THE LAMP
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YOUTH TOUR

Annual Program is the Trip of a Lifetime

During the cold temperatures of January, the warmth of summer can seem far away. But January is not too early to begin making this summer a memorable one.

Students currently in the 8th and 11th grades attending schools in IEC's service territory can participate in IEC's YouthPower Energy Camp or Youth Tour programs.

These programs are designed to teach young people about electric cooperatives, leadership skills, and government.

Youth Tour

Two juniors will kick off their final summer in high school by spending a week touring famous sites in the nation's capitol with all expenses paid, as delegates to our annual Washington Youth Tour.

Interested students are asked to write an essay of between 750 and 1,000 words on "The Benefits of Indian Electric Cooperative Membership."

The program's rules and regulations, along with resource information, are detailed in the Youth Tour Information Packet, which students can get from their English teachers.

The essays need to be submitted to IEC Youth Tour Coordinator Clara Eulert by noon Tuesday, February 10.

A panel of judges will select four finalists who will give oral presentations of their essays at our Youth Tour banquet. At that time, two finalists will be selected to represent IEC on Youth Tour and the two runners-up will attend the Cooperative Youth Leadership Camp near Steamboat Springs, CO.

For more information on Youth Tour including resource materials and entry forms, you can visit IEC's Web site at www.iecok.com. Click on the Community Service tab, and then the Youth Programs tab. Or call Eulert at (918) 295-9558 between 7:30 a.m. and 4 p.m. Monday through Friday.

Information on YouthPower Energy Camp can be found on page 2.

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IEC
indian electric cooperative

YouthPower Energy Camp is FUN!

Eighth graders interested in attending the 2009 YouthPower Energy Camp are invited to write an essay on "What is an Electric Cooperative and how have Electric Cooperatives Changed America?" The essay needs to be between 100 and 300 words.

Students must attend a school or be home-schooled within IEC's service territory, and can form two-member teams to write and submit their essays. Deadline for essays to be submitted to IEC is noon, Tuesday, February 10.

Two teams (four students) will be selected and they will be honored during our Youth Tour banquet.

Energy Camp is designed to help develop leadership skills, and promote team work in a fun environment. Camp participants will experience first-hand the exciting world of rural electrification by electing board members, and interviewing to be the manager of the cooperative they will form while at camp. They will also witness safety demonstrations and climb a utility pole while wearing appropriate climbing gear.

Energy Campers will also have the chance to participate in a volleyball tournament, visit Celebration Station, along with swimming and other outdoor activities.

Resource materials and entry forms are available on our Web site at www.iecok.com. Click on the Community Service tab, and then the Youth Programs tab.

YouthPower Energy Camp will be Tuesday, May 26 through Friday, May 29 at Camp Canyon near Hinton.

YouthPower Energy Camp is May 26 to May 29

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

To Report Meter Readings
(918) 295-9520

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Electric Generator Safety

Ice, tornadoes, strong winds, broken poles – all these can cause power outages. Of course, we work hard to prevent outages, and to keep those outages brief, but they can still occur.

Portable electric generators offer the benefits of electricity and convenience when electric service is interrupted for an extended period.

Although generators can be helpful, they can be dangerous, even deadly, if they are not installed and used properly.

According to the Consumer Product Safety Commission (CPSC), people die every year in incidents related to portable generator use. The CPSC states most reported incidents involve carbon monoxide (CO) poisoning, but an improperly installed generator can also injure or kill a lineman working on the line to restore electric service to the member's home.

Here are some guidelines for safely connecting and operating portable electric generators. For more information, come by both our Cleveland and Fairfax offices for our handout on using portable generators safely.

