

The Current

A Publication of Cotton Electric Cooperative Inc.

A Touchstone Energy® Cooperative



“The Current - Informing Our Members Since 1957”

VOLUME 63

January 21, 2020

NUMBER 5



ORU supports local communities

By Danielle Quickle

While our top priority is to provide safe, reliable and affordable energy to our members, we know it takes more than poles and power lines to make a community.

Have you ever noticed the line item “ROUNDUP AMT” on your monthly bill? It has nothing to do with spraying; instead it refers to Operation Round Up (ORU) and provides a lot to your community through donations from Cotton Electric’s Charitable Foundation (CECF).

As a community-focused organization, we understand the desire to help your neighbors. From

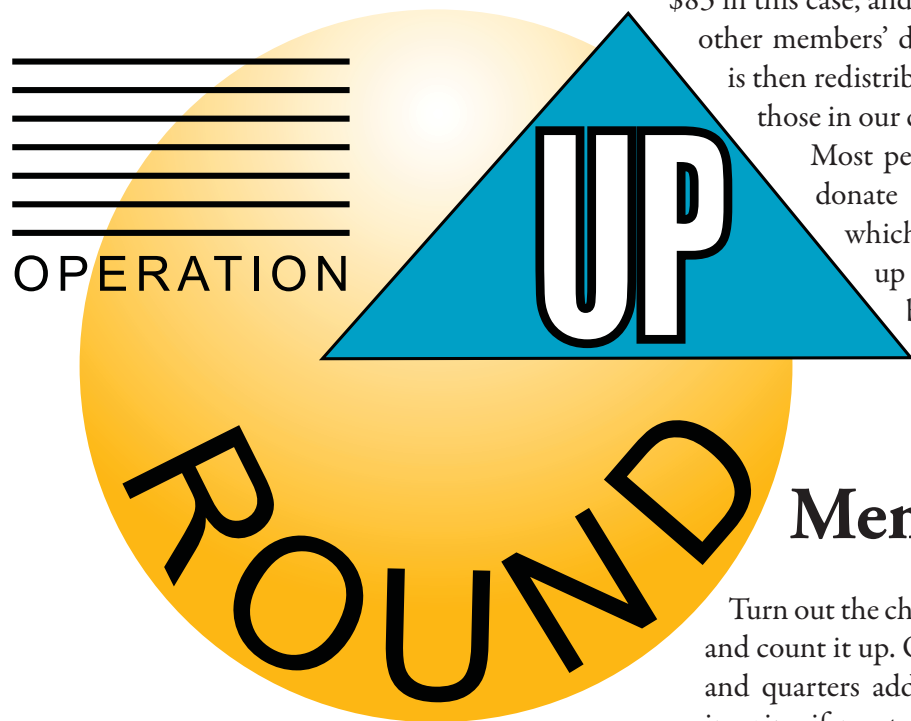
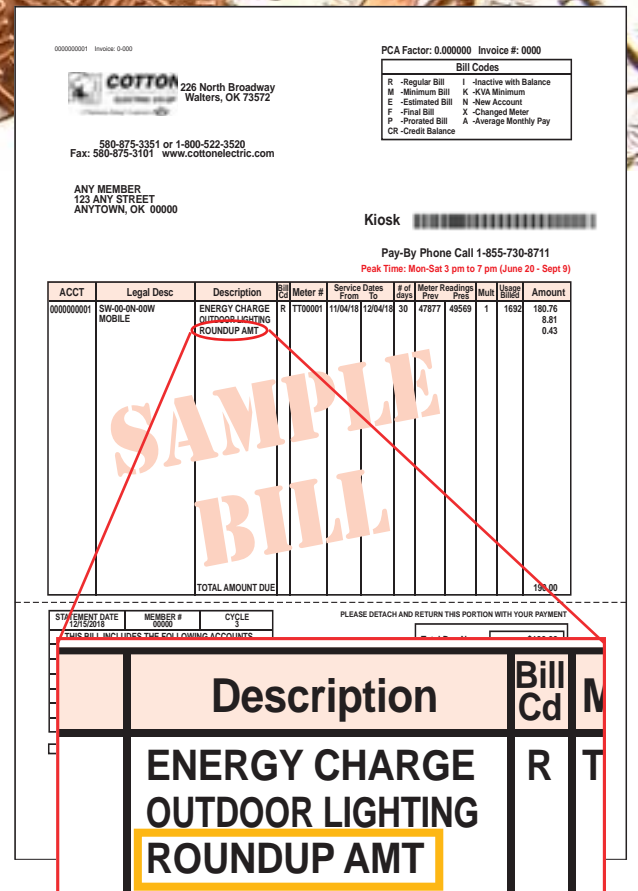
supporting individuals in your community who are going through medical hardships to a local teacher who needs supplies for the classroom to a local non-profit that could use some infrastructure repairs, ORU makes a huge impact. Every time you pay your electricity bill, you are making a difference for those around you.

