

THE LAMP



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REBATE PROGRAM FOR ENERGY EFFICIENT APPLIANCES

You never look forward to replacing appliances in your home. When the need arises to buy new appliances, IEC members are encouraged to choose Energy Star

rated electric appliances. Energy Star appliances use less electricity and allows members to claim an IEC rebate on their purchase.

The rebate program is offered on Energy Star rated, energy-efficient electric water heaters, room air conditioners, clothes washers, dishwashers, ground and air source heat pumps and air source heat pumps with electric backup heat. IEC and IEC's generation supplier Associated Electric Cooperative (AECI) have worked together to create a program for the purpose of reducing energy usage among its members. IEC and AECI is focused on delaying, for as long as possible, the construction of new power plants, which will increase the cost of electricity to our members.

The rebates range from \$50.00 to \$100.00 on appliances and \$150.00 to \$750.00 per ton on the heat pumps.

Members wanting to participate in the program need to complete the co-op's rebate form and provide the following information: proof of Energy Star rating; sales receipt; brand and model number of the new and old appliance.

Rebate forms are available at IEC and members can send the completed forms and required information to IEC. The rebate forms must be submitted to IEC

within 90 days of purchase/installation of the appliance or heat pump. Rebate checks will be mailed directly to the member within 6-8 weeks. ♦

Electric Water Heater - \$50

Unit must have efficiency rating of .90 or higher and cannot replace gas. Submit the Energy Star proof of efficiency rating, brand and model number with your rebate form.

Room A/C Unit - \$50

Applies to the purchase of a new Energy Star unit.

Clothes Washer - \$100

Applies to purchase of a new Energy Star unit. The unit must be connected to an electric water heater.

Dishwater - \$50

Applies to the purchase of a new Energy Star unit. The unit must be connected to an electric water heater.

Ground Source Heat Pump - \$750 per ton

Installation of Energy Star rated unit with at least an EER of 14. Residential 10 ton max. Commercial 50 ton max.

Air Source Heat Pump with Gas, Propane or Fuel Oil Backup Heat - \$150 per ton

Installation of a 14.5 SEER or higher Energy Star heat pump.

Air Source Heat Pump with Electric Backup Heat - \$150 per ton

Installation of a 15 SEER or higher Energy Star heat pump with electric backup in new construction or replacing electric resistance heat.

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LEADERSHIP TRAINING FOR COLLEGE BOUND STUDENTS



Paul “PJ” Travis and others work to construct a Tetrasodium Tower.

Marshmallows, uncooked spaghetti and Magic Markers may seem like an odd combination of tools to use in a leadership training exercise. But 30 high school students enthusiastically and creatively used these items—along with a lot of imagination—to construct Tetrasodium Towers and, more importantly, build their own team-working skills.

The architectural activity was one of several challenging tasks put before the students at this year’s Touchstone Energy Leadership Summit, sponsored by IEC and other Touchstone Energy cooperatives in Oklahoma. The tenth annual conference was held Saturday, Jan. 9 at the Express Event Center in Oklahoma City.

Participating Touchstone Energy cooperatives each sponsored two service-minded students from their respective communities at the annual training. Paul “PJ” Travis, Jr. of Oilton and Nathaniel Cotton of Hominy represented IEC at the day-long event. PJ the son of Paul and Shelley Travis of Oilton, the gifted bass player aspires to continue his study of music and attend the University of Central Oklahoma in Edmond, Nathaniel the son of Bryan and Regina Cotton of Hominy, has his eye on the sky and plans to become a pilot. The Spartan School of Aeronautics in Tulsa, OK is his school of choice following high school graduation.

Like the first day at a new school, Travis and Cotton admittedly were nervous when they arrived at the conference. Loud, upbeat music and an energetic team of facilitators from YourNextSpeaker! quickly dissolved any fears and broke down apprehensive barriers.

After some quick get-acquainted exercises, the students were divided into four groups—teams John, Paul, Ringo and George—and led through a variety of interactive team-building activities designed to illustrate how they can be better leaders in their schools, organizations and communities. Dialogue challenged students to find common ground with others and find ways to be creative leaders.

The Tetrasodium Towers exercise, named for an ingredient added to marshmallows, for example, was used as an innovative way to get the teens thinking creatively when they’re faced with challenges.

