



ENERGY EFFICIENCY TIPS OF THE MONTH

Avoid placing items like lamps and televisions near your thermostat. The thermostat senses heat from these appliances, which can cause your air conditioner to run longer than necessary.
Source: www.energy.gov

Tree Trimming Improves Service For Everyone

One of the things we love best about our community is the natural beauty that surrounds us. We are fortunate to have so many trees that offer beauty, shade and a habitat for all sorts of birds and other wildlife. We know that you appreciate our community for many of the same reasons.

At Indian Electric Co-op, we strive to balance maintaining beautiful surroundings and ensuring a reliable power supply by keeping power lines clear in rights of way (ROW).

While we recognize and appreciate the beauty of trees, there are three main benefits to tree trimming in ROW areas. However, before touching on the main reasons, let's explain what a "right of way" is and how it may impact you. A right of way is the land we use to construct, maintain, replace or repair underground and overhead power lines. Rights of way enable the co-op to provide clearance from trees and other obstructions that could hinder the power line installation, maintenance or operation. ROW areas are typically on public lands or located near a business or home.

Regardless, IEC must be able to maintain the power lines above and below the ROW. The overall goal of our vegetation management program is to provide reliable power to our members while maintaining the beauty of our community. Proactive vegetation management benefits co-op members in three tangible ways.

SAFETY

First and foremost, we care about our members and put their safety and that of our line workers above all else. Overgrown vegetation and trees pose a risk to power lines. For example, if trees are touching power lines in our members' yards, they can pose grave danger to families. If children can access those trees, they can potentially climb into a danger zone. Electricity can arc, or jump, from a power line to a nearby conductor like a tree. A proactive approach also diminishes the chances of fallen branches or trees during severe weather events that make it more complicated and dangerous for line workers to restore power.

RELIABILITY

Of course, one of the biggest benefits of a smart vegetation management program is reliability. Strategic tree trimming reduces the frequency of downed lines causing power outages. Generally speaking, healthy trees *CONTINUED ON PAGE 2*

Reminder: Co-op's New Business Hours

New operating hours have been approved by the IEC Board of Trustees. The new hours took affect April 19:

Monday through Thursday

7 a.m. to 4:30 p.m.

Friday

7 a.m. to 3:30 p.m.

It was announced in March that IEC's main lobby was re-opening after being closed for several months due to COVID-19 precautions.

Facial masks are required to visit the IEC lobby and guests are being asked to limit one person in the lobby at a time.

Trimming

Trees CONT. FROM PAGE 1

don't fall on power lines, and clear lines don't cause problems. Proactive trimming and pruning keeps lines clear to promote reliability.

We also use data and the technology to maximize the efficiency of our operation. This includes our vegetation management plan.

AFFORDABILITY

As you know, IEC is a not-for-profit cooperative, and that means we strive to keep our costs in check in order to keep our rates affordable. This extends to our approach to vegetation management. If trees grow too close to power lines, the potential for expensive repairs also increases. Effective tree trimming and other vegetation management efforts keep costs down for everyone.

Our community is a special place. We appreciate the beauty trees afford, but we also know our community depends on us to provide reliable energy. Through vegetation management, we are better able to keep the power lines clear, prepare for future weather events and secure the reliability of the grid.



These days many of us are spending more time at home and finding new, creative ways to enhance our living space. Tackling do-it-yourself (DIY) projects for the home can be fun and cost-effective, so why not roll up those sleeves and get started! Whether you're painting the front door with a fresh hue or finally upgrading those patio lights, successfully completing a DIY home project is incredibly satisfying. But many of these projects do not come without risks. Here are a few safety tips to keep in mind as you get to work.

Start by selecting a designated work area. The amount of space you'll need will depend on the size and scope of your project, but make sure you have adequate lighting and ventilation (if necessary). Required tools and equipment should be located in your workspace and organized for easy access.

