



**Straight Talk
about
Power
Supply**



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Electrical Safety Month**

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**Great Recipe
for the Grill**



Exciting Summer Awaits Winners of IEC Annual Youth Programs

Six outstanding young people will be representing IEC across the country this summer as winners of our annual Youth Tour and Energy Camp programs.

Sydney Franks, Fairfax, and Kelsey Smith, Oilton, will spend a week in June touring the nation's capitol as winners of our Youth Tour program.

Runners up Ashlyn McCurry, Cleveland, and James Cotton, Hominy, will attend the Co-operative Youth Leadership Camp in Steamboat Springs, Colorado in July.

At the end of May, Hominy Middle School students Sam DeRoin and Gavin Pinkerton will attend Energy Camp at Red Rock

They are all winners! Youth Tour finalists are (top photo left to right) Ashlyn McCurry, Cleveland High School; James Cotton, Hominy High School; Sydney Franks, Woodland High School; and Kelsey Smith, Oilton High School.

Energy Camp winners are (bottom photo) Hominy Middle School students Sam DeRoin (green shirt) and Gavin Pinkerton. Shown with them are (left to right) Pat Drummond, Hominy Middle School principal, and Terease DeWitt, 8th grade teacher.

Canyon near Hinton.

"Each of these programs is designed to not only educate them on electric cooperatives, but to help them realize their potential and to reward them for their commitment and hard work," says Clara Eulert, IEC youth programs coordinator.

"These young people are good students who are active and involved in their schools and communities. They are ambitious and each have goals they want to achieve. We are both proud and excited to give them opportunities that will help them reach those goals."



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

Straight Talk about Power Supply

by Jack Clinkscale, General Manager

There has been much discussion in the past weeks about the environment and in particular, global warming. Former Vice-President turned movie producer Al Gore recently testified before Congress expressing his apocalyptic view of the pending environmental disaster caused by man-made greenhouse gases. Oklahoma Senator Jim Inhofe has put forth an opposing view that global warming is a huge hoax. No matter which view you subscribe to, this will be a major topic of the upcoming congressional session and future presidential election debates.

According to Gore's view, coal-fired power plants are a major source of greenhouse gas emissions. If you will remember, the Kyoto Protocol was a global effort to address the reduction of greenhouse gasses. To date, the United States has not agreed to this pact, which, according to some, would have made tremendous strides toward slowing global warming. To others, it would have imposed harsh standards that not all participating countries would be required to adhere to.

Fifty percent of the electricity pro-

duced in the United States is produced by coal fired generation. Eighty percent of the power used by rural electric cooperatives in the United States is produced from coal. Currently, coal is the most reliable, stable and economical source to generate power.

This country is using more electric power than ever before. This trend of escalating power consumption is projected to continue for many years. To meet the ever increasing need for power, we must look at conservation and alternate power sources such as wind power, solar power and other more ecologically friendly sources. The truth is we are making great strides in advancing the technology needed to produce economical "green" power. Unfortunately, without continued government price supports, it will be some time before "green" power will be on an equal price level with coal and natural gas-produced electricity. "Green" power has yet to meet reliability standards demanded by today's consumer. Wind power, such as that produced in many western states, has added to the power supply mix, but has

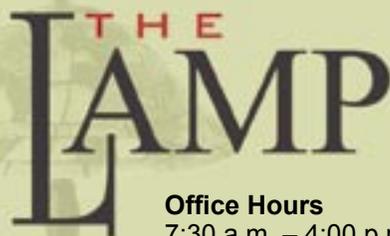
yet to eliminate the need for regular generation sources. No one wants to be without power if the wind doesn't blow. We must have conventional power sources readily available to replace wind power if needed.

We are making great strides in cleaning up coal fired plants. Our power suppliers, Associated and KAMO, have spent and are continuing to spend millions of dollars to make sure their power plants meet or exceed government clean air environmental standards. These costs will be borne by all the rate payers of Associated and KAMO. Future costs to meet further congressional mandated environmental standards will also be born by you, the ultimate consumer.