While much of the day was playful with high-energy activities, it wasn’t all fun and games. Speakers shared personal insight that encouraged



IEC students Paul “PJ” Travis and Nathaniel Cotton

self-awareness, and coached the students on ways to identify their own strengths to help them fulfill their potential. The students listened attentively, and took notes and seemed genuinely appreciative of the leadership development opportunity.

“Today made me realize working to improve my family relationships can help me to be a better leader in all areas of my life,” said one of the attendees at the conclusion of the training.

Rhett Laubach of YourNextSpeaker!, owner and lead facilitator at the Leadership Summit, said he is always amazed by the quality of students who attend.

“I speak to thousands of young leaders

across the nation every year and the students we have at the Summit always seem to be those you know are going to go back and use the training we provide them,” Laubach said. “I am excited to know the lessons and content will enrich those students’ lives for many days to come.”

In addition to leaving the workshop energized with new communications tools and greater leadership knowledge, each teen who attended the Touchstone Energy sponsored leadership program also took home a \$250 college scholarship. One student, Russell Ward of Hollis, was the winner of an additional \$1,000 scholarship.

At the conclusion of the action-packed leadership training, students and their parents were treated to an Oklahoma City Thunder basketball game at the Ford Center. The Thunder defeated the Indiana Pacers

108-102. ♦

COWBOY HATS & HARD HATS

BY JACK CLINKSCALE

BEST LAID PLANS

In a local area publication, the editor said if you want to make God laugh, make a plan. He was referring to travel plans he had made for the holidays that were interrupted by vehicle problems. While my vehicles were fine, the recent holiday weather really threw a monkey wrench in my family’s travel plans. My wife had eagerly planned for a Christmas visit with her mother and brothers and sisters. They are a diverse group and getting them together in one place at the same time is not easy, so Bev was bummed out when the weather cancelled the trip. Since I was not making the Texas trip, my daughter had agreed to go and they lost the twelve hour mother-daughter bonding experience the long road trip would undoubtedly have provided.

I did get to visit with my mother and sister for a brief but enjoyable period during the holidays. I saw my niece and nephew whom I rarely get to see since they have resided in Georgia. I had the pleasure of meeting my nephew’s wife for the first time and she a true southern belle. I got to visit extensively with my sister, Susie Crockett who, like me, has returned to her Oklahoma roots and now resides in Mustang with husband David. Mrs. Crockett is a regular reader and one of the toughest critics of my column. Susie has provided recipes for The Lamp and always fusses at me if I miss writing in an issue or two although I pointed out to her that many readers actually prefer that I miss a column or two or three. Susie Crockett said she would like to see her name in the publication, so Susie Crockett, I hope this meets with your approval. My mother also worries if I don’t write a regular column because she is sure that if I don’t publish I must not work at the cooperative anymore!

The old saying goes that “absence makes the heart grow fonder” and I think the holiday bad weather drove that point home to many green country residents. Many family Christmas trips were cancelled and many, many cars ended up in a ditch beside the highway. Take a few minutes to appreciate your family. If you can’t see them in person, call or text or email them, or, if you’re really old school, drop them a letter. You only get one family and remember, you can pick your friends but you can’t pick your family. ♦

Recipe: Banana Pudding

2 large pks. vanilla pudding, cooked according to pkg. directions

1 box vanilla wafers

6 or 7 bananas

4 egg whites

1/2 tsp. vanilla

1/4 cup sugar

In a deep casserole dish, put 1 spoonful of pudding. Then layer 1/3 of vanilla wafers, 1/3 of bananas, then 1/3 of pudding. Continue layering in this order with the last layer being pudding. Beat egg whites until you get stiff peaks, add vanilla and sugar and beat until peaks are stiff. Pour meringue over top of pudding. Bake at 350 degrees for 5 minutes or until meringue is golden.

JUST A REMINDER.....

Students wishing to participate in the 2010 Youth Tour and Energy Camp essay contest need to have their papers to Clara Eulert due by noon, Tuesday, February 9th.

BALANCING RENEWABLE ENERGY WITH AFFORDABILITY

While renewable energy is often embraced as the answer to America's energy crisis, the price tag associated with its development—and how reliably renewable projects operate—often leaves a lot to be desired. It's clear developing power generation resources like solar, wind, and biomass to meet government renewable energy mandates will impact electric bills. The amount of this increase may depend on how closely Congress is willing to work with electric cooperatives.



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