THE LAMP
Supplement to Oklahoma Living

VOLUME 52
NUMBER 1
JANUARY 2013

A PUBLICATION
OF
INDIAN ELECTRIC
COOPERATIVE

It's time to enter to win a free Youth Tour to Washington, D.C.

Youth Leadership Camp in Colorado

Energy Camp in Red Rock Canyon

Attention all high school juniors and eighth graders in the Indian Electric service territory. IEC will once again send two lucky winners to Washington, D.C. and six additional winners to other camps this summer, all-expenses paid.

Youth Tour and Energy Camp are IEC's annual programs designed to promote leadership, knowledge of electric cooperatives and government. Entry for the contests will close at noon Thursday, February 7, 2013. Entry must be delivered to the IEC office in Cleveland.

YOUTH TOUR to Washington, D.C.

High School juniors attending school in the Indian Electric service territory are invited to research the topic "Electric Cooperatives," then write and present a 500-1000 word essay, or, create a 3-5 minute DVD video promoting the topic.

The creative entry must include an explanation of an electric cooperative's structure and business. A panel of judges will select four finalists to present their entries at the Youth Tour banquet in March. Two presenters will win the trips to Washington, D.C. The Youth Tour Washington, D.C. travel dates are June 14-20, 2013. The two runners-up will win the **Colorado Cooperative Youth Leadership Camp** trips in Glen Eden, Colorado on July 13-20, 2013.

ENERGY CAMP

Eighth grade students attending school in the Indian Electric service territory are invited to choose a writing partner from their class and compose a 100-300 word essay on the topic: "Electric Cooperatives." The creative entry must include an explanation of an electric cooperative's structure and business. Two writing teams will be selected to attend Energy Camp May 28 – 31, 2013 at Canyon Camp in central Oklahoma.

The program's rules and entry form, along with resource information, are available online at www.iecok.com. Click on Community Service tab and then follow the tab to Youth Tour or Energy Camp. Area school English teachers, principals or superintendants will also be offered this information. Clara Eulert, IEC YT program coordinator is available 7:30 a.m. – 4:00 p.m. Monday – Friday at clarae@iecok.com or (918) 295-9558.

New Year brings new commitments ... Page 3 • Look who 'revved it up' for the holidays ... Page 2

FOR THE RUN OF IT

ON THE RUN. *They may look "rough and tough," but bikers participating in area Toy Runs are kids at heart as they load up and deliver new toys that are distributed to area children in need.* Kimberly Allen Photos

In the weeks leading up to Christmas, communities in the IEC service area are surprised with the "vroom vroom" of motorcycles by the dozen.

Events such as the Cimarron Valley Toy Run, Run to the Nation and ESCAPE Ministries Toy Run are assisted by other groups such as BACA (Bikers Against Child Abuse) and CMA (Christian Motorcyclist Association) in their endeavor to collect new toys for children in need. The toys are strapped to the back of the bikes (many others delivered by vehicles) and taken to Departments of Human Service and various ministries so they can be distributed to excited young recipients who would otherwise not have a very merry Christmas.

Two W's Suggested To Help Insulate The Cost Of Winter Weather

Winter is here and everyone would like to save a little money on energy costs these days, so how can you save money without spending too much? While it's best to think about the long-term, here's winter weather's "two W's" that are relatively inexpensive things people are doing to their homes that help cut energy costs as well as provide for a cozier home.

Windows

Windows are perhaps the most important part of a home's energy efficiency. Many older homes have subpar windows that promote heat loss and may even produce drafts on windy days. Unfortunately, windows can also be quite expensive to replace. The best solution to this problem is to pay attention to your window coverings. A simple cloth drape can help insulate large, drafty windows. Keep it open during the day to allow sunlight in and close it at night to help keep heat in. You can also purchase thin plastic sheeting made specifically for windows to help reduce heat loss. This is especially important on old, larger windows. The plastic comes in sheets that you cut to size and adhere using two-sided tape, then blow-dry to make it smooth and even. It's often difficult to tell that there's anything on the window. Be careful to clean and inspect the paint where the tape will adhere. Dirty or chipped paint can cause problems down the road.

Weatherstripping

Another important factor in weatherization is weatherstripping. Be sure to check your doors for drafts and make sure they are properly aligned and closing properly. Remove any damaged weatherstripping and make sure all doors seal tightly. Don't forget about interior doors that lead to basements, attics or unused rooms.

It's A New Year...Did You Make Resolutions?

