

March 2011

Northeast Connection

Simple steps to save you money
on your energy bill



Could your home benefit from
an energy efficiency makeover?

The truth is, most homes can benefit from at least a few simple measures. If you are interested in reducing energy consumption and lowering utility bills, see inside this issue of *Northeast Connection* and discover several ways energy efficiency can be implemented in your home.

COVER:

Energy efficiency in the home is the point of focus this month in the *Northeast Connection*. Pages 4 through 9 contain a wealth of valuable information for members who are interested in reducing the amount of energy they use on a daily basis to heat, cool and light their homes, thus saving money on their electric bills.

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Events are published as space allows and must be submitted at least 60 days in advance. Include a telephone number for publication. Send information to Northeast Connection Events Calendar, P.O. Box 948, Vinita, OK 74301. Email: clint.branham@neelectric.com, or fax: 918-256-9380. Please call ahead to confirm dates and times.

MARCH 1 • Grove
2011 Season Opening Day
Har-Ber Village
918-786-6446

MARCH 5 • Vinita
Taste the Magic of Mardi Gras
Summerside Winery
918-256-3000

MARCH 5 • Miami
Theatre of Illusion
Historic Coleman Theatre
918-540-2425

MARCH 5 • Vinita
Spring Livestock Show
Craig County Fairgrounds
918-256-7133

MARCH 5 • Grand Lake
Welcome Back Weekend
Cherokee Yacht Club
918-782-3214

MARCH 5 • Miami
Annual Peoria Tribe Stomp Dance
Ottawa/Peoria Cultural Center
918-540-2535

MARCH 12 • Vinita
St. Patrick's Day celebration
Summerside Winery
918-256-3000

MARCH 11-13 • Grove
14th Annual Grand Lake Boat & Sport Show
Grove Civic Center
918-786-2289

MARCH 14-18 • Bernice
Spring Break-Out
Bernice State Park Nature Center
918-257-8330

MARCH 18-20 • Wyandotte
O'Reilly's 4x4 Rock Stomp
The Bunker/D-Day Adventure Park
918-666-3411

MARCH 26 • Monkey Island
Mash Bash for Cash
Big Shots
918-257-5569

MARCH 26 • Miami
Award-winning Irish duo "Switchback" performs
Historic Coleman Theatre
918-540-2425

MARCH 26 • Dewey
59th Annual Wild Onion Dinner
Dewey Fairgrounds Building
918-333-1860


APRIL 1-2 • Jay
Delaware County Intertribal Youth Council Pow Wow
Jay Bulldog Arena
918-253-8698

New area code overlay to change dialing procedure

To ensure a continuing supply of telephone numbers within the 918 area code, the 539 area code is being added in eastern Oklahoma. Since two area codes will serve the same region, the area code must be used when dialing any telephone number, including calls within the same area code.

All local calls must begin using the area code March 5. New phone services may be assigned the new 539 area code as early as April 1.

Currently assigned telephone numbers and area codes will not change, nor will the price of a call, coverage area or other rates and services due to the overlay. The dialing procedure for a toll call will not change. It remains 1 + area code + telephone number.

For more information, visit the Oklahoma Corporation Commission online at www.occeweb.com. 





A pair of unprecedented winter storms paralyzed northeast Oklahoma in early February 2011.

System improvements keep damage from storms minimal

Powerful winter storms ushered in the month of February, slamming the Midwest with record snowfall and plunging the region into an icy grip of sub-zero cold. The first wave struck February 1.

Progress was brought to a screeching halt as schools and businesses closed their doors and travel advisories kept people close to home. Interstates and major highways quickly became impassable, forcing closure by Oklahoma transportation officials. Air travel was grounded with both of Oklahoma's international airports shutting down and cancelling flights.

Statewide emergency was declared by Governor Mary Fallin, who later issued a request for disaster declaration that included all 77 Oklahoma counties.

Northeast Oklahoma measured snowfall from 1-2 feet. Temperatures dipped several degrees below zero in some areas.

Northeast Oklahoma Electric Cooperative went on high alert in the days leading up to the storm, preparing for the worst. A disaster recover plan went into full effect and plans were made to deal with widespread outages. Crews, equipment and materials were mobilized for immediate response.


