

IEC Sponsors Local Students at Leadership Summit

Henton and Petty participate in the 2003 Touchstone Energy® Leadership Summit

The world's oldest basketball tournament took center stage before a sold-out crowd at Oklahoma City's new Ford Center last month and right in the middle of it all, in front of thousands of fans and millions of ESPN viewers, two students from the IEC service territory were recognized for their accomplishments on the court and in the classroom.

Jeff Henton of Pawnee and Alicia Petty of Red Rock are no strangers to accolades. Both have built impressive resumes in academics, community activities and athletics. They were recently chosen by Indian Electric to represent the cooperative during the 2003 Touchstone Energy® Leadership Summit held in conjunction with the Touchstone Energy® All-College Classic.

The two students were selected from a group of applicants nominated by coaches and teachers from across the IEC service territory.

Henton, son of Tom and Sherry Henton, is a senior at Cleveland High School where he is a returning starter in basketball and a state medalist in track. In the classroom, Henton maintains a 3.63 GPA and plans to study general business or hotel/resort management after graduating this spring.

Petty, daughter of Tommy and Debbie Petty, is a senior at Frontier High School where she is a cheer-

leader and member of Student Council, National Honor Society, FCA and Spanish Club. Petty maintains a 3.95 GPA and plans to become a pharmacist.

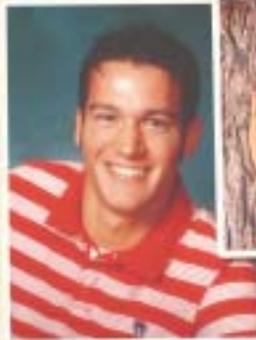
The summit brought together 38 outstanding teens from across the state for a day with noted coaches and athletes including men's basketball coach Kelvin Sampson of the University of Oklahoma. Henton and Petty also had the opportunity to participate in career exploration activities and the chance to compete in a variety of events for scholarship money. Henton walked away with a \$500 scholarship to help out with next year's college expenses.

At the conclusion of the leadership summit, the two students joined their families at the Ford Center in time to watch OSU defeat Brigham Young University and OU topple Michigan State University during the 67th All-College Classic.

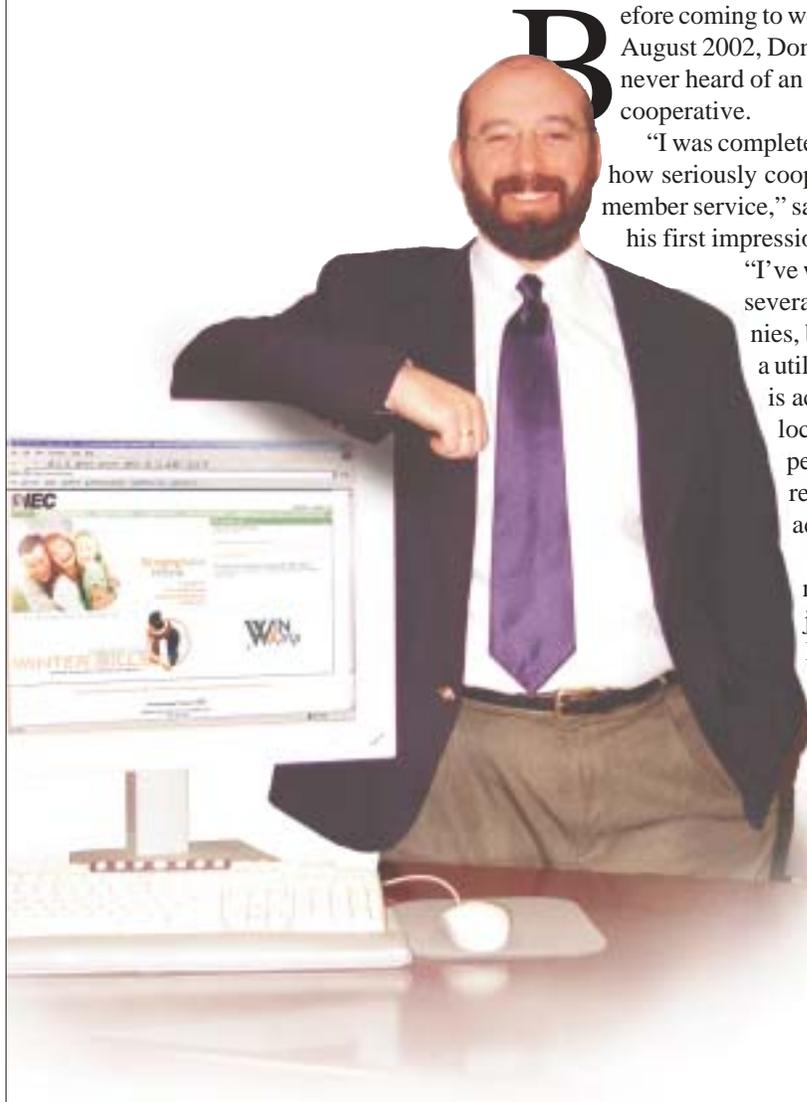
As a Touchstone Energy® cooperative, IEC serves as a title sponsor for the tournament and sponsors two students to attend the leadership summit each year. For more information on the summit or to inquire about participating next year, log on to our site at www.iecok.com.