The new year has always been a time for looking back to the past, and more importantly, forward to the coming year. It's a time to reflect on the changes we want (or need) to make and resolve to follow through on those changes. Did your New Year resolutions make this top ten list?

1. Spend More Time with Family & Friends

Recent polls show that more than half of Americans vow to appreciate loved ones and spend more time with family and friends this year. Make plans to meet up with friends for an evening of comaraderie at a favorite restaurant or take the family to a popular place for family fun. Work shouldn't always come first!

2. Fit in Fitness

The evidence is in for fitness. Regular exercise has been associated with more health benefits than anything else known to man. Studies show that it reduces the risk of some cancers, increases longevity, helps achieve and maintain weight loss, enhances mood, lowers blood pressure, and even improves arthritis. In short, exercise keeps you healthy and makes you look and feel better.

3. Tame the Bulge

Over 66 percent of adult Americans are considered overweight or obese by recent studies, so it is not surprising to find that weight loss is one of the most popular New Year's resolutions. Setting reasonable goals and staying focused are the two most important factors in sticking with a weight loss program, and the key to success.

4. Quit Smoking

If you have resolved to make this the year that you stamp out your smoking habit, over-the-counter availability of nicotine replacement therapy now provides easier access to proven quit-smoking aids. Even if you've tried to quit before and failed, don't let it get you down. On average, smokers try about four times before they quit for good. Start enjoying the rest of your smoke-free life!

5. Enjoy Life More

Given the hectic, stressful lifestyles of millions of Americans, it is no wonder that "enjoying life more" has become a popular resolution. What are your interests? What are you passionate about? What makes you smile? Consider a worthwhile volunteer endeavor.

6. Quit Drinking

While many people use the New Year as an incentive to finally stop drinking, most are not equipped to make such a drastic lifestyle change all at once. Many heavy drinkers fail to quit cold turkey but do much better when they taper gradually, or even learn to moderate their drinking. If you have decided that you want to stop drinking, there is a world of help and support available.

7. Get Out of Debt

Was money a big source of stress in your life last year? Join the millions of Americans who have resolved to spend this year getting a handle on their finances. It's a promise that will repay itself many times over in the year ahead.

8. Learn Something New

Have you vowed to make this year the year to learn something new? Perhaps you are considering a career change, want to learn a new language, or just how to fix your computer? Whether you take a course or read a book, you'll find education to be one of the easiest, most motivating New Year's resolutions to keep.

9. Help Others

A popular, non-selfish New Year's resolution, volunteerism can take many forms. Whether you choose to spend time helping out at your local library, mentoring a child, or building a house, there are many non-profit volunteer organizations that could really use your help.

10. Get Organized

On just about every New Year resolution top ten list, organization can be a very reasonable goal. Whether you want your home organized enough that you can invite someone over on a whim, or your office organized enough that you can find the stapler when you need it, get committed to being organized!

(Information for this article gleened from an article at about.com.)

IT HAPPENS HERE!

10 9 8 7 6 5 4 3 2 1

Pawnee Greets New Year With Drop Of Glowing Ball

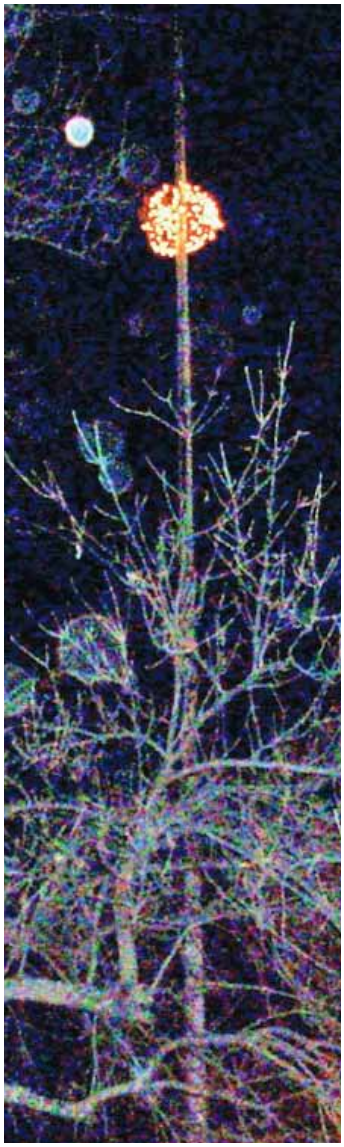
You don't have to travel to New York City to watch a lighted ball drop to bring in the new year! It happens every year on the courthouse square in Pawnee, Oklahoma!