Updates were sent to area media outlets and information was posted online on the cooperative website, advising residents of the potential for outages associated with the winter storm. Safety reminders were provided that urged caution around downed power lines, advised against braving bitter cold temps and reinforced the importance of seeking alternative shelter if service was interrupted.

"Members need to understand that hazardous travel conditions will greatly delay response times," warned Lindsey Leforce, Supervisor of Member Services for the cooperative. "And, bitter cold temperatures coupled with prolonged exposure can create a life threatening situation very quickly."

While damaging ice never materialized, lightning caused scattered outages at the onset of the storm. The cooperative found itself breathing a collective sigh of relief that no outages were attributed to wintry precipitation.

Oklahomans weren't finished digging out from the February 1 blizzard when a second blast of wintry precipitation pelted them one week later bringing with it a frigid blast of record cold air. Towns located just west of our service boundary—Bartlesville and Nowata—measured temperatures of 31 degrees below zero. An additional 1-2 feet of snow fell across the region February 8-9, extending school closings for a second week.

Cooperative leaders agree that the organization has and will continue to benefit from an emphasis in recent years on improved system reliability. In 2010 alone, the cooperative changed out 926 poles and upgraded over 26 miles of conductor during the final phase of its initial construction work plan. Counting new services and new construction built during the year, the cooperative put nearly 2,200 new poles to work in 2010.

An aggressive stance on system maintenance and adherence to rigid standards for new construction will no doubt help the cooperative escape damage from weather-related events such as the February storms. 

Northeast Connection

Northeast Connection is published monthly as an effective means of communicating news, information and innovative thinking that enhances the profitability and quality of life for members of Northeast Oklahoma Electric Cooperative.

Please direct all editorial inquiries to Communications Specialist Clint Branham at 800-256-6405 ext. 9340 or email clint.branham@neelectric.com.

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A representative is available 24 hours at:
1-800-256-6405

If you experience an outage, please check your switch or circuit breaker in the house and on the meter pole to be sure the trouble is not on your side of the service. If you contact us to report service issues or discuss your account, please use the name as it appears on your bill, and have both your pole number and account number ready.

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Heating water the smart way

With their under-insulated steel tanks and short life expectancy, conventional water heaters are quickly becoming a thing of the past.

What alternatives exist for homeowners who are demanding energy-efficient appliances in ever-increasing numbers? It's an important question to ask and answer since heating water accounts for about 20 percent of a household utility bill.

Let's take a look at some popular choices for the energy-wise homeowner.

Marathon water heaters

What sets Marathon tank water heaters apart from the competition is the 2.5-inch layer of Envirofoam insulation that encapsulates the tank, creating a Thermos-type effect for up to 95 percent efficiency. Where standard-tank heaters go wrong by letting precious heat escape, Marathon units are designed to minimize standby heat loss—evidenced by the fact that they lose only about five degrees of water temperature in 24 hours.

Marathon also boasts the strongest tank in the residential water heater industry, accompanied by a lifetime guarantee. A seamless, blow-molded polybutene inner tank is wrapped in filament-wound fiber glass for unparalleled durability.

Another feature unique to Marathon is the lack of an anode rod. That means no rotten egg smell from sulfates found in many water systems.

Heat pump water heaters

Relatively new to the water-heating landscape is the heat pump water heater, which works like its air conditioning counterpart in that it simply absorbs heat from one space and moves it to another. In

this instance, the unit takes heat from the surrounding air and transfers it to the water heating tank.

A significant advantage of heat pump water heaters is that by “moving” heat rather than creating it, they consume less energy than a conventional water heater.

Proponents of heat pump water heaters say they use about half as much energy as standard electric water heaters. The average family of four uses about approximately 400 kWh per month for heating water, which costs an estimated \$40 per month. With a heat pump water heater that same family would use only about 200 kWh a month for heating water, resulting in a \$20 savings each month.

Like any refrigerant-based technology, heat pump water heaters have the highest efficiency when the temperature lift (the difference between the source temperature and the supply temperature) is small.