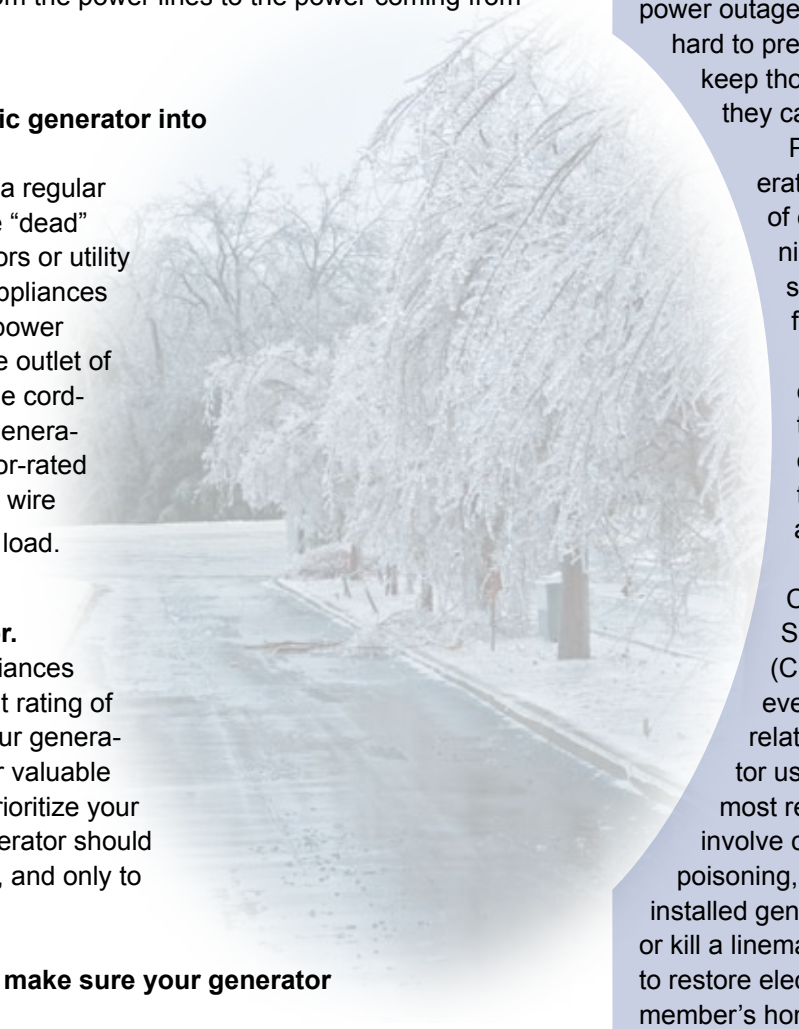
Safety Tips

Don't connect your generator directly to your home's wiring.

Connecting a portable electric generator directly to your household wiring can be deadly to you and others. A generator that is directly connected to your home's wiring can 'backfeed' onto the power lines connected to your home.

Utility transformers can then "step-up" or increase this backfeed to thousands of volts – enough to kill a co-op lineman making outage repairs a long way from your house. You could also cause expensive damage to co-op equipment and your generator.

The only safe way to connect a portable electric generator to your existing wiring is to have a licensed electrical contractor install a transfer switch. The switch transfers power from the power lines to the power coming from your generator.



Never plug a portable electric generator into a regular household outlet.

Plugging a generator into a regular household outlet can energize "dead" power lines and injure neighbors or utility workers. Connect individual appliances that have their outdoor-rated power cords directly to the receptacle outlet of the generator, or connect these cord-connected appliances to the generator with the appropriate outdoor-rated power cord having a sufficient wire gauge to handle the electrical load.

Don't overload the generator.

Do not operate more appliances and equipment than the output rating of the generator. Overloading your generator can seriously damage your valuable appliances and electronics. Prioritize your needs. A portable electric generator should be used only when necessary, and only to power essential equipment.

To prevent electrical shock, make sure your generator is properly grounded.

Consult your manufacturer's manual for correct grounding procedures.

Never use a generator indoors or in an attached garage.

Just like your automobile, a portable generator uses an internal combustion engine that emits deadly carbon monoxide. Be sure to place the generator where exhaust fumes will not enter the house. Only operate it outdoors in a well-ventilated, dry area, away from air intakes to the home, and protected from direct exposure to rain and snow, preferably under a canopy, open shed or carport.

RECIPE

Three Cheese Pasta Bake

1 (8-oz.) pkg. Penne pasta
2 Tbsp. butter
2 Tbsp. flour
1 1/2 cups milk
1/2 cup half-and-half
1/2 cup (4 oz.) shredded white Cheddar cheese
1/4 cup grated Parmesan cheese
1 cup (8 oz.) shredded Gruyère cheese, divided *(Swiss cheese may be substituted.)*
1 tsp. salt
1/4 tsp. pepper
Pinch of ground nutmeg

Preheat oven to 350° and prepare pasta according to package directions.

Meanwhile, melt butter in a medium saucepan over medium heat. Whisk in flour; cook, whisking constantly, 1 minute. Gradually whisk in milk and half-and-half; cook, whisking constantly, 3 to 5 minutes or until thickened. Stir in Cheddar cheese, Parmesan cheese, 1/2 cup Gruyère cheese, and next 3 ingredients until smooth.

Stir together pasta and cheese mixture, and pour into 4 lightly greased 8-oz. baking dishes or 1 lightly greased 11- x 7-inch baking dish. (If using 8-oz. baking dishes, place in a jelly-roll pan for easy baking, and proceed as directed.) Top with remaining 1/2 cup Gruyère cheese.

Bake at 350° for 15 minutes or until golden and bubbly.

Note: To make ahead, proceed with recipe as directed through Step 3. (Do not top with remaining Gruyère cheese.) Cover and chill up to 8 hours. Let stand at room temperature 30 minutes. Bake at 350° for 20 to 25 minutes or until bubbly. Increase oven temperature to 400°. Top pasta mixture with remaining Gruyère cheese, and bake 10 more minutes or until golden.

Keeping Warm with Window Treatments

Window treatments and coverings aren't just for decoration – they can also go a long way in saving energy. Some carefully selected window treatments, such as draperies and insulating panels, can keep heat from escaping through window panes in winter.

A drapery's ability to reduce heat loss and gain depends on several factors, including fabric type (closed or open weave) and color. Although it's difficult to generalize about energy performance, when drawn during cold weather most conventional draperies can reduce heat loss from a warm room up to 10 percent. In winter, you should keep closed draperies that don't receive direct sunlight during the day, and close all draperies at night.

Draperies should be hung as close to windows as possible to reduce heat exchange and should fall onto a windowsill or floor. For maximum effectiveness, install a cornice at the top of a drapery, or place the drapery against the ceiling. Then seal the drapery at both sides with Velcro or magnetic tape, and overlap it in the center. Such snug window treatments can reduce heat loss by up to 25 percent.

An inexpensive insulating window panel or pop-in shutter, typically made of a core of rigid foam insulation, also reduces heat loss. The panels are made so that their edges seal tightly against the window frame, and they can be pushed or clipped into the interior of a window. No hardware, such as hinges or latches, is required.

Of course, window treatments aren't effective at reducing air leakage or infiltration – caulk and weather strip around windows to reduce drafts. Also, draperies work best for winter weather. Window blinds are more effective at reducing summer heat gain than winter heat loss.