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IEC indian electric cooperative, inc.
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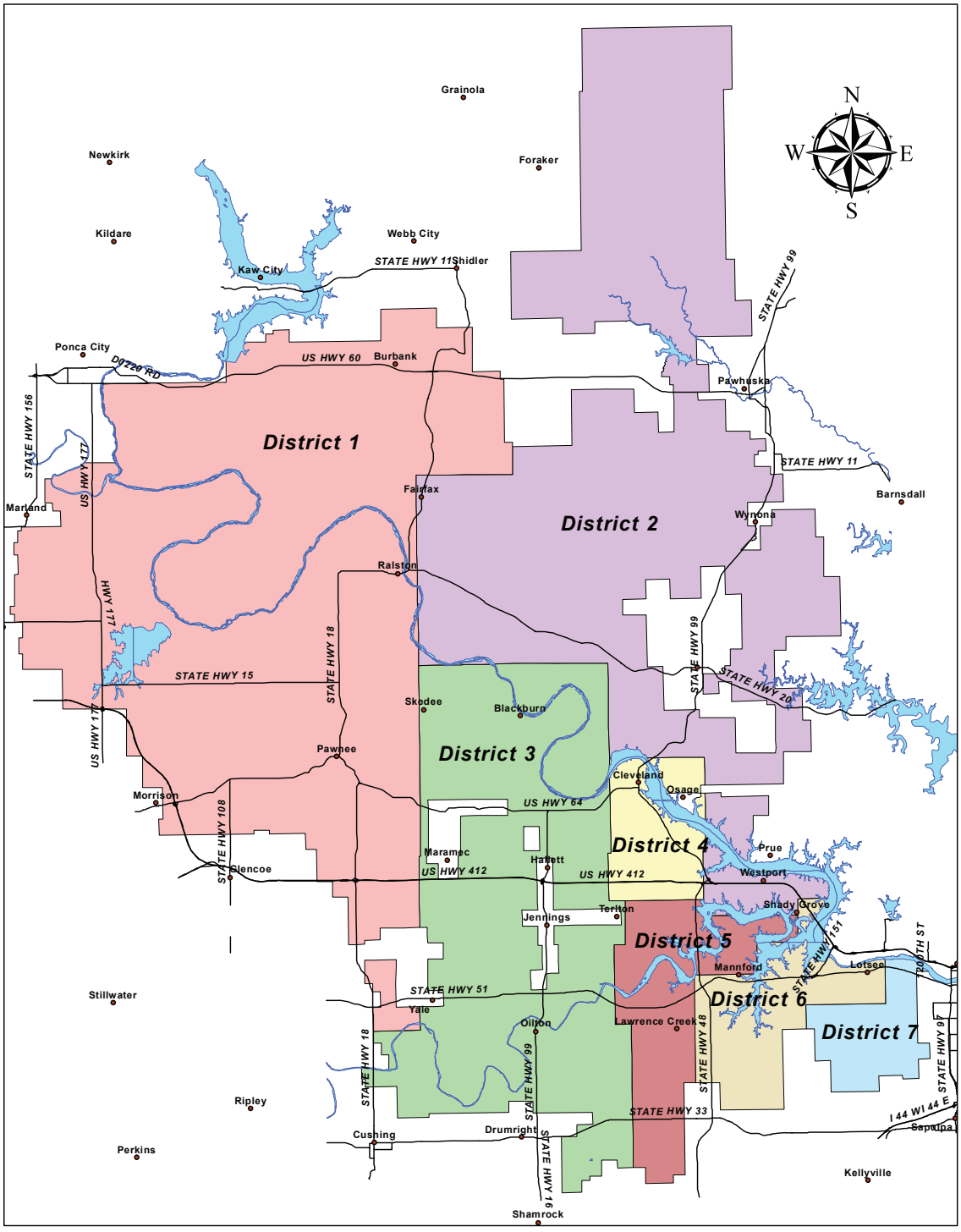
IEC Board Post Redistricting Completed