According to the Department of Energy, heat pump water heaters perform best in locations that remain in the 40 to 90-degree range year-round. In addition, any environment should provide at least 1,000 cubic feet of unconditioned air space around the water heater.

Heat pump water heaters are manufactured both as stand-alone units or as an add-ons to existing water heaters or boilers.

Tankless water heaters

Tankless water heaters are a hot topic these days. These briefcase-sized units heat only when the hot water tap is open. Water is heated rapidly as it flows through a heat exchange coil.

Proper sizing is critical with tankless equipment. Tankless water heaters are sized by flow rate as measured in gallons per minute (GPM). Typically, a bathtub needs

4 GPM, showers 2.5 GPM, washing machines 3 GPM, dishwasher 3 GPM and each sink 2 GPM. Flow rates from older faucets and showerheads may be much higher. The size of unit needed is determined from your highest



Aside from their unique “space-age” tank design, Marathon water heaters (see example pictured, inset) possess some very energy-efficient features.

ENERGY SAVINGS *at* HOME



demand for hot water at any one time. Because tankless water heaters must heat water instantly, they have limited capacity and have difficulty supplying multiple hot water needs simultaneously. Adoption of this new technology has been slow because busy American households often require several hot water appliances to operate at the same time. If your demand is too great, a second tankless unit may be required or an energy efficient storage tank water heater may be a better solution.

Water quality can also be an issue with tankless heaters. Because of the high temperatures needed to heat the water in the short trip through the heat exchange unit, minerals can deposit on the coils of the unit, shortening its life.

Warranties may be voided if water is too hard. Some units provide de-liming instructions when a warning light illuminates. Moderately high dissolved solids (above 500 PPM) or moderately low pH are also problems, so you may need to have your water analyzed. Read the warranty and make sure you know what is covered.

Another consideration is the load these units place on your current electrical system. Family-sized tankless units require 240 volts and up to 150 amps capacity to operate. This level of demand may exceed what is available in the typical residential service, so upgrades to existing wiring and transformers could be required as well.

Tank-type water heaters are more forgiving. The stored water acts as a buffer. This is how commercial applications, like hotels, can service large groups of guests who are taking showers at the same time. Higher levels of usage may occur in your home during family visits and holidays.

Solar water heaters

Solar water heating systems can be a cost-effective way to generate hot water for your home. They can be used in any climate, and the fuel they use—sunshine—is free. However, solar water heating systems almost always require a backup system for cloudy days and times of increased demand.

Solar water heating systems include storage tanks and solar collectors. There are two types of solar water heating systems: active, which have circulating pumps and controls, and passive, which don't.



Harnessing the power of the sun.

Passive solar water heating

systems are typically less expensive than active systems, but they're usually not as efficient. However, passive systems can be more reliable and may last longer.

Most solar water heaters require an insulated storage tank. Tanks have an additional outlet and inlet connected to and from the collector. In two-tank systems, the solar water heater preheats water before it enters the conventional water heater. In one-tank systems, the back-up heater is combined with the solar storage in one tank.

Proper installation of solar water heaters depends on many factors. These factors include solar resource, climate, local building code requirements, and safety issues; therefore, it's best to have a qualified contractor install your system.

A 30% tax credit is available for solar energy systems placed in service by December 31, 2016. Visit www.energysavers.gov for complete details.



Wrap it up!

If you can't afford to make an immediate investment in a more advanced water heater, consider making your current water heater as energy efficient as possible by purchasing an insulating blanket. Installation of a water heater blanket is quick and easy, and the extra layer of insulation will prevent standby heat loss. Follow all manufacturer's recommendations and make sure your water heater's warranty isn't voided by using an insulating blanket.




Fiberglass batting is a common insulation material found in many older homes.

Does your home have enough insulation?

Does your home need more insulation? Unless it was constructed with special attention to energy efficiency, adding insulation will probably reduce your utility bills.

Much of the existing housing stock in the United States was not insulated to the levels used today. Older homes likely consume more energy than newer homes, leading to higher heating and cooling bills.

Adding more insulation where you already have some, such as in an attic, will save energy. You can save even greater amounts of energy if you install insulation into places in your home that have never been insulated. Examples might include an uninsulated floor over a garage or crawlspace, or a wall that separates a room from the attic.