Conclusions I have drawn by listening to many hours of discussion and many more hours of research and reading include:

1. Electric consumption in the United States has been escalating and will continue to increase in the near future.

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INDIAN ELECTRIC COOPERATIVE, INC.

Office Hours

7:30 a.m. – 4:00 p.m. (Monday - Friday)
(918) 358-2514
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To Report an Outage

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To Report Meter Readings

(918) 295-9520

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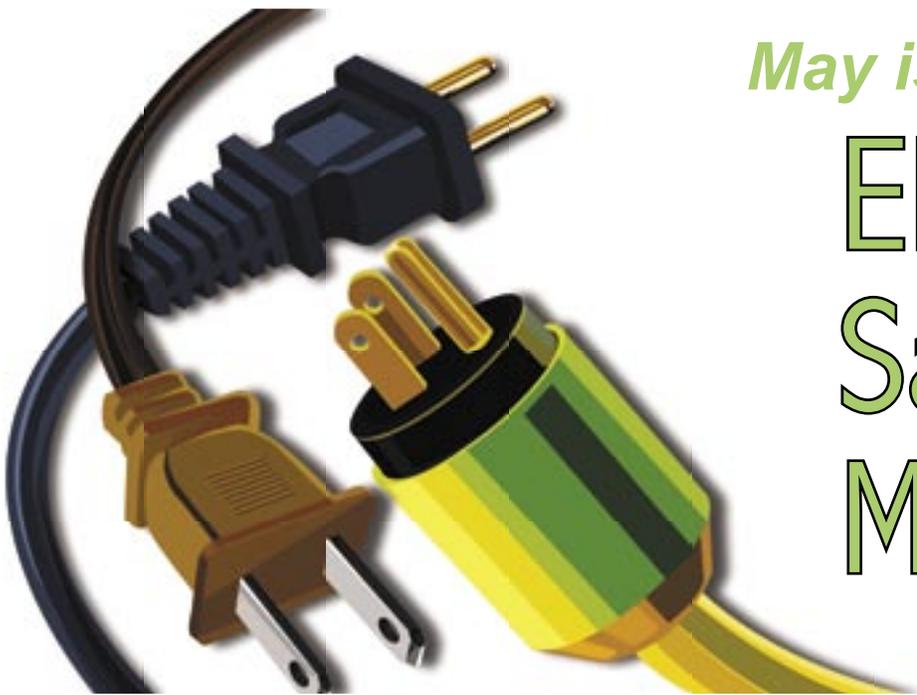
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The Lamp (USPS 942-940) is published monthly by Indian Electric Cooperative, Inc., P.O. Box 49, Highway 64 Southeast, Cleveland, Oklahoma 74020 for the interest of its membership. Subscription price was \$0.17 per month in 2006. Periodical postage paid at Cleveland, Oklahoma and additional mailing offices.

- Postmaster: Send address changes to *The Lamp*, P.O. Box 49, Cleveland, OK 74020.

May is

Electrical Safety Month



Before you leave home in the morning, you run through a mental checklist: Keys? Lights? Blinds?

Most Americans, however, have never thought about running through a checklist that could save them from electrocution or electrical fire: an electrical safety checklist.

May is National Electrical Safety Month. The Electrical Safety Foundation International (ESFI) has created a free,

downloadable checklist covering electrical issues that may exist inside your home.

Covering every room from the kitchen to the basement, the checklist guides users through their home's electrical systems with a series of questions and suggested action items. Do your lights flicker when you turn on the vacuum cleaner? Engage a licensed electrician to determine if your home has

enough electrical circuits. Are you protected from electrocution that can result from electricity interacting with water? Conduct a monthly test of the ground fault circuit interrupter (GFCI) outlets in the kitchen and bathroom.

To download ESFI's Indoor Electrical Safety Checklist, go to www.electrical-safety.org.

Keep Your Office Safe From Electrical Hazards

We've all seen it: Too few electrical outlets in your office means that your computer, printer, monitor, scanner, CD player, lamp, cell phone, and iPod charger are all plugged into one inexpensive, overloaded power strip. It's pretty unsightly, but did you know that the practice is also dangerous?