- District 1 - Keeler (1820)
- District 2 - Hadlock (1858)
- District 3 - Peckenpaugh (1805)
- District 4 - Fielding (1853)
- District 5 - Burk (1823)
- District 6 - Spradling (1869)
- District 7 - Boone (1876)

Occasionally, as people come and go, the number of members residing in the various Indian Electric Cooperative districts becomes skewed. When this happens, redistricting becomes necessary in order that each member of the IEC Board of Directors represents approximately the same number of members. The adjusted districts are shown above, with the color zones identified by board members at left. If you are unsure of the district in which you reside, check your most recent IEC billing statement.

ENERGY EFFICIENCY
TIP
OF THE MONTH

Look for LED products and fixtures for outdoor use, such as pathway, step and porch lights. Many include features like automatic daylight shut-off and motion sensors. You can also find solar-powered lighting for outdoor spaces.
Source: energy.gov

THE CO-OP WAY: BILL STABILIZER WORKING FOR YOU. Pg. 2.

The Co-op Way: Bill Stabilizer At '0'

There's good news for our members. The IEC Board of Directors has voted to lower the margin stabilizer on your electric bill to "0" ... saving you money.

As you recall from us telling you last fall, IEC electric rates went up in January 2018. The change applied to all member rate classes within the IEC system. The rate adjustment came in two places on the monthly billing calculations. The first was a flat rate increase on the "facilities charge" portion of the bill. The other part of the rate adjustment is a fluctuating change known as a "margin stabilizer" and is driven by IEC's total quarterly sale of energy.

"Due to projected low sales for the year the margin stabilizer started at $.002805 per kWh. Now with the cold winter and warm spring our sales are up and we are able to lower the margin stabilizer to "$0" explained David Wilson, IEC Manager of Office Services, "This rate design is a way of looking out for our members and controlling our yearly costs. It's the co-op way!"

The margin stabilizer takes into account the overall electrical energy sold the prior months — which will, obviously, be driven by the highs and lows of daily outdoor temperatures and how the indoor thermostat responds to the often unpredictable winter, spring, summer and fall weather.

The margin stabilizer is a monthly control to keep IEC on track to hit its annual income target, based on overall expenses. For example, if a three-month period averages out to be mild months, it is likely IEC will not hit its income target, therefore the margin stabilizer would add a small percent to its bills over the next quarter, fairly calculated and distributed across all rate classes to make-up the shortfall. However, in the same manner, should a quarter of the year be an especially cold or hot period that prompts a high usage of kWh that sends IEC beyond its target, then by the same formula, a small percentage will be taken off all bills the following quarter.

This is another tool to help IEC control it's income and keep cost down to our members.

'Latest And Greatest' In Smart Home Technologies

Today's smart home has blossomed to near Jetson-esque capabilities. The applications for home automation are racing ahead, fueled by the near ubiquitous availability of wireless technology and the growth of the Internet of Things.

The actual smart home gadgets and technologies continue to evolve, but the mobile app seems to be taking the lead. Let's catch up with the advances in some key areas.

1. Smart thermostats deserve top billing as they were truly the first smart device to become mainstream. Product choices abound with smart options for baseboard electric being developed, while the focus remains solidly on convenience, energy savings and peace of mind.

Geofencing is one of the best enhancements in this category. Link your smart thermostat to your smart phone, set a radius around your domicile, and whenever you cross that boundary your thermostat goes into away or return mode, depending on which way you are heading.

2. Smart security is surging. Smart door locks were the first entrants in this category. More recently, video doorbells have entered the fray where you can see who is at the door from anywhere in the world. Very slick.

Wireless cameras have dropped in price, allowing you to canvas your home and property to keep an eye on things anywhere. Get an alert? Open the app and find out what's going on at home.