A qualified home energy auditor will include an insulation check as a routine part of an energy audit. For information about home energy audits, call Northeast Oklahoma Electric Cooperative at 1-800-256-6405. An energy audit of your house will identify the amount of insulation you have and need, and will likely recommend other improvements as well. 

Make stopping air leaks a top priority in your home

Sealing air leaks in your home is important—not only because drafts are uncomfortable, but also because they can carry both moisture and energy in a direction you don't want. Air leaks can carry hot, humid outdoor air into your home in the summer and warm, moist air from a bathroom into the attic in the winter.

Most do-it-yourselfers are aware that air leaks into and out of their homes through small openings around doors and window frames and through fireplaces and chimneys. However, air also enters the living space from attics, basements and crawlspaces. Air travels through:

- Openings or cracks where two walls meet, where the wall meets the ceiling, or near interior door frames.
- Gaps around electrical outlets, switch boxes and recessed fixtures.
- Gaps behind recessed cabinets and furred or false ceilings such as kitchen or bathroom soffits.
- Gaps around attic access hatches and pull-down stairs.
- Behind bath tubs and shower stall units.
- Through floor cavities of finished attics adjacent to unconditioned attic spaces.
- Utility chaseways for ducts, etc.
- Plumbing and electrical wiring penetrations.

Leaks between the living space and other parts of the house are often much greater than the obvious leaks around windows and doors. Since many of these leakage paths are caused by the tendency for warm air to rise and cool air to fall, the attic is often the best place to stop them. It's important to stop these leaks before adding attic insulation because the insulation may hide them or make them less accessible. Usually, attic insulation itself will not stop these leaks and you won't save as much as you expect because of the air flowing through or around the insulation. 



Seal your home & save!



A look at geothermal heating and cooling

Borrow from the earth and cut costs

Proponents of geothermal heating and cooling systems have been knocking on the door of public acceptance for more than two decades. And now, thanks to improved equipment and changing attitudes, doors are beginning to open. Though the number of geothermal systems sold today is still a small percent of the domestic heating market, sales continue to gain steadily every year. Slowly but surely, homeowners are beginning to take notice.

What's so compelling about geothermal technology? Energy efficiency. In a technology defined by numbers, here's a fact that everyone will understand: With a geothermal system, a reasonably tight 2000-square-foot home can be heated and cooled for about \$1 a day. You'll pay more up front, of course, but in many cases the payback can come in as little as two or three years. And once the system is paid off, the annual return on investment can approach 20 percent. Add impressive durability, free water heating capabilities and less-intrusive trenching methods and the scales begin to tip in favor of ground-source heating and cooling.

Geothermal Basics

The heart of a typical geothermal system is a ground-source heat pump that cycles water through an underground piping loop. The water piped through this loop uses soil temperature to warm or cool the heat pump's refrigerant.

While this equipment may sound exotic, its operation is fairly easy to understand when compared to that of conventional air-to-air heat pumps. A conventional heat pump is really just a central air conditioner that can reverse the flow of its refrigerant. The compressor is located outside the home, and, in the heating mode, it's able to extract some of the heat present in cold, outdoor air and deliver it indoors to a condensing coil. Unlike conventional furnaces, heat pumps don't have to create heat, they just harvest existing heat—and therein lie the savings.

Below about 10 degrees Fahrenheit, however, too little heat is present in the air and a backup heat source is needed to make up the difference, or, in many cases, take

over entirely. Even within a heat pump's effective operating range, efficiency is directly tied to ambient temperature. The colder it gets, the less heat is available and the less efficient the system becomes.


In contrast, a ground-source heat pump, with its underground piping loop, is able to tap a warmer, more stable heat source. The soil below frost level—at 4 to 6 feet deep—stores the sun's energy at a more or less constant level. Subsoil temperatures range from the low 40s in the North to the low 70s in the South.