How it works

ORU is completely voluntary. When you became a member of the co-op, you were automatically enrolled in ORU but may opt out at any time. If you choose to participate, and your bill is \$82.15, your payment will be rounded up to the nearest dollar, \$83 in this case, and the extra \$0.85 is pooled with other members’ donations. This pool of money is then redistributed to help meet the needs of those in our communities.

Most people who participate in ORU donate an average of \$6 annually, which isn’t much by itself but adds up when more than 12,000 members participate.

Since 2004, our members have fed hungry families, provided education and



Download CECF grant applications at CottonElectric.com.

Deadline for first-quarter 2020 grant applications is Feb. 11.

Operation Round Up is a voluntary program and members may opt out at any time by calling or sending a letter or email stating the account holder’s name, account number and the request to be removed.

Since 2004, CECF contributions have been made to a variety of efforts:

| | |
|----------------------------|--------------|
| Volunteer Fire Departments | \$296,623.00 |
| Communities | \$265,634.16 |
| Youth | \$169,191.85 |
| Schools | \$183,895.33 |
| Services | \$113,399.56 |
| Public Safety | \$74,324.00 |
| Individuals | \$65,250.00 |
| Seniors | \$48,843.64 |

Turn out the change in your pocket or coin purse and count it up. Often, the pennies, nickels, dimes and quarters add up to less than a dollar. Now, imagine if most of the people you know did the same, making one big pile of change. It would add up to quite a bit.

Some 12,840 Cotton Electric members do something similar every month by participating in Operation Round Up. Power bills are rounded up to the nearest dollar and all of those partial dollars are pooled. It adds up to some significant funds that

supported local youth programs, volunteer fire departments and senior citizens to name a few. Thank you to those of you who participate in ORU, your change is making a big impact.

For more information about ORU and to see previous recipients of funds, visit the Operation Round Up tab at CottonElectric.com. Contributions and grant recipients for 2019 can be seen below.

Members contribute to ORU in 2019

Grant recipients in 2019 include:

Big Pasture Education Foundation
Big Pasture School District
Cameron University Foundation
CASA of Southwest Oklahoma
Center for Creative Living
Central High School
Chattanooga Police Department
Chisholm Trail Heritage Center
Duncan Area Literacy Council
Duncan Chisholm Trail Kiwanis Club
Duncan Public School
Duncan Special Olympics
Empire Public Schools
Gabriel’s House
Girl Scouts of Western Oklahoma

Grandfield Senior Citizens Center
Indiahoma Food Bank
Indiahoma Public School
Make-A-Wish Oklahoma
Marlow Samaritans
Oklahoma Family Network
Regional Food Bank of Oklahoma
Safe Center Inc.
Stephens County Honor Guard
Sterling Public Schools
Temple Area Food Pantry
Tillman County Fair Board
Town of Chattanooga

Power Cost Adjustment Calculated

The power cost adjustment now being applied to bills mailed after Jan. 1, 2020, is (\$0.00537) per kWh.

On a member’s average bill of 1,300 kilowatt hours (kWh), this will amount to a credit of \$6.98 on the January bill.