Personal protective equipment (PPE) is your friend. We know you may feel like a pro but investing a few bucks in PPE is essential for most home projects. Stock up on safety goggles, dust masks, ear plugs (or noise reduction ear protectors), gloves and any other kind of protection you'll need for your project. Remember to wear appropriate clothing and shoes. (Ditch the sandals for this!)

Work slowly and clean as you go. When you rush through a DIY project, you'll likely end up with less desirable results than you intended, or worse, you could make a costly or dangerous mistake. Take your time and re-

member that you are in control of the project. You should also clean as you go to ensure a safer workspace. Pick up any scrap materials, tools that aren't in use and any tripping hazards.

Be cautious with power tools. Annually, 8% of electrocutions in the U.S. are attributed to improper use of power tools. The Electrical Safety Foundation International offers the following safety tips:

Use ground fault circuit interrupters (GFCIs) with every power tool to protect against electrical shock.

Never use power tools near live electrical wires or water pipes.

Use extreme caution when cutting or drilling into walls where electrical wires or water pipes could be accidentally touched or penetrated.

If a power tool trips a safety device while in use, take the tool to a manufacturer-authorized repair center for service.

Do not use power tools without the proper guards.

When using a wet-dry vacuum cleaner or a pressure washer, be sure to follow the manufacturer's instructions to avoid electrical shock.

Remember, you should only tackle DIY home projects within your skill and comfort level. For projects that require extensive electrical work, we strongly recommend you hire a licensed, qualified electrician for assistance.

Avoid Solar Energy Scams

If it sounds too good to be true, it probably is

Going solar is a major decision, so you'll want to conduct a good bit of research first.

Solar energy is booming, and its future is brighter than ever. Through the use of rooftop solar panels, many homeowners can now harness the sun's natural rays to produce their own electricity that's environmentally friendly and cost-effective.

But with the increasing popularity of solar, unfortunately, some businesses are taking advantage of consumers who are interested in generating their own energy through rooftop panels.

While many solar companies are genuine and truly want to help consumers with a successful solar installation there are the occasional bad apples.

You've likely heard a story or two about solar vendors that promised rooftop panels that would generate enough electricity to power the entire house. Then, after the homeowner has paid thousands of dollars for the installation, the solar panels aren't working and the vendor is nowhere to be found. Sadly, this story has been the reality for many consumers.

- Talk to an energy advisor at IEC first. We want you to feel confident about any decisions you make about your home energy use, especially decisions about generating energy at home.



TIPS FOR AVOIDING SOLAR SCAMS

As the popularity of rooftop solar panels increases, so do solar scams. Here are a few tips to consider before you install a solar photovoltaic system for your home.

- Talk to your electric co-op (IEC) first.
- Get at least three quotes from solar companies and thoroughly read their reviews.
- Avoid solar companies that use high-pressure tactics.
- Don't believe unrealistic promises.
- Only sign clear, easy-to-understand contracts.

- Collect at least three quotes from different solar companies to ensure you're getting a competitive deal. As with any major purchase, research is key, so thoroughly read customer reviews for each of the three solar vendors.

- If you speak to a solar vendor and they use high-pressure tactics, like an offer that's only good for 24 hours, head the opposite way. Any reputable solar company will recognize that

you need time to review a proposal and thoroughly weigh your decision.

- You know if it sounds too good to be true, it probably is. So, if a solar company is making promises that sound unachievable and outlandish, they probably are. Remember, if you have any questions, you can always count on your neighbors at IEC for advice.

- Finally, when it's time to review and sign a solar

contract, make sure the language is clear and easy to understand. Ensure any prior verbal (or emailed) promises are also included in the contract.

Going solar is a major decision, so you'll want to conduct a good bit of research first. If you're looking for a general starting point, check out the Department of Energy's Homeowner's Guide to Going Solar. Go to energy.gov and search for "homeowners solar."

Let kids get hands-on with healthy, easy treats

By Family Features

Snacks are a way of life for people of all ages, but especially children, who consume about 25% of their daily calories from snacks, according to research published in the "Journal of Nutrition Education and Behavior." Providing nutritionally balanced snacks for your children at home can make for a happy and healthy day.