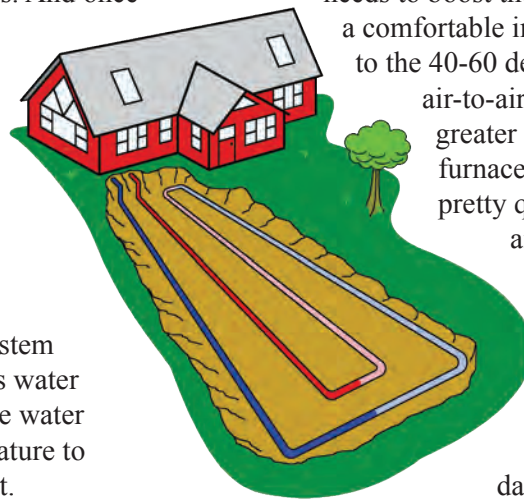
A soil temperature of 55 degrees F is common in much of the Midwest and Central Plains. This area of the country suffers some extreme temperatures, but also has a fair number of mild days, so it's a reasonable choice.

With a ground temperature of 55 degrees F, the system needs to boost the heat a mere 15-20 degrees to reach a comfortable indoor temperature. Compare this to the 40-60 degree maximum differential that an air-to-air heat pump may handle, and even greater differentials expected of standard furnaces, and the logic comes into focus pretty quickly. The only influence outside air temperature has on the equation is in the home's ability to retain heat. Houses lose heat faster on colder days, so all systems work harder in cold weather. But while a ground-source heat pump may need to run more often on these days, it doesn't run less efficiently.

The geothermal principle works about as well for air conditioning. Instead of an outdoor compressor laboring against the heat of the day having to use hot air as its heat-shedding medium, a ground-source heat pump operates indoors, using ground temperature as its starting point. The result is a 20 percent to 40 percent savings over conventional heat pumps and air conditioners.

A 30% tax credit is available for geothermal heat pumps placed in service by Dec. 31, 2016. Visit www.energysavers.gov for complete details.

On average, ground-source heat pumps deliver three to four times the energy they consume. 





Save energy in the laundry room

When shopping for a new washing machine, use the EnergyGuide labels to purchase the most efficient model. The Federal Trade Commission requires a yellow EnergyGuide label on most home appliances that estimates a yearly operating cost, along with estimated electricity or gas usage.

An EnergyGuide label also shows the highest and lowest cost estimates of similar appliance models. Energy use for a standard top-loading washer, for example, ranges from 267 kWh per year for the most efficient model to 1818 kWh for the least efficient.


Also look for an ENERGY STAR logo, either on the EnergyGuide label or the clothes washer. The logo signifies that an appliance meets strict energy-efficiency criteria established by the U.S. Department of Energy and the U.S. Environmental Protection Agency. Most full-sized ENERGY STAR-qualified washers consume 40 percent less energy than standard washers and use about half the water per load.



ENERGY STAR-qualified models extract much more water from the clothes—meaning that time in the dryer will be reduced and take less energy. Most laundry loads can be washed in cold or warm water, significantly reducing the amount of energy used to heat water.

Just as important, look for models with multiple settings for water-level and water-temperature controls. Since up to 90 percent of the energy needed to wash clothes is used to heat water, look for controls that allow settings for smaller loads and cooler water. Remember, however, that one large load uses less energy than two small loads.

Consider a high-efficiency machine; this type of washer uses less water and detergent, significantly reducing monthly operating costs. Some high-efficiency machines use only 15 gallons of water per cycle, compared to 30 to 40 gallons for conventional machines. High-efficiency machines are also gentler on washable items, as there is no central agitator.

Always use high-efficiency detergent, as high-efficiency washers are designed to use only this type of detergent. Using regular detergent in a high-efficiency machine will create too many suds, leading to decreased washing and rinsing performance. The lowered performance can lead to mechanical problems and foul odors. 

Choosing an efficient dryer


The most important way to save energy and money with a clothes dryer is to shorten the drying time. Since EnergyGuide labels are not required on dryers, one sure way to save energy is to buy an ENERGY STAR-labeled washer that spins out excess moisture.

To maximize drying efficiency, look for features such as automatic temperature control, moisture-sensor control, cool-down cycle, and no-heat cycle when purchasing a new dryer.