The official
publication
of the members of
Indian Electric
Cooperative

Pictured at right are Jeff Henton, senior at Clevelandl, and Frontier senior Alicia Petty.



Employee Spotlight - Don Lawrence



Before coming to work for IEC in August 2002, Don Lawrence had never heard of an electric cooperative.

“I was completely amazed at how seriously cooperatives take member service,” says Lawrence of his first impressions.

“I’ve worked for several great companies, but I really think a utility like IEC, that is actually owned locally by the people it serves, really has an advantage.”

Lawrence, a native of Tulsa, joined the IEC Marketing/Member Services team as web developer after spending two years as a web applications consultant for clients such as Williams Co., WorldCom and Phillips Petroleum.

Lawrence served three years in the U.S. Army as a Cavalry Scout before beginning his computer science studies at TCC. He will graduate this spring with a Bachelor’s of Science in Business/e-Business degree from the University of Phoenix and plans to begin work on his MBA this summer.

Since joining IEC, Lawrence has been instrumental in developing a variety of new applications to benefit members including secure online forms for billing and payment options, online tools for calculating energy usage, and electronic registration for annual meeting attendees. He is currently working with engineers from OSU and Western Farmers Electric Cooperative to develop analytical software to benefit commercial power customers. Lawrence also administers IEC’s paperless records system.

“I’m very proud of what we have been able to accomplish here at IEC,” says Lawrence.

“Our members have access to services in our office and on our web site that go above and beyond what any other utility in the area even offers.

“It makes coming to work every day a lot of fun. We’re developing stuff that’s out on the leading edge of our industry and getting to see firsthand how it benefits members here in the IEC territory and other cooperatives across the nation.”

THE LAMP

INDIAN ELECTRIC COOPERATIVE, INC.

Office Hours

7:30 a.m. – 4:00 p.m. (Monday - Friday)
(918) 358-2514
www.iecok.com

To Report an Outage

(918) 358-2514 or 1-800-482-2750

24-hour Service Center

(918) 295-9520

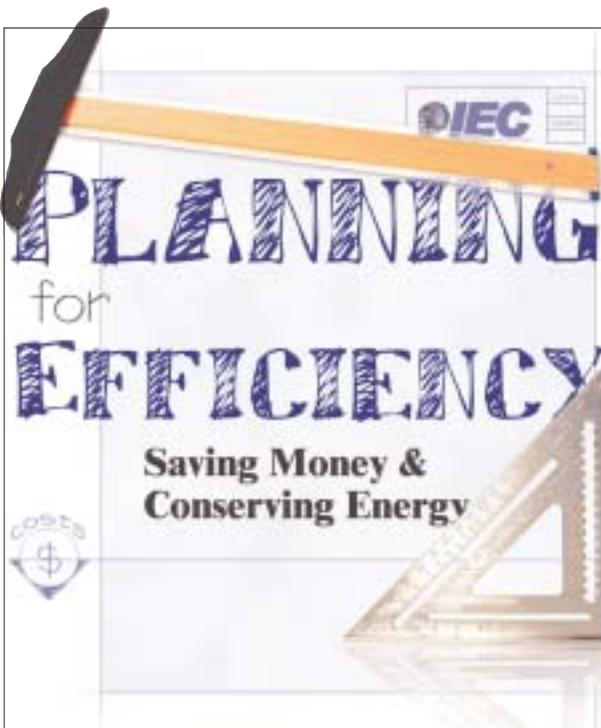
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Editor: Jonathan Smith

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Your electric bill could be significantly less next month. You could start collecting the extra savings in a sock drawer somewhere and take a day or two of vacation next summer. Seriously.

