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*The official  
publication  
of the members of  
Indian Electric  
Cooperative*

2  
**STUPIDITY factor**

Stupidity a Factor  
on Popular Show?

Trustees  
& Legislators

3



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4



## Mannford 'Getting in Shape' with Fitness Center

Mannford area residents are shaping up and improving their health by taking advantage of their activity center.

Funding for the center was the result of a bond issue approved in 2002. The center opened in March 2004. Located at 100 Cimarron, the center offers an array of healthful activities for members and guests.

One of the most popular areas of the center is the 82,300-gallon heated swimming pool. Here members can enjoy water aerobics/water fitness classes, one of which was recently approved by the American Arthritis Foundation; lap swimming; swim lessons; water basketball and water volleyball.

The pool offers a sloped ramp with a handrail for easy access for handicapped persons.

"The pool also has a hydraulic lift/lower chair for those needing a bit more assistance," says Adena Payne-Bolte, activity center director. She goes on to say the pool is a favorite spot for birthday parties, adding the center has life jackets for all ages and sizes, and that a lifeguard is on duty at all times.

The center's cardio room features

Nautilus and Life Fitness equipment which includes treadmills, recumbent bicycles, an elliptical machine, Stair Master, and a four-station stack weight machine that enables users to perform 20 different exercises.

A variety of activities can be found in the multi-purpose room. Step aerobics, Pilates, cardio kickboxing, karate, and a self-defense class are all held in this area.

"The room is also available for rental for birthday parties, receptions, family reunions, and meetings. Last year the room was rented for the Mannford 8th grade formal.

"We're adding new features all the time," Payne-Bolte says. "Right now we're working to begin offering a 'Tot Drop' where parents can leave their youngsters in a secure and attended area within the building so they can exercise. And we want to add free weights in the facility also."

The center is open 6 a.m. to 9 p.m., Monday through Friday, and 8 a.m. to 5 p.m. Saturday. It is closed on Sunday.

Memberships are available for individuals and families on a 1-month, 3-month, 6-month and yearly contracts. The fees can be paid in full in advance, by monthly invoice or by bank draft.



“Fear Factor” = **STUPIDITY factor**

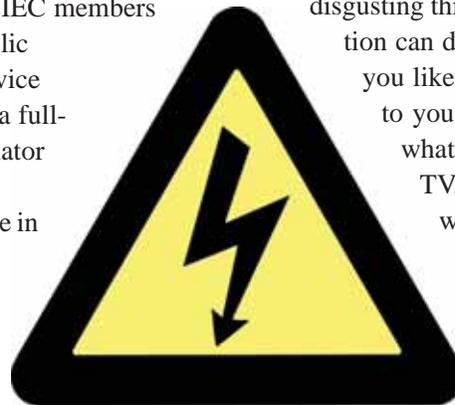
by Jack Clinkscale, General Manager

On a recent episode of the NBC television show “Fear Factor,” a stunt was set up for the contestants at a power plant in California. A web of wires was set up throughout a course which greatly resembled an electric substation such as those found throughout the Indian Electric system. If a contestant touched one of these wires, he or she received a mild shock. The contestants crossed the web of wires to collect banners which had to be attached to a pole at the end of the course.

An NBC representative, responding to concerns raised by electric professionals, described the current as low-amperage and said the segment was designed and supervised by trained professionals to ensure the safety of the participants. Now, this is well and good for the participants of the show, but what about youngsters who may have been watching the show? It looked like you could safely walk through a power substation and dodge the wires and conductors. If

you did happen to touch a live wire, you would just receive a mild shock. In reality, if you touch a conductor or hot wire in a substation, you are going to be severely injured or killed.

Indian Electric Cooperative devotes a great deal of time and money to promote electric safety. We promote safety among employees, IEC members and the general public throughout our service territory. We share a full-time safety coordinator with Central Rural Electric Cooperative in Stillwater to insure our employees receive proper training. We have monthly safety meetings for all employees in which we utilize our safety coordinator as well as instructors from the Oklahoma Association of Electric Cooperatives (OAEC). Our member services department conducts electric safety programs for area children as well



as adults that emphasize electric safety at the home, farm, and ranch.

I wonder about the judgement of anyone who watches “Fear Factor,” but judging from the ratings the show receives, many people do. The few times I have seen parts of the show, it seemed all they do is eat the most disgusting things the human imagination can dream up. If that is what you like to watch, more power to you. I don’t want to censure what any person watches on TV, but I do get concerned when the stunts they perform could lean an impressionable person to try this at home with potentially fatal results. I hope every child or young adult watching this show had some responsible adult to point out the foolishness of this stunt and the poor judgment of NBC in airing it.

# THE LAMP

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# Trustees Visit Legislators about Co-op, Member Issues

IEC trustees met with legislators during the first week of the 2005 session to discuss upcoming legislation which will affect IEC members and Oklahoma co-ops.