Moisture sensors automatically turn the dryer off as soon as clothes are dry, and typically cut energy use by 10-15 percent. Set the moisture sensor and automatic temperature control to keep drying time to a minimum. With a timer only, the dryer may run longer than necessary. Over-drying not only wastes energy, it also shortens fabric life, causes wrinkles, and generates static.

Look for a dryer with an alarm announcing the end of the drying cycle and a post-heat tumbling cycle to prevent wrinkling.

Energy-saving drying tips

- Clean the lint screen before each load. Lint restricts air movement, which can mean longer drying times per load.
- Twice a year, disconnect the exhaust hose and clear out the lint.
- Check the dryer exhaust vent periodically to make sure it operates properly and doesn't leak. The flapper on the outside should open and close freely; if it remains open, it allows heated air to escape from the house during the winter.
- Always vent dryers outside to prevent moisture damage to the home and to keep laundry contaminants out of the household air. 




Flip a switch to the right light

According to the U.S. Department of Energy, lighting accounts for 20 percent of electricity use in an average American home. Almost everyone can reduce energy use simply by replacing conventional incandescent bulbs with ENERGY STAR-qualified lighting, including compact fluorescents (CFLs). In fact, if every American home replaced just one incandescent bulb with a CFL, it would save enough energy to light more than 3 million homes for a year and reduce greenhouse gases equivalent to the emissions of more than 800,000 cars.



Switch to CFLs and save 75 percent on lighting.

While CFLs cost more than incandescent light bulbs, they can reduce the amount of energy use by about 75 percent over the five-year life of a typical CFL bulb. Most CFLs have a life rating of 8,000 hours, so if you use them properly, you'll change bulbs less frequently. CFLs also produce about 75 percent less heat, so they're safer to operate and can help cut the costs of home cooling.

Taking this important energy-saving step is easy; there's no need to replace the lighting fixtures in your home. CFL bulbs are now available in different sizes, shapes, and wattages to fit almost any fixture, indoors or outdoors. All you have to do is choose the right CFL for the application, remove the old bulb, and replace it with the new CFL. You'll save energy every time you turn on the light. 

Take control of your home's temperature

You can save around 10 percent a year on your heating and cooling bills by simply turning your thermostat back 10-15 degrees for eight hours. You can do this automatically—and without sacrificing comfort—by installing a programmable thermostat.


Using a programmable thermostat, you can adjust the times you turn on the heating or air-conditioning according to a pre-set schedule. As a result, you don't operate the equipment as much when you are asleep or when the house is not occupied.

Programmable thermostats can store and repeat multiple daily settings (six or more temperature settings a day) that you can manually override without affecting the rest of the daily or weekly program. When shopping for a programmable thermostat, be sure to look for the ENERGY STAR® label.

Seasonal savings

You can easily save energy in the winter by setting the thermostat to 68 degrees while you're awake and setting it lower while you're asleep or away from home. By turning your thermostat back 10-15 degrees for 8 hours, you can save about 5-15 percent a year on your heating bill—a savings of as much as one percent for each degree if the setback period is eight hours long. The

percentage of savings from setback is greater for buildings in milder climates than for those in more extreme climates.

In the summer, you can follow the same strategy with central air conditioning by keeping your house warmer than normal when you are away, and lowering the thermostat only when you are at home and need cooling. Although thermostats can be adjusted manually, programmable thermostats will avoid any discomfort by returning temperatures to normal as you wake or return home. 



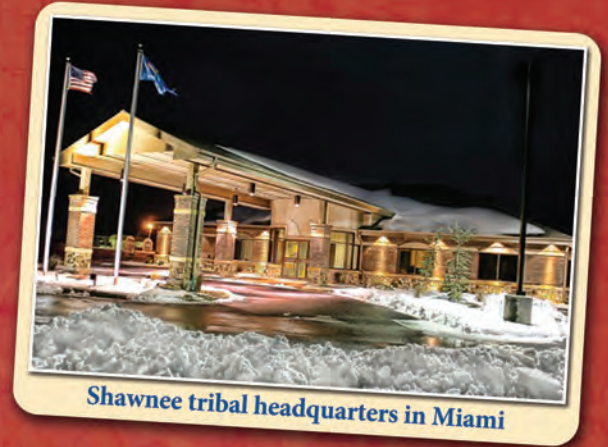
Watts for Dinner *with*

THE SHAWNEE TRIBE

The Shawnee Tribe has occupied Oklahoma Indian Territory since 1870, arriving by way of Kansas. Prior to its time in Kansas, the tribe called Ohio home and before that Pennsylvania. Advancement of settlements from the east precipitated the Shawnee's movement west and its ultimate destination in Oklahoma.

