THE LAMP
Supplement to Oklahoma Living

VOLUME 57
NUMBER 4
APRIL
2018

IEC
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The Power Behind Your Power

As April arrives, it brings with it the showers that produce spring flowers. It also heralds the beginning of a potentially stormy season that can inherently include power outages. While Indian Electric Cooperative strives to provide reliable electricity to our members, there are times when Mother Nature has other plans. Most of us can ride out a storm from the comfort and convenience of our homes. However, there is a group of professionals that spring into action when the weather takes a turn for the worst – *co-op lineworkers.*

ONE OF THE MOST DANGEROUS JOBS

Braving stormy weather and other challenging conditions, lineworkers often must climb 40 or more feet in the air, carrying heavy equipment to restore power. Listed as one of the 10 most dangerous jobs in the U.S., lineworkers must perform detailed tasks next to high voltage power lines. To help keep them safe, lineworkers wear specialized protective clothing and equipment at all times when on the job. This includes special fire-resistant clothing that will self-extinguish, limiting potential injuries from burns and sparks. Insulated and rubber gloves are worn in tandem to protect them from electrical shock. While the gear performs a critical function, it also adds additional weight and bulk, making the job more complex.

In addition to the highly visible tasks lineworkers perform, their job today goes far beyond climbing to the top of a pole to repair a wire. They are also information experts that can pinpoint an outage from miles away and restore power remotely. Line crews use their laptops and cell phones to map outages, take pictures of the work they have done and troubleshoot problems. In our community, IEC lineworkers are responsible for keeping 3,500 miles of lines across seven counties working, in order to bring power to your home and our local community 24/7, regardless of the weather, holidays or personal considerations.

While some of the tools that lineworkers use have changed over the years, namely the use of technology, the dedication to the job has not. Being a lineworker is not a glamourous profession. At its essence, it is inherently dangerous, requiring them to work near high voltage lines in the worst of conditions, at any times of the day or night. During tornadoes, wildfires or thunderstorms, crews often work around the clock to restore power. While April is known for spring showers, there is also a day set aside to "thank a lineworker."

Lineworker Appreciation Day is April 9. So during the month of April, if you see a lineworker, please pause to say thank you to the power behind your power. Let them know you appreciate the hard work they do to keep the lights on, regardless of the conditions.

Article written by Anne Prince, who writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association, the service arm of the nation's 900-plus consumer-owned, not-for-profit electric cooperatives.

ENERGY EFFICIENCY TIP OF THE MONTH

When streaming online content, use the smallest device that makes sense for the number of people watching. Avoid streaming on game consoles, which use 10 times more power than streaming through a tablet or laptop.

Source: energy.govgov

WHEN THE POWER GOES OUT, WHAT DOES IT TAKE TO GET IT BACK ON? PAGE 3

Spring Brings Community Fun

Just as springtime welcomes the return of vivid colors to our landscapes, the hues of artists' pallets will soon return to Arlington Park near downtown Cleveland. It's time for "Art in the Park," a festival welcoming artisans and their handmade works, along with a morning of live music and hands-on art projects for a time of family fun.

Art in the Park (a few scenes from last year pictured here) will be Saturday, April 7 from 10 a.m. until 2 p.m. and the public is encouraged to stop by to browse and participate.

In addition to booths of artwork, music, hands-on art fun, concessions, etc., there will be an amature art contest, allowing browsers to vote on their favorite pieces of art.

Art in the Park is directed by the Cleveland American and sponsored by several of the newspapers' advertisers.

Spring-ing into action:

Springtime welcomes other surrounding events, too:

Hominy: Model trains are running the first Sunday of every month at the Hominy MKT Depot from noon - 2 p.m.; the historic Drummond Home will host an Aluminum Ware exhibit this month. Bring yours to share with others in the exhibit (305 N. Price).

Mannford: The annual Spring Craft Show will be Saturday, April 21 from 9 a.m. - 4 p.m. at the Mannford High School multipurpose facility. Sponsored by the Chamber of Commerce, a wide variety of craft items is expected.

Sand Springs: The 29th annual Herbal Affair & Festival will be Saturday, April 21 in the downtown area from 8 a.m. until 4 p.m. More than 100 vendors will be on-hand selling herbs, perennials, natives and heirloom plants, along with herbal products, gardening supplies and decor and more.

