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*The official
publication
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Cooperative*



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Tree Trimming Efforts Continue Throughout the Year

Co-op Doesn't Charge for Maintaining Rights-of-Way

Providing members with quality electric service means more than simply delivering electricity over power lines. It means building and maintaining those power lines, poles and equipment. It also means clearing the rights-of-way so trees and brush don't interfere with that delivery.

"Our right-of-way clearing program is an on-going program," explains Roger McAllister, IEC right-of-way coordinator. "Currently, we have 10 employees, our side-trimmer, two

tractors, one dump truck and three bucket trucks clearing trees and brush in Cleveland." He adds more than 40,000 feet have been cleared, from the ground to the sky, in the co-op's Cleveland rights-of-way.

"We're getting a great response from the area, because I think people understand we have to keep the lines free of interference so they won't experience blinks and outages," he adds.

"Plus, there is no additional charge to the members for our right-of-way clearing program, like there is with other electric utilities and we don't plan to start charging. We simply feel this is a part of our job in delivering electricity."

McAllister says in an attempt to keep the noise level down, they have chosen not to use the wood chipper.

"We're making good progress," says IEC General Manager Jack Clinkscale. "The mild weather we've had has been beneficial."

Clinkscale goes on to say the City of Cleveland has been helpful in removing the cut trees, branches and debris and then transporting them to a dumping area. "This has certainly been a big help to us, and I hope clearing the rights-of-way will be beneficial to the City also."



We Need More True Fans

by Jack Clinkscale, General Manager

Regular readers of this column know I like sports. During the holidays, I spent quite a bit of time watching one of my favorites – football. I also listen to sports talk radio and after the disappointing showing of both OU and OSU in their bowl games, many fans called in to express their views on why we lost. I heard blame spread on the head coaches, offensive coordinators, defensive coordinators, other various assistant coaches, players, referees, and even the half-time entertainment (if you can call it that.)

It occurred to me there are two kinds of fans. The ‘bandwagon’ fan loves the team of the moment, those that are winning and getting all the attention. They love to support the team, but are quick to spread the blame if they lose. They can’t readily accept the fact their team just might have lost to a better team. They have to blame something or someone for their disappointment. Then there are the true fans. True fans are as fiercely loyal to their team just as the ‘bandwagon’ fan is. It is during the tough

times that the two kinds of fans show their true colors.

I have two friends who are die-hard fans of the crimson and cream of Oklahoma University. They have OU apparel, souvenirs and bumper stickers. They can tell you the name of the third string defensive tackle, where he went to high school, and his time in the 40-yard dash. They were disappointed in the outcome of the Orange Bowl just like the rest of us, but not once did I hear them play the blame game. They readily admitted USC played a tremendous game and OU didn’t have their best day, but they didn’t bash Bob, Chuck, Bo or the players. They are quick to remember they have a national championship and two other appearances in the championship game in five years. They love their team through thick and thin.

The difference in sports fans is really a reflection of our society. We seem to be turning into a ‘win now and at all costs’ society. We don’t remember who finished second; only who won. Fair play and sportsmanship sometimes take a back seat to our need to win, win, win! Anyone who has children involved in

sports has seen this. I have watched friends of mine who I know to be fine, decent people turn into rabid maniacs ready to do bodily injury to a part-time recreational league umpire who called a third strike on their budding young superstar which caused their team to lose a game to see whether they would be seeded sixth or seventh in the year-end league championship tournament. True fans accept losing as gracefully as winning. They realize there is no conspiracy against their team and that you just don’t win every time. They know the success of their team is not a validation of their own self-worth. In life, as well as sports, we need more true fans.

The holiday season around our home did have a happy ending. All the contractors came through and we moved the last piece of furniture into our renovated living room on New Year’s Eve around 7:30 p.m. Our family gathering turned out great and my wife prepared and served enough food to feed a third world country. She resembled the Tasmanian devil in a
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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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The Value of Electricity



From 1994 to 2004, the average annual percent increase for the price of electricity has been only 0.3 percent. This is well below the rate of inflation for various common consumer items and also well below the rate of inflation itself.

Source: Bureau of Labor Statistics; NRECA

Change 5 Fixtures; Save All Year Long

Here's a quick way to save about \$60 on your electric bill this year: Replace the light bulbs or fixtures on the five lights you use most often with ones approved by the federal government's Energy Star program.

Energy Star-qualified lighting uses two-thirds less energy and lasts six to 10 times longer than traditional lighting, according to the U. S. Department of Energy and the Environmental Protection Agency.

You can also save money on lighting by installing:

- Dimmers on indoor lights.
- Motion detectors on outdoor lights. They add safety and prevent lights from being left on all night.
- Timers that turn lights on and off so you don't have to.
- Photo cells or photo sensors on outside fixtures so lights come on only when the sun is down.