3. Smart smoke and CO sensors are key in the safety sector, with the capability of sending alerts to your phone, allowing remote status checks and silencing alarms from the app—all without sacrificing that awful, ear-splitting alert we have come to love.

4. Smart appliances are slowly grinding forward. Refrigerators with cameras allow you to check for needed items while at the grocery store, and dryers sense when electric use is highest and turn off—talk about demand response! Even HVAC systems, including window air conditioners, are sporting mobile apps these days.

There is not a huge amount of automation for stoves and cooktops. Controlling this appliance remotely seems too dangerous unless the feature is to turn it off. In that case, chalk up another one for peace of mind by resolving that nagging vacation worry, "Did I turn the stove off?"

5. Smart lighting seems to have become a convergence of mood, efficiency, convenience and security. This is where a smart hub and its software might make sense. Setting up a coordinated lighting schedule is easier from a single interface. Create "scenes" for individual rooms or for the whole house. For security, grab a scene that gives your castle a lived-in look.

Perhaps the coolest new entrants are the voice-controlled assistants. These are receiving a lot of attention and, depending on the capabilities they are given, have the potential to command everything via voice, freeing you from the tedium of opening an app to control something.

The smart home circa 2018 is a lot closer to the cartoon vision of the Jetsons. With the ease of installation, programming and use enabled by wireless technology and smart phone apps, anyone not already engaged with smart home tech should at least consider dipping a toe in the water.

Article by Tom Tate, National Rural Electric Cooperative Association writer.

Pawnee's International Rodeo Includes Strong Local Events

Locally added events have always been a part of the Pawnee Bill Memorial Rodeo and the 33rd annual rodeo, August 9, 10 and 11 at Lakeside Arena in Pawnee is no exception.

In addition to the seven sanctioned International Professional Rodeo Association (IPRA) events, the Pawnee Bill rodeo includes wild cow milking, wild horse race and ranch bronc riding added money for each of these events is $1000.

"These events provide an opportunity for local cowboys and cowgirls to showcase their talents outside of the framework of the IPRA," stated rodeo chairperson Ronnie Jestes. "They always create a lot of contestant and fan interest."

In the wild cow milking, teams must rope the cow from horseback, then obtain a noticeable amount of milk before sprinting back to the judge's pick-up. This timed event pays three places at the end of the rodeo.

Wild horse race teams must saddle a Hampton Rodeo Company supplied bronc and ride it across a pre-established finish line before being bucked off.

Ranch bronc competition is a saddled event coming out of the gates in which the rider must stay mounted for eight seconds. Rodeo judges score this event.

Additionally, the rodeo will have a Ring of Fear competition

each night following the bull riding. Each contestant must stay inside of a five-foot plastic ring as a bull is turned out into the arena and enticed toward the competitors by the rodeo bullfighters. The last person standing wins each night.

Back by popular demand

might sound like a vaudeville promotional ploy, but in the case of the One Armed Bandit and the Pawnee Bill Memorial Rodeo the phrase could not have more meaning.

John Payne, the One Armed Bandit from Shilder, Okla., along with two generations of his family and a wagon load of highly educated animals including longhorn-watusi steers, mustangs, mules, buffalos and blackmouth cur dogs, makes a repeat performance at the 33rd annual Pawnee Bill Memorial Rodeo.

"Our fans made it clear that they wanted to see more of the Payne family and we're pleased to be able to make that possible," said Jestes. "The Paynes put on a great show, and for those who have never seen it, it's almost unbelievable."

A 12-time PRCA Specialty Act of the Year, Payne's rodeo career began in 1987 with the 101 Ranch Wild West Rodeo in Ponca City. In addition to being a professional rodeo entertainer, his resume includes being a rancher, saloon keep, gambler and wild cattle catcher.

That career almost never got off the ground. At the age of 20 an electrical contact accident while helping his father tear down a house nearly cost his life. 7200 volts coursed through his body and he fell 25 feet to the ground.