"We like to say, 'It's just like New York City without the muggings!," quipped Pawnee Chamber manager Tom Briggs.

As in years past, celebrants were invited to gather at 10:30 p.m. Dec. 31 for the 2013 countdown. The festivities begin with the lighting of a bon fire on the square. The public will be treated to music, hot chocolate and black eyed peas. Buggy rides have also been provided in years gone by.

As the stroke of midnight approaches and the countdown begins, the lighted ball atop the big flag pole descends to the ground to signal the New Year, to the accompaniment of fireworks.

This year's celebration was sponsored by the Pawnee Community Chamber of Commerce, in partnership with the City of Pawnee and the Grand River Dam Authority.



THE LIGHTED BALL atop the flag pole on the Pawnee County Courthouse lawn begins its descent as revelers shout out the countdown..10...9...8...7...6...

WM. HOWELL PHOTO

Just a Pinch

Sharing Hometown Recipes, Cooking Tips and Coupons

By Janet Tharpe

Start the Day Right with Healthful, Tasty Bars

"This recipe is tasty, make ahead and healthy. Yum!"

Jewel Hall
Cullman, AL
pop. 44,923

Jewel Hall

Spice up your morning breakfast routine with this nourishing bar. A make-ahead meal that's easy to freeze then grab on-the-go, the nuts, oats and dried fruit, will keep you full until lunchtime. For a different twist, crumble the bars over yogurt or apple sauce!

See step-by-step photos of Jewel Hall's recipe and thousands more from other home cooks at:

www.justapinch.com/breakfastbars

You'll also find a meal planner and coupons for the recipe ingredients. Enjoy and remember, use "just a pinch"...

- Janet

Good For You Breakfast Bars

What You Need

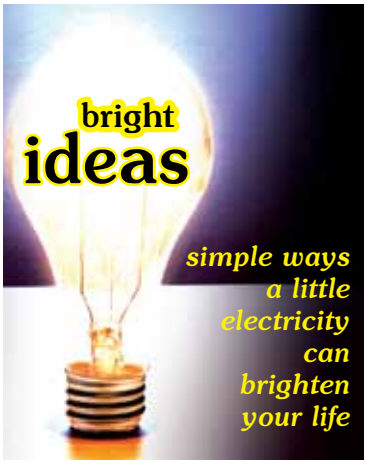
1/2 c dried apples, snipped
1/3 c honey
1/4 c raisins
1 tbsp brown sugar
1/3 c peanut butter
1/4 c apple butter
1/2 tsp ground cinnamon
1/2 c rolled oats
1/2 c chopped walnuts or pecans
1/3 c toasted wheat germ
1/4 c roasted sunflower seeds
2 c corn flakes and/or wheat flakes

Directions

- In a Dutch Oven combine dried apples, honey, raisins and brown sugar; heat and stir until mixture boils. Reduce heat slightly and cook uncovered for one minute, stirring constantly; remove from heat.
- Stir in peanut butter until melted. Stir in apple butter and cinnamon. Stir in rolled oats, walnuts/pecans, wheat germ and sunflower seeds until well combined. Add cereal, stirring to coat.
- Press mixture very firmly (or bars will crumble) and evenly into an ungreased 8x8x2 pan; chill to set.
- Cut into 8 bars. Store in an airtight container for up to 2 days in refrigerator.

Submitted by: Jewel Hall, Cullman, AL (pop. 44,923)

www.justapinch.com/breakfastbars



Feel the need to brighten things up around the house for the new year, but just not sure where to start? Look up! Maybe a bright new chandelier is the answer. Bargain shoppers can find all sorts of ceiling lights and chandeliers at garages sales and second hand stores.

Put your imagination to work and consider how a fresh coat of paint — from pastels to neons — could be just the conversation piece needed in your dining room, kitchen, entry way, etc. Of course, clean the fixture and make other necessary priming steps before painting to make sure the paint will permanently adhere where you want it. Check for frayed wiring and replace if necessary. Once ready, call a licensed electrician to wire it up and put it in place. It'll be a bright way to start the new year!

Cleveland Office
P.O. Box 49
Cleveland, OK 74020
(918) 295-9500
or
(800) 482-2750

Fairfax Office
P.O. Box 545
Fairfax, OK 74637
(918) 642-3314

Account Information
(918) 295-9597
Automated Outage Reporting
(918) 295-9598
On the Web @
WWW.IECOK.COM

Office Hours
7:30 a.m. - 4:00 p.m.
(Monday - Friday)

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.