Pawnee: The annual Steam and Gas Engine Show will be May 4-6 at Steam Engine Park. Gates open at 8 a.m. Browse antique power exhibits, a saw mill, machine shop, wheat thrashing, corn grinding, and shingle mill. It's known to be a fun family event.

IN MEMORY

Bill Graham

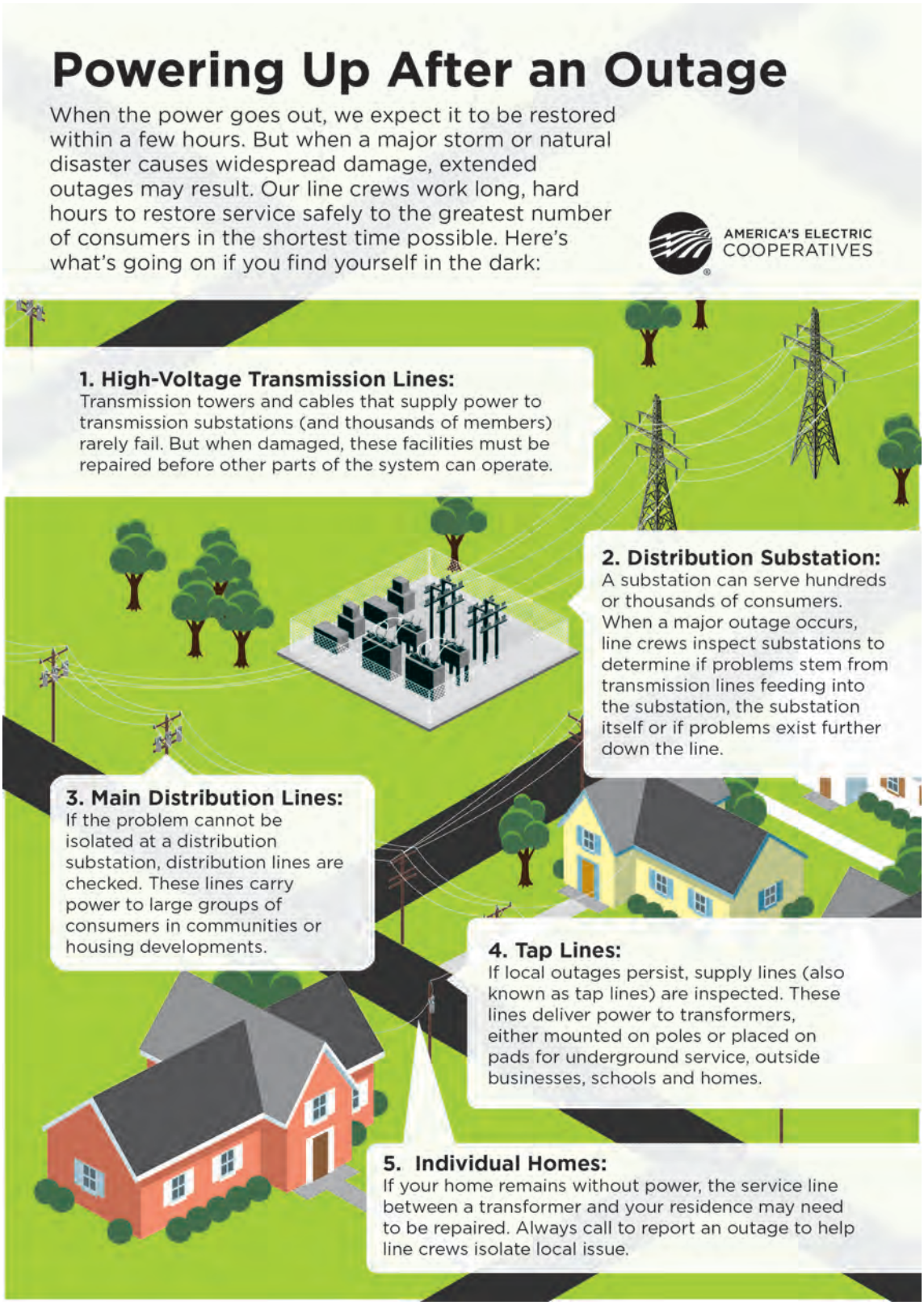
1956-2018

The IEC family lost one of our own on March 12 with the passing of Bill Graham, our Safety Coordinator for many years before his recent retirement. He fought a hard battle with cancer.