If not for the fast action of a friend applying CPR, and a quick trip to the hospital in Ponca City and then to the burn center in Tulsa, Payne's story could be quite different. As it was, despite several severe injuries and a long rehabilitation, he required only the amputation of his right arm below the shoulder. A few years later the One Armed Bandit was born.

Over the years Payne's son Lynn and daughter Amanda have joined and grown the act, and he is looking forward to having his grandchildren do the same. "At that time I might slow down a bit to spend more time with my wife Judy," he stated.

The One Armed Bandit appears at all three go-rounds of the rodeo. Tickets are available by calling 405-880-7218, at the Pawnee Chamber of Commerce

Traditions

Are you part of a long-standing tradition in your community? Let us know! Maybe we can feature your story in a future editon of the LAMP. Call Rusty Ferguson at 918-358-2553.

PACK A HEALTHIER LUNCHBOX THIS SCHOOL YEAR

(Family Features) When school is in session, it's the perfect time to renew your family's healthy eating habits by getting in a groove of lunchbox packing.

While packing a healthy school lunch day after day can seem daunting, it doesn't have to be. By taking the free Power Your Lunchbox Promise, you can gain access to customizable, make-ahead lunchbox inspiration like Black Bean Empanadas and Rainbow Bento Boxes, which creatively include servings of fruits and veggies to keep kids' brains charged all day.

Making the promise not only signals a commitment to making healthier meal choices this year, it also helps those in need. For every promise made, health-focused partner brands will collectively donate $1 to Feeding America programs that support families and children. In addition to kid- and registered dietitian-approved breakfast, lunch, snack and dinner recipes, the promise website features coupons, health tips to help your family during the school year, lunchbox ideas and giveaways.

Additionally, teachers have a special section of the site where they can make the promise as a classroom and download free fruit and veggie themed classroom decor and lesson plans.

To find your lunchbox inspiration and make the promise, visit poweryourlunchbox.com.

Rainbow Bento Box

Recipe courtesy of Produce for Kids
Prep time: 15 minutes
Servings: 2

2 red mini sweet peppers, sliced
1 mandarin, peeled and segmented
1 kiwi, sliced
1/2 cup sugar snap peas
1/4 cup blueberries
1/2 cup red seedless grapes
1 large spinach wrap
1 tablespoon hummus
2 slices provolone cheese
2 ounces low-sodium deli-sliced turkey
1/2 cup baby spinach, chopped

Assemble two lunchboxes each with half of the peppers, mandarin, kiwi, snap peas, blueberries and grapes.

Lay wrap on flat surface. Spread with hummus and top with cheese, turkey and spinach. Roll up tightly and slice into 1-inch thick rounds. Add half to each lunchbox.

Black Bean Empanadas

Recipe courtesy of Produce for Kids
Prep time: 10 minutes
Cook time: 25 minutes
Servings 6

1/2 teaspoon olive oil
3 mini sweet peppers, finely chopped
1/4 cup finely chopped sweet onions
1/2 cup chopped tomatoes
1 cup no-salt-added black beans, drained and rinsed
1 tablespoon low-sodium taco seasoning
12 frozen empanada discs, thawed
3/4 cup shredded low-fat cheddar cheese
1 large egg white, beaten
6 guacamole minis
6 packages crispy fruit

In skillet over medium heat, heat oil. Add peppers, onions and tomatoes. Cook 3-4 minutes, or until tender. Add black beans and taco seasoning. Cook 2 minutes. Set aside to cool.

Heat oven to 375 F.

Lay empanada dough out on parchment-lined baking sheet. Fill with black bean filling and 1 tablespoon cheese. Fold dough over filling to create pocket. Use fork to press down sides to seal. Brush with egg whites. Repeat with remaining dough, filling, cheese and egg whites.

Bake 20-25 minutes, or until golden brown. Remove from oven and let cool.

Serve two empanadas with guacamole, for dipping, and crispy fruit on side.

#14402 Source: Produce for Kids

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