

# IEC Launches New Website

*Traditional Customer Services Meets New Technology*

Indian Electric is now offering our members a new easy and convenient way to pay bills online along with a number of other online services through our new website at [www.iecok.com](http://www.iecok.com).

The website brings IEC members a simple alternative to paying your bills by mail, saving you both time and money. It's fast and easy to sign up online for the new e-bill option. Simply go to [www.iecok.com](http://www.iecok.com), click on

*"...our newest payment center is located in your home..."*

"join online" and follow the instructions. You can elect to pay your bill online with an electronic check or through a debit or credit card, including Visa, MasterCard, Discover and American Express. The online bill payment service also provides information about your electricity usage over the past 12 months.

Provided by National Information Systems Cooperative (NISC), this e-billing software provides state-of-the-art security featuring the same kind of encryption used by banks to transfer money.

"IEC is one of the first electric cooperatives in the nation to take this software online and is excited to offer it to our members. We have thoroughly researched the software and want our members to feel confident that their data is secure through this e-billing software," says Terry Jech, IEC general manager.

The website also provides additional account services for members including forms to transfer service to another location, to start service at a new location, or to discontinue service at the current location. Through the website, you can access all these services through the convenience of your computer 24 hours a day, seven days a week.

For easier budgeting, members can sign up online for

IEC's average monthly payment plan, which levels out electric bills throughout the year by eliminating seasonal peaks and valleys.

The IEC website also features a form to report meter readings online, providing a fast and efficient way to send in your meter reading and a form to report outages along with information about what to do in case of outages.

Of course, we're always glad to answer any questions you may have over the phone or in person. Our website simply gives you continuous access to our customer service and account services from the convenience of your own home. Our goal is to make it easy and convenient for you to do business with IEC and we hope you'll find our new website beneficial.

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



# Employee Spotlight



**IEC's Engineering Department** is responsible for the planning, location, and design of all new power lines. They also perform installation and maintenance on metering and electrical equipment. Members of the department include (front row, left to right) Doyle, Judy and Darrell and (back row, left to right) Charlie, Mike, Todd, Rick, Roger, Jeremy, Brian, and engineering supervisor, Jon Joyce.

**Offices closed Labor Day Monday, September 3.**

## PAYMENT OPTIONS

IEC has several bill payment centers located conveniently throughout our service territory *in addition to our* online and automated services. You may make your payment at any of the following locations:



Ralston - The Nix Agency  
 Fairfax - The First Bank of Fairfax  
 Cleveland - The Cleveland Bank & Heritage Bank  
 Mannford - Heritage Bank  
 Yale - Heritage Bank

IEC Offices in Cleveland and Fairfax also offer night depositories to further convenience you.

## THE LAMP

### Indian Electric Cooperative, Inc. Office Hours

7:30 a.m. – 4:00 p.m.  
 Monday through Friday  
 918-358-2514

To report an outage call  
 358-2514 or 1-800-482-2750  
 (if you live outside the expanded  
 Tulsa calling area)  
 24-hour Service Center  
 918-295-9520

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- Postmaster: Send address changes to The Lamp, P.O. Box 49, Cleveland, OK 74020.

# IEC ANNUAL MEETING

Saturday - October 20, 2001  
Cleveland High School

All Indian Electric Cooperative members are invited to attend IEC's annual meeting of the membership on October 20 from 8:15 a.m. to 12 noon at Cleveland High School.

Meeting registration and the good neighbor Arts and Crafts Fair will begin at 8:15 a.m. in the high school multi-purpose room. You will have the opportunity to vote for those who will represent you on the board of trustees and to hear IEC business reports.

The business meeting will begin at 10:00 a.m. IEC will serve soft drinks and distribute registration gifts throughout the morning.

IEC will take reservations for the arts and crafts fair through September 10. Spaces are limited and will be reserved in the order

they are received. Please complete the reservation form in this newsletter and mail it to:

Cyndie Wood  
Indian Electric Cooperative  
P.O. Box 49  
Cleveland, OK 74020

**Registration for IEC Annual Meeting Booths is Due by September 10**

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## Booth Reservation for the 2001 IEC Annual Meeting

*(ORGANIZATIONS MUST BE NON-PROFIT)*

Organization: \_\_\_\_\_

Name of Contact Person: \_\_\_\_\_

Daytime Telephone: (    ) \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Product to be sold or displayed: \_\_\_\_\_

Mail reservation form by September 10 to:  
Cyndie Wood, Indian Electric Cooperative  
P.O. Box 49, Cleveland, OK 74020