10 Tips for Keeping a Heart-Healthy Refrigerator

- ♥ Take stock of what's inside.
- ♥ Hide desserts.
- ♥ Organize by 'more' or 'less.'
- ♥ Substitute lower-fat foods for higher-fat ones.
- ♥ Make healthy eating fun for the family.
- ♥ Make healthy food appealing.
- ♥ Prepare leftovers as a meal for the next day.
- ♥ Prepare foods as 'ready to eat' meals.
- ♥ Freeze foods in portion sizes.
- ♥ Freeze fruit for fun.

For more information on maintaining a heart-healthy life-style, visit the following Web sites:

www.americanheart.org
www.myheartwatch.com
www.deliciousdecisions.org

Hate That Static Electricity?

Set Your Furnace Humidifier Based on Outside Temperature

Static electricity in your home can be one of winter's most annoying characteristics. Not only is it aggravating when your clothes cling to your body and your hair won't lay down, it can also be painful when the electricity causes you to shock yourself on the door knob or when you touch someone.

The culprit for this phenomenon is usually low humidity; not enough moisture in the air. By paying attention to the temperature outside and then adjusting the humidity level on your furnace, you can help eliminate that bothersome static electricity.

Here are some recommended humidity levels:

<u>Outside Temperature</u>	<u>Humidity Level</u>
40 degrees and above	45 percent
30 to 39 degrees	40 percent
20 to 29 degrees	35 percent
10 to 19 degrees	30 percent
0 to 9 degrees	25 percent
1 below zero to 10 below zero	20 percent
11 below zero to 20 below zero	15 percent

Are Electrical Hazards Cooking in Your Kitchen?

From coffeemakers to toasters, blenders to waffle irons, microwaves to ovens — today's modern kitchen sports more electrical appliances than ever before. These appliances, like other electrical devices in your home, need to be operated safely and conscientiously in accordance with manufacturers' guidelines. As an increasing number of electrical appliances in our homes become necessities, our home's power circuits will become more overloaded. This puts you and your family at risk. To ensure you don't have a potential safety hazard brewing in your kitchen, we encourage you to follow these important safety tips:

Unplug kitchen appliances — like toasters and coffeemakers, when you're not using them and never allow appliances like a stove or microwave to remain running when you leave home.

Never use a fork, knife or other metal object that conducts electricity to clean debris from "live" kitchen appliances such as toasters and toaster ovens. For routine cleaning, make sure these appliances are switched off and disconnected before you clean their internal parts.

Avoid using electricity near water and other liquids. Clean up all spillage in or around an electrical appliance after making sure the power supply has been disconnected. Never submerge an appliance or its electrical cord or plug in water or any other liquid.

Install a sufficient number of GFCI's in your kitchen. GFCI's are designed to prevent shock hazards by interrupting power if electrical current leaks from a damaged cord or appliance.

Always check your kitchen appliances for damaged cords or plugs before you use them. Contact with a faulty or frayed power cord or a broken appliance can cause electric shock. If an appliance malfunctions or appears to be damaged in any way, make sure the appliance is disconnected from the power outlet and have it repaired or replaced immediately.

RECIPES

You're sure to be a hit if you serve your sweetie these delicious waffles for breakfast on Valentine's Day.

Chocolate Waffles with Strawberry Cream

3/4 cup plus 2 Tbsp. all-purpose flour
1/2 tsp. baking soda
1/8 tsp. salt
1/4 cup plus 2 Tbsp. sugar
3 Tbsp. cocoa

1 egg, separated
1 cup buttermilk
2 Tbps. butter or margarine, melted
Strawberry Cream
8 strawberry fans

Combine flour, soda, salt, sugar and cocoa in a large bowl. Combine egg yolk, buttermilk, and butter; add to flour mixture, stirring until dry ingredients are moistened.

Beat egg white (at room temperature) until stiff peaks form; carefully fold into batter. Bake in pre-heated, oiled waffle iron.

Cut waffles to make eight 4-inch squares. Serve waffle squares with Strawberry Cream. Garnish each serving with a strawberry fan.

YIELD: 8 servings.

Strawberry Cream

3/4 cup whipping cream
1/3 cup sifted powdered sugar
2 cups sliced strawberries

Beat whipping cream until foamy; gradually add powdered sugar, beating until soft peaks form. Fold sliced strawberries into whipped cream.

YIELD: 2 cups.



Never let power cords or plugs dangle over the edge of counters or come in contact with hot surfaces. Dangling cords are a danger to small children who might pull them. Kitchen appliances should never be placed near a hot gas or electric burner.

More True Fans...

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whirlwind as she made sure our guests had everything they needed. She managed all this with grace and charm while still maintaining her wit and sanity. I am sure she is ready to do it all again — just not for a few more years.

REMINDER:

Youth Tour and Energy Camp essays are due by Noon, Tuesday, February 8.