December 2019 Temperature Extremes

| Day | High | Low | Avg. | Day | High | Low | Avg. |
|--------------------------|------|-----|------|----------------------------------------------|------|-----|------|
| 1 | 57 | 36 | 47 | 16 | 42 | 29 | 36 |
| 2 | 55 | 28 | 42 | 17 | 52 | 19 | 36 |
| 3 | 68 | 27 | 48 | 18 | 57 | 16 | 37 |
| 4 | 63 | 30 | 47 | 19 | 59 | 17 | 38 |
| 5 | 75 | 37 | 56 | 20 | 59 | 38 | 49 |
| 6 | 56 | 40 | 48 | 21 | 50 | 29 | 40 |
| 7 | 59 | 29 | 44 | 22 | 50 | 26 | 38 |
| 8 | 71 | 41 | 56 | 23 | 61 | 26 | 44 |
| 9 | 61 | 37 | 49 | 24 | 71 | 27 | 49 |
| 10 | 50 | 25 | 38 | 25 | 72 | 33 | 53 |
| 11 | 57 | 20 | 39 | 26 | 73 | 34 | 54 |
| 12 | 57 | 32 | 45 | 27 | 60 | 40 | 50 |
| 13 | 63 | 27 | 45 | 28 | 61 | 42 | 52 |
| 14 | 57 | 30 | 44 | 29 | 49 | 32 | 41 |
| 15 | 44 | 34 | 39 | 30 | 52 | 27 | 40 |
| Source: srh.noaa.gov/om/ | | | | Average Daily High: 59 Average Daily Low: 30 | | | |

Did You Know?

Cotton Electric offices will be closed Feb. 17 for Presidents’ Day. Emergency calls will be answered at 580-875-3351 or 800-522-3520.

The next issue of The Current should arrive in mailboxes on Feb. 18, 2020.

Contact Us

Do you have a story idea for The Current or do you need to place an ad? If so, let us know. We can be reached at 580-875-3351 or by email at TheCurrent@cottonelectric.com. You can also drop us a line at Cotton Electric Current, 226 N. Broadway, Walters, OK 73572.

What’s Inside

| | |
|---------------------------------|-------|
| Operating Stats..... | 2 |
| Co-op News..... | 2 |
| Community | 3 |
| Recipes | 4-5 |
| Co-op News..... | 6 |
| Puzzles | 7 |
| Co-op News | 8 |
| News | 9 |
| Classifieds | 10-15 |
| More news at cottonelectric.com | |

From the CEO

Cooperative eager to hear from members

We live in a device-driven world. Our smartphones, tablets, laptops and an assortment of other devices help us communicate and connect. Companies spend billions pushing out a steady drumbeat of messages and information, and we are constantly bombarded with one-way communication. But is anyone listening on the other end?



Jennifer Meason, CEO

you will consider us more than your energy provider, but instead as a local business that supports this community and powers economic development and prosperity for the people.

You will notice that throughout the year, we create opportunities for you and other community members to attend co-op gatherings and events in order to hear from you. These include our annual and district meetings, as well as events like the county fairs and home and garden show.

“Connecting with you helps us keep pace with our community’s priorities and needs.”

At Cotton Electric, we are not only listening, we are eager to hear from you. Whether you text us, respond to a survey or social media post, send an email or simply stop by and chat in person, we thrive on your feedback. Connecting with you helps us keep pace with our community’s priorities and needs.

Because we are a cooperative, we have a different way of operating. Cotton Electric exists to provide safe, reliable and affordable energy to you, the members of the co-op. Equally important is our mission to enrich the lives of the members we serve. We hope

We also conduct an annual survey to gather feedback so that we can plan for new initiatives, technical upgrades and improvements on existing co-op programs and services.

Our planning is led by local members just like you who understand the needs of the community and are looking out for the long-term interests of the larger community.

We are in the midst of significant changes in the energy sector, as technology and the drive for more renewables and a more balanced energy mix is impacting long-term planning.