The tribe has 2,265 members on its roll which includes 356 in Ottawa County and 228 in Craig County. Tribal offices are located just north of the Will Rogers Turnpike gate in Miami. Tribes administrator is Jodi Hayes. She is assisted by Jana Mattison, Diana Baker, Agnes Sappington, Kim Jumper and Tena Booth. These employees help manage numerous programs and services for tribal members. Greg Pitcher is head of the Shawnee Development Authority. He works on projects that benefit the tribe and its members.

The Shawnee Tribe is governed by chairman Ron Sparkman, vice-chairman Barry Kerr, secretary Shirley Staubus, treasurer Georgie Honey and seven committee members which include Carolyn Smith, Roy Baldrige, Roberta Coombes, Tommie Buchfink, Ben Barnes, Tony Booth and Scott Secondine. These eleven elected officials reside from as far south as Tulsa and north to the Kansas state line.



Shawnee tribal headquarters in Miami

The Shawnee Tribe prides itself in taking care of its people, young and old. It assists with educational funds for students, along with aid to elders for purposes of home improvement and repair. One of the many successful tribal programs is the Child Development Program. This program provides funding for daycare throughout the area. Another program furnishes local students with school supplies and clothing at the beginning of each school year. The tribe also sponsors a children's pow-wow each year that has been a huge success and continues to grow each year. This project is supported by several other local tribes.

The Shawnee Tribe would like to invite you to visit. Tribal offices are located on South Highway 69A in Miami. You can phone 918-542-2441 or visit online at www.shawnee-tribe.com for more information.



Grape Dumplings

64 ounces Welch's 100% Grape Juice®
6 cups flour
2 cups sugar



In saucepan pour half of grape juice and stir in sugar. Place on low heat, stirring often until sugar melts and mixture comes to a boil. Pour flour on a flat surface and make a bowl in the middle for remaining juice. Fold juice into flour until consistency can be handled, then roll out on floured surface. Cut batter into pieces and drop in boiling juice, stirring often. Cook approximately 30 minutes.

Fry Bread

6-8 cups flour
4 teaspoon baking powder
1 teaspoon salt
2 cups milk
Wesson Oil® for frying



Pour sifted flour, salt and baking powder on flat surface and make a bowl in the middle. Fold milk into flour until you can handle it (biscuit consistency). Roll dough and cut into squares. Drop in hot oil, frying until golden brown.

Beef and Hominy

1 pound cubed chuck roast
½ cup oil
6 cans white hominy
4-6 cups water



Heat oil and drop in cubed roast, adding salt and pepper to taste. Stir often until meat is brown. Add hominy and water. Cook until meat is tender and done.



Famous Shawnee leader
Tecumseh (1768-1813)

Spring into safety

Make electrical safety a top priority when you venture outdoors this spring

Springtime is a great time for yard work and many other outdoor activities. No matter what's on your agenda, electrical safety should be an important part of your plans.

Northeast Oklahoma Electric Cooperative offers 10 tips to help you play it safe around electricity when you are outdoors this spring.

1. Always keep power cords and electrical equipment away from water or other wet areas.

2. Look up and look out for overhead power lines. Be sure you're aware of any nearby lines before you climb a ladder or extend the handle of a pool-cleaning tool.

3. Call 1-800-522-OKIE (6543) before you dig.

4. Keep materials, tools and all parts of your body at least 10 feet away from any overhead power lines at all times, including during the installation of antennas or satellite dishes.

5. Never fly kites or model airplanes near power lines or radio or TV antennas. If your kite does get tangled with overhead lines, don't try to get it


down yourself. Call the cooperative for assistance. Never use any metallic material in your kite.