“Visiting the legislators at their offices is an important part of OAEC’s (Oklahoma Association of Electric Cooperatives) annual meeting,” explains IEC General Manager Jack Clinkscale, when talking about the meeting held in Oklahoma City each February.

“Our trustees meet with the legislators from IEC’s service territory to discuss the impact on the co-op and our members of legislation to be considered during this session,” he says.

“The trustees make it a point to be educated on the issues and consider working with our legislators to be an integral part of their responsibilities to the membership.”



Freshman representative Rex Duncan welcomed IEC trustees and staff on the opening day of the 2005 legislative session. Posing for a photo outside Duncan’s office at the capitol are (left to right) Jack Clinkscale, general manager; Rock Reese, district 9 trustee; Rep. Rex Duncan; Mitzi Reese; Loris Peckenpaugh, district 6 trustee; Wanda Foster, district 5 trustee; Leon Day, district 4 trustee; and Mike Spradling, district 2 trustee. Seated are Beverly Clinkscale and Shirley Peckenpaugh. Not pictured is J. W. Perry, district 3 trustee.

## Newsletter, Web site Honored for Award Winning Communications

Although the major focus of OAEC’s annual meeting is on trustees and key staff, it is also a time to recognize the efforts of some other areas of rural electrification.

Each year IEC’s newsletter staff is invited to enter the Cooperative Communicators competition. IEC entered both its Web site and monthly newsletter *The Lamp* for 2004.

Don Lawrence, who helped designed the Web site and who maintains it, was recognized with an award of excellence for having the best Web site among Oklahoma electric cooperatives.

The *Lamp* editor, Kay Rabbitt-Brower, received an award of excellence for producing the best annual report and an award of merit for the best newsletter photo.

Lawrence, along with member services personnel David Wilson and Clara Eulert, also work on *The Lamp*.

“Member communication is a priority for us,” says General Manager Jack Clinkscale. “We’re proud of our talented and committed staff.”



IEC’s communication staff includes (left to right) David Wilson, Clara Eulert, Kay Rabbitt-Brower and Don Lawrence.

# RECIPES



## Strawberry-Glazed Ham

1 (5- to 7-lb.) fully cooked ham half  
Whole cloves  
1/2 cup strawberry preserves

1 Tbsp. lemon juice  
1/8 tsp. ground cinnamon  
1/8 tsp. ground cloves

Remove and discard skin from ham; score fat in a diamond design, and stud with whole cloves.

Combine preserves and remaining ingredients; stir well. Set aside.

Place ham, fat side up, on a rack in a shallow roasting pan. Insert meat thermometer, making sure it does not touch fat or bone. Bake, uncovered, at 325° for 1 hour. Spread strawberry mixture over ham, and continue baking, uncovered, 30 minutes to 1 hour or until thermometer registers 140° (18 to 24 minutes per pound.)

YIELD: 10 to 14 servings.

NOTE: If fat on ham is trimmed to less than 1/4-inch thick, cover ham with aluminum foil for first hour of baking.

## Easter Cookies with Egg Yolk Paint

Make a batch of your favorite rolled sugar cookies. Chill for 2 hours. Roll out a lump of cookie dough. Cut only a few cookies at a time, so unbaked cookies won't dry out before they are painted. Place cookies on baking sheet and prepare Egg Yolk Paint.

1 egg yolk  
1/4 tsp. water

Divide paint mixture among several small custard cups or in muffin tin cups. Add a different food coloring to each cup to make bright colors. If paint thickens while standing, add a few drops of water.

Paint designs on cookies with small-to-medium paintbrushes.

Bake as recipe directs, but for clearest colors, do not let cookies brown. When cool, add 'touches' or 'edges' of frosting to add a little sweetness, if desired.

## Don't Forget Safety When Spring Cleaning

Yes, it's that time of year again. Time to clean up the winter's cobwebs and the spring's muddy footprints.

Before you start cleaning up the grime, read the instructions on the cleaning solution. These vary from product to product; it is best to follow their guidelines. If you have questions contact the 1-800 number or visit the Web site listed for helpful information. The following are other safe guidelines to practice:

- Always have the national poison control and prevention hotline number near the phone – 1-800-222-1222.

- Cleaning products should never be mixed. Combining bleach and ammonia creates a deadly gas.

- Always keep the cleaners in the original container. It will reduce the confusion and risk when using the cleaner which might be mistaken for something harmless.

- Do not use the chemical near an open flame. The cleaning solution could be flammable.

- After the cleaning spree, remember to put the lid back on the containers and place the chemicals out of the way of children and pets.



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March 10-13 Tulsa Expo Center

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your electric bill!

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*Look for the large Touchstone Energy® balloon  
suspended above the booth!*