The U.S. Department of Energy estimates the average American household could reduce its annual energy bill by as much as \$650. The average Oklahoma household could save even more.

Homes in our area spend an average of \$497 per year on heating, \$224 on cooling, \$188 to heat water, \$263 to operate appliances, \$70 on lighting and \$197 on miscellaneous house-

hold tasks. These costs could be reduced significantly with just a little planning.

By planning home improvements in a way that shrinks waste in your largest categories, you can permanently reduce your monthly energy expenses.

Home improvements such as increasing the insulation in ceilings and walls, installing energy efficient windows, wrapping your water heater and choosing appliances that carry the Energy Star® label will generally pay for themselves in overall energy savings. Some of these improvements could also qualify you for tax deductions.

As an IEC member, you can also take advantage of our free energy audits. Call us at (918) 358-2514 to schedule an on-site review of your home or business and start planning for efficiency.

Heating Your Home from the Ground Up

Tired of high heating and cooling bills? Installing an energy-efficient heat pump system could be the best decision you ever make, saving money and helping you conserve energy. Heat pumps are the single most efficient form of electric heating in mild and moderate climates like our own.

Ground source (geothermal) heat pumps are an excellent source for energy-saving, cost-cutting heating, cooling and water heating. The system's efficiency is

more than three times better than the best gas furnace and can supply two to three times as much heat as it consumes in electricity.

Rather than burning fuel to produce heat, the ground source system simply uses the earth's constant temperature to heat and cool your home, providing three to four dollars of energy for every one dollar used to power it.

A ground-source system can lower your heating bills by up to 50 percent and

reduce cooling costs by as much as 30 percent over conventional systems.

To learn more about heat pumps and other tips on heating and cooling your home more efficiently, visit us at www.iecok.com.



Just a Nickel's Worth...

The following chart shows how much you can get for a nickel's worth of electricity

TOASTER.....	30 PIECES	CAN OPENER.....	308 USES
ELECTRIC RAZOR.....	114 SHAVES	CLOTHES DRYER.....	24 MINUTES
100-WATT LIGHT BULB.....	8.4 HOURS	DISHWASHER.....	18 MINUTES
WASHING MACHINE.....	24 MINUTES	TRASH COMPACTOR.....	278 LOADS
VACUUM CLEANER.....	30 MINUTES	IRON.....	8.4 SHIRTS
		BLENDER.....	257 MILK SHAKES
		FRYING PAN.....	21.6 DRUMSTICKS
		MIXER.....	85 CAKES
		BROILER OVEN.....	76.8 MUFFINS
		RANGE TOP.....	25 BOILED EGGS
		FOOD PROCESSOR.....	114 MINUTES
		OVEN.....	48 MINUTES
		MICROWAVE.....	96 MINUTES
		TELEVISION.....	4.8 HOURS
		VIDEO GAME.....	4.8 HOURS
		VCR.....	2.4 MOVIES
		RADIO.....	55 HOURS
		REFRIGERATOR.....	4.8 HOURS
		GARBAGE DISPOSAL.....	342 USES



Want to Know More?

Links to online energy audit software, budgeting tools and a wide variety of tips for the do-it-yourselfer are located on our web site at www.iecok.com. Just click on the "Energy Efficiency" link in our "Customer Services" section.

