday.

But where does the term come from? Why do we call those hot, sultry days of summer “dog days”?

In ancient times, when the night sky

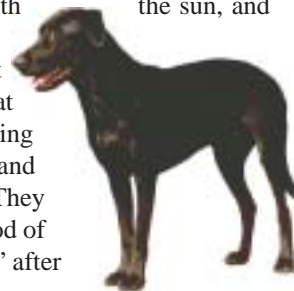
was unobstructed by artificial lights and smog, different groups of peoples in different parts of the world drew images in the sky by “connecting the dots” of stars.

They saw images of bears, (Ursa Major and Ursa Minor), twins, (Gemini), a bull, (Taurus), and others, including dogs, (Canis Major and Canis Minor).

The brightest of the stars in Canis Major (the big dog) is Sirius, which also

happens to be the brightest star in the night sky. In fact, it is so bright, ancient Romans thought the earth received heat from it.

In the summer, Sirius, the “dog star,” rises and sets with the sun, and the ancients believed its heat added to the heat of the sun, creating a stretch of hot and sultry weather. They named this period of time, “dog days” after the dog star.



4 Biggest Money Saving Improvements to Make to Your Home



There are four key home energy improvements that provide the greatest energy savings:

- replacing an old air conditioner with a high efficiency unit (new ACs use up to 40% less electricity than older models);
- sealing leaks in ductwork in your attic (the average home loses 15%-25% of cooling and heating through leaking ducts);
- adding attic insulation to R-30 (the average 15-year old home has between R-11 and R-15);
- installing solar screens on windows hit by direct sunlight (solar screens reflect back 60%-70% of sunlight/heat before it can enter the house);

It's Hot at the Top

If you frequently feel lots of excess heat in the upstairs areas of a two story home, or it feels hot “from above” in the evening in a ranch style home, chances are you may not have sufficient attic insulation combined with poor ventilation.

Your attic gets hot in the summer – temperatures of up to 150°F are common. Insulation in your attic protects your home from excessive heat penetration in summer and cold penetration in winter.

Too little attic insulation is frequently found by energy auditors and home inspectors in houses older than those built before 1984 to 1986. Attics should have between nine and 12 inches of insulation. There are several types of insulation suitable for attics, so consult with your contractor, and ask about the benefits of cellulose insulation, before you make your decision.

Also, make sure your roof ventilation is adequate to prevent heat buildup in summer and moisture buildup in winter.

Horse Camp (continued from page 1.)

The campers get to go fishing on the ranch, and are visited by representatives of the Oklahoma Wildlife Department who hand out information packets and discuss Oklahoma's wildlife with them.

The campers are also visited by two members of the Sand Springs Mounted Police. “The officers and horses are in uniform and this helps the kids understand horses aren't just for riding in the pasture,” says Arron.

Kelly, a member of the Sand Springs FFA chapter, brings her show heifer and lets the kids handle it while she introduces them to 4-H and FFA.

Deana spends time with them teaching them how to work with leather. By the end of the week, they have made bookmarks or key chains, which they have customized by stamping and staining the leather.

They get to take a trail ride and play games in the pasture on the John Deere Gator. And they also get to cool off in the ranch's swimming pool.

At the end of the week, parents can buy a CD of about 500 pictures set to music of their youngster's week at Horse Camp.

The camp cost \$200 per youngster and includes lunch and snacks each day.

“We have a lot of fun with the camp and I know the kids do too,” says Arron. “The parents tell me this is the highlight of the summer for their kids.”

Arron says camp enrollment fills up quickly, so she suggests calling the ranch in the spring to find out the dates for the next camps. She can be reached at 245-2423.



RECIPE



Don't heat up your kitchen during the hottest part of the summer; fix this delicious salad using your microwave!

Special Chicken Salad

4 chicken breast halves, skinned	1/2 tsp. curry powder
2 Tbsp. chopped onion	1 2-oz. pkg. slivered almonds
1/4 cup water	1 11-oz. can mandarin oranges, drained
1 lemon	1 cup seedless grapes, halved
3/4 cup mayonnaise	Bibb lettuce leaves
1 tsp. dry mustard	

Arrange chicken in a 2-quart shallow casserole, placing thickest portions to outside of dish; sprinkle with onion. Add water; cover with heavy-duty plastic wrap. Microwave on HIGH 5 minutes. Give dish a half-turn, and microwave on HIGH 4 to 5 minutes or until chicken is done; drain. Let cool. Remove chicken from bone, and chop.

Microwave lemon on HIGH 30 seconds. Cut lemon in half, and juice; discard seeds. Combine lemon juice, mayonnaise, mustard, and curry powder; stir well.

Spread almonds in a glass pie plate. Microwave on HIGH 3 minutes, stirring once. Set aside 2 tablespoons almonds. Combine chicken, oranges, grapes, and remaining almonds. Add mayonnaise mixture; toss. Arrange on lettuce leaves; sprinkle with reserved 2 tablespoons almonds.

YIELD: 4 to 6 servings.

Community Service Center Hosts Child Care Seminar August 23

Cleveland's Community Service Center (CSC), Kids on First Ministries, and local businesses are sponsoring a child care seminar at the First Baptist Church Saturday, August 23.

"Over 1,000 churches in Oklahoma are being invited to attend the seminar which we have named Kids with Dirty Feet," says Tim Muniz, executive vice-president for CSC.

"The seminar is aimed at parents, grandparents, child advocates and caregivers. Four break-out sessions will be offered on topics including teaching children how to love and be loved; nutrition and how to properly feed

children; putting a song in your child's heart, which will involve music we are writing; and ways to keep children safe," he says.

Admission price is \$50 and tickets are available through the First Baptist Church of Cleveland.

Money raised from the seminar will help support Court Appointed Special Advocates (CASA) and CSC.

If you would like more information about the Kids with Dirty Feet seminar, contact Muniz or Cassie Fisher at CSC at (918) 358-5210, 7:30 a.m. to 4 p.m. Monday through Friday.

A Cool Kitchen is Key to Comfort

If you can't stand the heat, cool off your kitchen.

The kitchen can be the hottest room in the house, especially when it's hot outside. Keep the heat under control with a few summertime tips:

- Whenever possible, cook a lot of meals at the same time. This uses less energy than when you cook each meal separately, and you can store the leftovers for later.

- If you're baking, avoid opening the oven door. This lets out 20 percent of the heat. Use a cooking timer instead to check on the treat's progress.

- Use pots and pans that match the size of the burners on your stove. This allows more heat to get to the pan so less heat is lost to surrounding air.

- Use the range instead of the oven. Or better yet, turn on the microwave or use a pressure cooker. Both use less power than a standard electric range.

- Open and close the refrigerator door quickly. Know what you want before opening the door.

- Make sure your refrigerator door seals are airtight. Check it by closing a piece of paper in the door, half in and half out. If you can pull the paper out easily, you may need to make some adjustments or replace the seal.

- Keep your food covered. Moisture buildup in the refrigerator makes the air inside hard to cool.

- Run the dishwasher, dryer and the stove after the sun goes down to avoid adding heat to your house during the hottest part of the day.

- When using the dishwasher, turn off the drying cycle if you don't need dishes right away.



KidZ with DIRTY FEET