Overloaded electrical circuits pose both an electrocution and fire hazard. While we can't always control the number of outlets in our offices, the Electrical Safety Foundation International recommends some steps to stay safe from electrical hazards:

- If you use a power strip, use a name-brand product from a reputable retailer. Low-quality or counterfeit power strips may contain wiring that isn't adequate to carry the load.
- Place power strips where there is plenty of air circulation to disperse heat.
- Do not attempt to plug grounded (three-prong) cords into ungrounded (two-slot) outlets.
- Do not bind, kink or knot electrical cords.
- Never run power cords under rugs or where chairs can roll over them.
- Keep cords close to a wall to avoid trip hazards.
- Keep all non-critical electrical items unplugged until you need to use them.
- Consider charging battery-operated devices in another area.

If your computer screen flickers or fades, or you detect a burning smell, power down and immediately contact the building engineer. If you work from home, have a licensed electrician conduct an electrical inspection.

IEC offices will be closed Monday, May 28 in honor of Memorial Day.

Call 358-2514 or 1-800-482-2750 to report a safety hazard or an interruption in your service.

RECIPE



Pork with Melon-Tomato Relish

- 3 Tbsp. olive oil
- 3 Tbsp. white wine vinegar
- 1/4 tsp. salt
- 1/8 tsp. black pepper
- 1 1-lb. pork tenderloin
- 1/2 of a small cantaloupe
- 1/2 of a small honeydew melon
- 1 cup yellow, red, and/or orange pear-shape tomatoes, halved or quartered
- 1 small red onion, halved and thinly sliced
- 1/3 cup fresh mint leaves

In a small bowl whisk together oil, vinegar, salt, and pepper. Brush 1 tablespoon of the oil mixture over the tenderloin. Reserve remaining oil mixture to use in the relish.

In the charcoal grill, arrange hot coals around a drip pan. Test for medium-high heat above pan. Place meat on grill rack over pan. Cover; grill for 30 to 35 minutes or until a meat thermometer registers 155°. Remove meat from grill. Cover with foil and let stand for 10 minutes. (The meat's temperature will rise 5° during standing.)

Meanwhile, for relish, cut either the cantaloupe or honeydew melon half into bite-size pieces. Cut remaining melon half into four wedges. In a medium bowl combine melon pieces, tomato, onion, and mint. Add reserved oil mixture; toss to coat.

Slice pork diagonally. Serve with relish spooned over melon wedges.

Straight Talk About Power Supply *Cont.. from Page 2.*

2. Coal is the most reliable and cheapest source of power in the United States.

3. "Clean Coal" technology has helped to greatly reduce emissions from existing and future coal-fired plants.

4. Although great strides are being made, current alternative fuel sources (i.e. "green" power) are not yet economically feasible and reliable enough to replace conventional generation.

5. For the near future, coal must

continue to be utilized to meet the growing need for electricity.

6. Carefully study future proposed environmental regulations. Hasty "feel-good" legislation passed to prevent the perceived (yet highly unproven) global warming threat will impact the ultimate consumer.

If you hadn't noticed, I have not touched on perhaps the cheapest and most environmentally friendly power source. Nuclear power is another topic of discussion entirely.

IEC Statement of Non-Discrimination

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The person responsible for coordinating this organization's non-discrimination compliance efforts is Jack Clinkscale, general manager. Any individual or specific class of individuals who feels this organization has subjected them to discrimination may obtain further information about the statutes and regulations listed above, and/or file a written complaint with this organization to Indian Electric Cooperative, Inc., P.O. Box 49, Cleveland, OK 74020 or the Secretary, U.S. Department of Agriculture, Washington D.C., 20250. Complaints must be filed within 180 days after the alleged discrimination. Confidentiality will be maintained to the extent possible.

Oops!

In the April issue of The Lamp, I accidentally omitted the name of Fairfax employee Bill Brumley in the list of employees who helped other co-ops repair their systems following the debilitating ice storm.

Thanks for all your help Bill and I apologize for the omission.

--KRB