We also recommend the following sites:

- ◆ The Lawrence Berkely National Laboratory at hes.lbl.gov
- ◆ The U.S. Department of Energy's Office of Energy Efficiency at www.eren.doe.gov
- ◆ Energy.gov/efficiency
- ◆ The International Ground Source Heat Pump Association at www.igshpa.okstate.edu

RECIPES



Minestrone

40-50 oz. chicken broth	1 1/2 cups green beans
3/4 cup white beans	2 1/2 cups water
1 1/2 cups onions	3/4 cup red beans
1 tsp. oregano	1 1/2 tsp. garlic
1/4 tsp. pepper	2 1/2 tsp. dried basil
2-8 oz. cans tomatoes, drained, liquid reserved	1 zucchini, sliced
1/3 cup fresh parsley	2 cups carrots, sliced
Several new potatoes, cubed	2 cups shredded cabbage
	1-2 cups macaroni

Put broth, water, beans, onion, garlic, oregano, basil and pepper, tomatoes and 1 cup tomato juice in pot. Cover; bring to a boil. Reduce heat and simmer 45 minutes. Add parsley, carrots, potatoes, cabbage and green beans. Cover & cook 10 minutes. Add zucchini & macaroni, cover & cook 15 minutes or until all is tender. Add more tomato juice as desired. Serve with parmesan cheese.

White Chili

1 cup dried navy beans	3/4 tsp. dried whole oregano
3-10 1/2 oz. cans ready-to-serve chicken broth	3 oz. shredded Monterey Jack cheese
1 1/4 cups chopped onion	1 cup water
1/4 tsp. salt	1 clove garlic, minced
2 cups chopped, cooked skinless chicken breasts	1/8 tsp. ground cloves
4 oz. can chopped green chilies	1 tsp. ground cumin
	1/4 tsp. ground red pepper

Sort and wash beans; place in dutch oven. Cover with water 2 inches above beans and let soak 8 hours. Drain beans and return to dutch oven. Add broth, onion, salt and garlic. Bring to a boil; cover, reduce heat and simmer 2 hours, stirring occasionally. Add chicken, chilies, cumin, oregano, red pepper and cloves to bean mixture; cover and cook 30 minutes. Top each serving with cheese.



Topic for 2003 Youth Tour Essay Contest Announced

Your favorite high school junior could be just 500-1,000 words away from the summer of a lifetime. Students attending the 11th grade at any of the high schools within the IEC service territory are eligible to compete for an all-expense paid trip to Washington, D.C. for the 2003 Youth Tour to be held June 13-19.

Essays for this year's contest should be developed around the topic: "What Developing Countries Can Learn from America's Electric Cooperatives." All essays must be received by IEC no later than noon on Monday, March 10. Essays will be judged by an independent panel and scores will be based on knowledge of subject, originality, composition, neatness and grammar.

Sample ideas for the essay, contest rules and an extensive library of research materials are available on our web site at www.iecok.com. Packets and videos will be made available to participating high schools, and members of the IEC Marketing/Member Services team are available for classroom presentations.

For more information or to find out how you can get involved, visit our web site at www.iecok.com or contact Jonathan Smith, Youth Tour Coordinator, at (918) 295-9583.

Taste of Home COOKING SCHOOL

Dust off your cookbooks and fire up the taste buds. Indian Electric Cooperative has teamed up once again with *The Cleveland American* and other area businesses to bring you the "Taste of Home Cooking School." The show, which will be held Friday, March 7 at the Cleveland High School Gymnasium, features a demonstration of recipes, products and homemaking ideas.

Attendees will have the opportunity to browse through booths in the expo area hosted by local vendors and national firms before the show starts, picking up gadgets, samples and valuable coupons. Doors open for the expo at 5 PM. Drawings for door prizes will be held throughout the evening.

The show, which kicks off at 7 PM, is professionally produced, extremely entertaining and is guaranteed to stimulate the mind and tantalize the tongue. Presented by Homemaker Schools, "Taste of Home" is a national traveling show, drawing huge crowds in cities and towns from coast to coast.

The sellout event brought 850 Cleveland area residents together last year and promoters are expecting tickets to vanish just as quickly for the 2003 show.

Tickets are \$7 in advance and go on sale Wednesday, February 4. For more information on tickets, or to see how your business can get involved by participating in the expo or sponsoring the event, contact *The Cleveland American* at (918) 358-2553 and ask for Melanie or Pat.

*"Service is the rent
you pay for room
on this earth."*

—**Shirley Chisolm**, first African American woman to be elected to the United States Congress