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# Keep Cool and Save Energy this Summer

Here are a few summertime tips for saving energy on the hottest days:

- Your refrigerator uses more electricity than any other home appliance. Keep it in a cool spot with good air circulation and away from heat sources like direct sunlight and heat vents.
- There's no need to rinse your laundry in hot water. Choose cold water for every rinse cycle.
- Fluorescent light bulbs are three to four times more energy efficient than incandescent fixtures.
- For every degree above 75 degrees you set your air-conditioning thermostat, you can save up to 3 percent of the energy used to cool your home.
- Shade outside air-conditioning condensers from the sun.
- In just one hour, a bathroom exhaust fan can remove a houseful of warmed or cooled air.
- One drop per second from a leaky faucet can waste as much as 10 gallons of water in a week. If the water is hot, you not only lose the water but also the energy it took to heat it.





## Fresh Spinach and Mandarin Orange Salad

### Salad

1 10 oz package fresh spinach (rinsed thoroughly and torn into bite sized pieces, discarding stems)  
1 small can mandarin oranges, drained  
1 red onion ring (optional)  
1 /4 cup toasted sliced almonds (to toast almonds, bake at 250 degree oven in shallow pan for 10 minutes, stirring occasionally)  
Combine all ingredients and top with Poppy Seed Dressing.

### Poppy Seed Dressing

3/4 c. sugar or 4 packets Sweet & Low  
1/3 c. red wine vinegar  
1/2 tsp. dry mustard  
1/2 tsp salt  
1 chunk mild red onion  
3/4 cup canola oil  
1 Tbsp poppy seeds (or less)  
Combine all ingredients except poppy seeds in blender. Pour dressing into serving pitcher, add poppy seeds and stir.

## Heat Wave

Your home and appliances aren't the only ones vulnerable to scorching-hot days.

Here are some tips from the American Red Cross for keeping safe and cool this summer:



Dress for the heat. Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy. Wear a hat or carry an umbrella to block the sun.

Drink lots of water.

Carry water or juice with you all the time and drink even if you don't feel thirsty. Avoid alcohol and caffeine, which dehydrate the body.

Eat small meals and eat more often. High-protein foods increase metabolic heat, so you should avoid them on the hottest days.

Slow down. Do strenuous activities only during the coolest part of the day—usually in the morning before 7 a.m.

Stay indoors where it's air conditioned!

## Healthy Sites

Have you fallen for one of the five top healthy eating myths?

To find out what they are and what the truth is visit "The Nutrition Center" at [www.women.com](http://www.women.com). You can also get the lowdown on your favorite treats. According to the site, these are "food facts you don't want to know (but probably should)."

To get direct access to nutrition information for both women and men go to [www.women.com/health/nutrition](http://www.women.com/health/nutrition). By the way, don't let the name of this site fool you. It has health and nutrition information for men too.

For additional sites to visit about nutrition, visit the Indian Electric site at [www.iecok.com](http://www.iecok.com).

While we make every effort to check the web sites we publish to assure they are appropriate for you, we have no control over any changes in content to those sites that may occur between the time we review them and the time each issue of The Lamp is published.

## Enter Meter Readings Online!

Just visit [www.iecok.com](http://www.iecok.com) and click on Meter Reading under Account Services to update your account online.



Just visit us at [www.iecok.com](http://www.iecok.com), click on the storm shelter and register to receive information. One lucky person who registers online will receive \$100 off of the purchase of our state of the art Pre-Cast Storm Shelter.

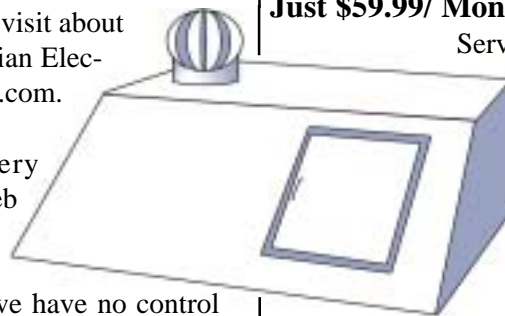
Storm season in the IEC territory can be devastating. But, you can protect your family and your peace of mind with a ServNet pre-cast concrete storm shelter.

- Structure poured with minimum 6,000 psi concrete
- Room for 8-10 adults
- Double handrail on steps
- 8" wind turbine for ventilation
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- Maintenance free!
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**Just \$59.99/ Month!** \*with approved credit

ServNet Storm Shelters

are built to withstand even the fiercest of storms. For more information, give us a call or register at [www.iecok.com](http://www.iecok.com).



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