Planning snacks that are as delicious as they are healthy is a winning solution, and snacks are a simple way to add more nutrition to your child's diet.

For example, low-fat and fat-free dairy foods are essential to children's growth and overall wellness. They provide calcium and vitamin D, two nutrients kids don't get enough

of, according to the 2015 Dietary Guidelines for Americans. The guidelines recommend 2-3 servings of low-fat and fat-free dairy foods every day, depending on the child's age.

Giving kids a role in the preparation can give them added incentive to enjoy healthy treats, and these recipes are all easy enough that kids can make them on their own (or with minimal assistance). Giving your kids the ability to play a role in the kitchen and create is a gift that can last a lifetime. The culinary skills they develop early in life can give them the confidence and know-how to cook nutritious meals for themselves as teens and adults.

Get more ideas to get kids cooking and snacking smart at milkmeansmore.org.

Source: United Dairy Industry of Michigan

Red, White and Blue Greek Yogurt Bark

Prep time: 5 minutes
Servings: 12



3 cups plain non-fat Greek yogurt
1/3 cup honey, plus additional for drizzling (optional)
1 teaspoon vanilla
1/2 cup strawberries, sliced into rounds
1/2 blueberries
1/2 cup raspberries, halved

In medium mixing bowl combine Greek yogurt, 1/3 cup honey and vanilla.

On parchment paper-lined baking sheet, spread Greek yogurt mixture to 1/4-inch thickness. Press strawberries, blueberries and raspberries into yogurt. Freeze at least 3 hours. Break into pieces upon removing from freezer.

Peanut Butter Yogurt Dip

Prep time: 5 minutes
Servings: 4

3/4 cup vanilla Greek yogurt
1/4 cup peanut butter
1 dash cinnamon



apples, graham crackers or other dipper of choice

In bowl, mix Greek yogurt, peanut butter and cinnamon until smooth.



Frozen Banana Pops

Prep time: 2 hours
Servings: 8

4 large bananas, peeled
8 wooden ice pop sticks
2 cups vanilla non-fat Greek yogurt
1/2 cup creamy natural peanut butter

Cut each banana in half and carefully insert wooden ice pop stick in bottom of each, about one-third into banana. Place ba-

nanas on large baking sheet lined with parchment paper. Freeze bananas until partially frozen, about 30 minutes.

Carefully dip each banana in tall pint glass of vanilla yogurt to coat, leaving 1/2-inch at bottom of banana uncoated. Return yogurt-coated bananas to parchment paper-lined baking sheet and freeze until completely firm, about 1 hour.

Microwave peanut butter until smooth and creamy, about 30-45 seconds. Drizzle peanut butter evenly over bananas then place on baking sheet to freeze until peanut butter is firm, about 30 minutes.

Serve immediately or wrap each banana in plastic wrap and store in freezer up to 3 months.

Good Morning Yogurt Parfait

Prep time: 5 minutes
Servings: 1

1/2 cup sliced or diced fruit, any variety
6 oz low-fat or fat-free vanilla yogurt
1/4 cup granola or other cereal

In small bowl or cup, layer fruit and yogurt, starting with fruit on bottom. Top with cereal or granola, if desired.



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

(888) 472-1535

AUTOMATED OUTAGE REPORTING

(918) 295-9598

On the Web @

WWW.IECOK.COM



Office Hours

7:00 a.m. - 4:30 p.m. Mon - Thurs

7:00 a.m. - 3:30 p.m. Friday

President

Robert Burk District 5

Vice-President

Jim Hadlock District 2

Secretary

Mike Spradling District 6

Assistant Secretary

Berry Keeler District 1

Rick Van Deventer District 3

Greg Fielding District 4

Gary McBride District 7

Todd Schroeder - General Manager

The Lamp is published monthly by Indian Electric Cooperative, Inc., P.O. Box 49, Highway 64 Southeast, Cleveland, Oklahoma 74020 for the interest of its membership. Members may send address changes to: "The Lamp," P.O. Box 49, Cleveland, OK 74020

VOLUME 58
NUMBER 5