He worked for more than 30 years in the electric cooperative industry. In August, 2016 Bill was given the Ray Pantel Award at the SAIA National Conference in San Antonio, Texas; he was chosen for this award because of his hard work, leadership, and dedication to helping others in his field.

He always had a smart remark and ornery grin. Bill did such a great job keeping all of us safe and making sure that we all went home to our families every night. He made a difference in this world.

Job well done!



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Throw A Hot-Pot Dinner Party

(Family Features) Heat up your next get-together by inviting family and friends over to try a DIY trend, the hot-pot party. It can be easy to prep and your guests can enjoy cooking and customizing their own meals.

First, prepare a rich, flavored broth and serve steaming-hot in a slow cooker or multi-cooker. Next, offer a selection of meat, seafood and veggies for dunking. Cook for a few minutes then garnish with sauces and various toppings to match individual tastes.

- A traditional East Asian hot-pot broth is flavored with beef stock, soy sauce, chilies, ginger and garlic.

- Try a Mexican-inspired version by serving a spiced chicken broth with ancho chile pepper, cumin and oregano.

- Offer a taste of the Caribbean with a coconut milk broth and fresh papaya pica sauce.

Learn more about this hot-pot trend and all the latest flavor trends in McCormick's 2018 Flavor Forecast at FlavorForecast.com.

CARIBBEAN HOT-POT BROTH WITH PAPAYA PICA SAUCE
Prep: 45 minutes Cook: 3 hours
Servings: 10

Caribbean Hot-Pot Broth:
2 pounds smoked ham hocks
2 cups sliced yellow onions
1 cup diagonally sliced carrots
1/2 cup diagonally sliced celery
8 1/4cups water, divided
1 container (32 oz.) Kitchen Basics Original Chicken Stock
1 whole chile pepper, such as Scotch bonnet or habanero
2 McCormick Bay Leaves
1 tsp McCormick Thyme Leaves
1 tsp McCormick Ground Turmeric
1/2 tsp ground allspice
1/2 tsp ground black pepper
salt, to taste
2 Tbs cornstarch
2 cans (13.66 oz. each) Thai Kitchen Coconut Milk
2 Tbs lime juice

Papaya Pica Sauce:
3 cups cubed fresh papaya
1/2 cup cider vinegar
1/4 cup chopped chile pepper
1/4 cup chopped yellow onion
1/4 cup yellow mustard
1 tsp sea salt
1/2 tsp ground allspice
1/2 tsp McCormick Garlic Powder
1/2 tsp McCormick Ground Ginger
1/4 tsp McCormick Ground Cloves
1 lb. uncooked bay scallops
1 lb. uncooked shrimp - peeled, deveined
cooked rice
toasted shredded coconut (optional)
fresh red or green bell pepper slices (optional)

To make broth:

Place ham hocks, onion, carrots and celery in 6-quart stockpot. Cook on medium heat 5-6 minutes, stirring occasionally. Add 8 cups water, chicken stock, chile pepper, bay leaves, thyme leaves, turmeric, allspice and pepper. Add salt, to taste. Bring to boil. Reduce heat to low; cover and simmer 1 hour, skimming fat occasionally.

Remove cover and simmer 30 minutes, skimming fat occasionally. Remove ham hocks and skim fat. In small bowl, whisk cornstarch and remaining water. Add to pot with coconut milk. Cook on medium heat 30 minutes. Skim fat. Stir lime juice into broth.

To make Papaya Pica Sauce:

In food processor on high speed, process papaya, vinegar, chile pepper, onion, mustard, salt, allspice, garlic powder, ginger and cloves until smooth. Transfer to medium saucepan. Bring to boil. Reduce heat to low; simmer, uncovered, 10-15 minutes. Pour into medium bowl.

To serve, pour broth into heated 6-quart electric slow cooker or hot pot. Cook shrimp and scallops in broth about 5 minutes, or until cooked through, stirring occasionally.

Place some rice in bowl then ladle broth and seafood over top. Stir in Papaya Pica Sauce and top with shredded coconut and pepper slices, if desired.

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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 $0.32 per month in 2010. Periodical postage paid at Cleveland, Oklahoma and additional mailing offices.**

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