6. Before every use, inspect power tools and electric lawn mowers for frayed power cords, broken plugs and weathered or damaged housings. Don't use damaged equipment until it has been repaired properly. Keep tools unplugged and stored in dry areas when they are not in use.

7. Before you trim tree limbs and shrubs, watch out for power lines that could be hidden by foliage. Contact the cooperative if there are concerns about tree limbs growing into or around overhead power lines on your property.

8. Keep vegetation and permanent structures away from the large, green ground-level boxes that house components of an underground electrical system. Workers may need to access the underground lines and equipment near these boxes during unplanned outages and routine maintenance.

9. Do not use electric-powered mowers on wet grass or around water. Always use an insulated extension cord designed for outdoor use with the correct power rating for that equipment.

10. Treat all electric lines with caution and respect. Even low-voltage electric lines and cords can be hazardous if damaged or improperly handled. 




Make outdoor chores safer by disposing of or repairing frayed extension cords.



GFCIs: The shocking truth

Installing outlets with ground fault circuit interrupters (GFCIs) could prevent nearly 70 percent of the approximately 500 electrocutions that occur each year in homes and workplaces. GFCI outlets are especially useful for cord-connected appliances and equipment used outdoors or near water.

GFCIs are electrical safety devices that trip electrical circuits when they detect ground faults or current leakage. A GFCI can be an electrical receptacle, circuit breaker, or portable device. Keep in mind that GFCIs are subject to wear and damage from power surges. It is recommended that monthly tests be performed to determine whether GFCIs are functioning properly. 



**NORTHEAST OKLAHOMA
ELECTRIC COOPERATIVE**
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BEFORE THE CORPORATION COMMISSION OF OKLAHOMA

CAUSE NO. PUD 201000177

APPLICATION OF DAVID B. DYKEMAN, DIRECTOR OF THE PUBLIC UTILITIES DIVISION, OKLAHOMA CORPORATION COMMISSION, FOR A PUBLIC HEARING TO REVIEW AND MONITOR APPLICATION OF THE FUEL AND PURCHASED GAS ADJUSTMENT CLAUSE OF **ARKANSAS VALLEY ELECTRIC COOPERATIVE, CANADIAN VALLEY ELECTRIC COOPERATIVE, NORTHEAST OKLAHOMA ELECTRIC COOPERATIVE, RICH MOUNTAIN ELECTRIC COOPERATIVE, AND SOUTHWEST ARKANSAS ELECTRIC COOPERATIVE** FOR THE CALENDAR YEAR 2009 AND, FOR A PRUDENCE REVIEW OF THE FUEL PROCUREMENT PROCESSES AND COSTS OF **ARKANSAS VALLEY ELECTRIC COOPERATIVE, CANADIAN VALLEY ELECTRIC COOPERATIVE, NORTHEAST OKLAHOMA ELECTRIC COOPERATIVE, RICH MOUNTAIN ELECTRIC COOPERATIVE, AND SOUTHWEST ARKANSAS ELECTRIC COOPERATIVE** FOR THE CALENDAR YEAR 2009.

NOTICE OF HEARING

NOTICE IS HEREBY GIVEN that the Applicant in this Cause is requesting a public hearing to review and monitor the application of the Fuel and Purchased Gas Adjustment Clauses of Arkansas Valley Electric Cooperative, Canadian Valley Electric Cooperative, Northeast Oklahoma Electric Cooperative, Rich Mountain Electric Cooperative, and Southwest Arkansas Electric Cooperative.

NOTICE IS FURTHER GIVEN that this Cause will be heard on the 7th day of April, 2011, at 1:30 p.m. in Courtroom B, First Floor, Jim Thorpe Office Building, 2101 North Lincoln Boulevard, Oklahoma City, Oklahoma 73105.

NOTICE IS FURTHER GIVEN that all interested persons may appear and be heard or may contact Bennett Abbott, Assistant General Counsel, Oklahoma Corporation Commission, P.O. Box 52000, Oklahoma City, Oklahoma 73152-2000, Telephone (405) 521-3570 for information concerning this Cause.

CORPORATION COMMISSION OF OKLAHOMA

DANA L. MURPHY, Chair
JEFF CLOUD, Vice Chairman
BOB ANTHONY, Commissioner