These are complex issues that we will be navigating in the coming months and years. This is why it’s so important that we hear from you and other community members as we plot our course for the future.

Cotton Electric works to continually learn from our members about their priorities so that we can better serve you – because your electric co-op was built by the community, for the community. But we can only improve, adapt and effectively plan for the future if we have two-way communication.

For our co-op and community to thrive now and in the future, we depend on hearing from you. I hope you will connect with us and let us know your perspective. You can always reach me directly at 580-875-4217 – I’m listening.

Special Generator Pricing For Co-op Members

Contact Heath Morgan for details, 580-875-3351

- 22kW Generac generator
- Automatic transfer switch, battery and concrete pad
- 50 feet of combined gas and electrical line
- Installation by a Generac certified contractor
- 7-year warranty

FOR ONLY \$7,900
Plus tax



VM crew moves to north Walters circuit

Cotton Electric strives to provide the best service to its members. One way this goal is achieved is through the co-op’s Vegetation Management (VM) program. The VM program is a proactive effort to ensure quality power delivery. Aggressive and preventive vegetation management is valuable to members from a service and an economic perspective. Keeping vegetation away from power lines is also a matter of safety.

Vegetation Management Coordinator Scott Crew oversees Cotton Electric’s in-house four-man crew, as well as several contract crews throughout the year, as they clear vegetation and prevent re-growth.

Crew said his employees make every effort to contact land and homeowners in person as they move into an area. If members are not home, an effort will be made to contact owners by phone and, in some cases, a bright-colored door hanger will be left at the house or tied to a gate post.

“Please call the number on the hanger or call me at 580-875-4224. Plan to leave a message,” Crew said, noting that he is likely to be out on the job. “Keeping the co-op up-to-date with your contact information will help us out when we try to notify you that we are in the area.”

After trees are cleared, crews return to the area at regularly scheduled intervals to apply a specially formulated herbicide that will prevent tree growth without causing harm to grasses. Spraying is

done only during growing season.

“Spraying keeps crews from returning to the same area again and again to trim regrown vegetation,” Crew said. “This saves the co-op man-hours and, in turn, saves members money.”

Crews have completed the clearing of vegetation along the north Hulen circuit, allowing jobs in other areas along Cotton Electric’s lines to be worked on.

During the first quarter of the year, Northeast Rural Services (NRS) will be working in the north Walters circuit with a goal to finish up the area by late February. They will be prioritizing the clearing of vegetation to improve power quality and make room for pole changeouts.

As always, Cotton Electric’s VM crew is continually looking for land and home owners in need of free, untreated wood chips. Since the wood chips are untreated, it is not recommended to use them next to a structure.

Landowners looking for material to help with erosion problems may want to contact Cotton Electric, too. With the co-op’s skid steer, the VM crew can deliver stumps and other debris too large to chip or mulch.

Chips and large debris will be delivered to members nearest the day’s work location who can be reached by phone. There is no guarantee a member will receive wood chips at any particular time.

Leave a message at 580-875-4224 to have your name added to the list of members willing to take wood chips.



Energy Efficiency Tip of the Month

Let the sunshine in! For additional warmth, open drapes over windows that receive sunlight during the day. Close them at night, which can reduce heat loss from a warm room up to 10%.

Source: energy.gov

The Current

Published Monthly at Walters, Oklahoma
By Cotton Electric Cooperative, Inc.

Jennifer MeasonCEO
Bryce Hooper..... Vice President of Marketing
Karen Kaley.....Marketing & Communications
Danielle QuickleEditor
Kaila Williams Display Advertising

Cotton Electric Cooperative, Inc. Board of Trustees

Ken Layn, Marlow, President
Shan Files, Velma, Vice President
Brian DeMarcus, Meers, Sec./Treas.
Steven R. Robinson, Cache, Asst. Sec./Treas.
Charles Spencer, Elgin
Ronnie Bohot, Hastings
Tony High, Walters
Clifford Dunham, Chattanooga
Todd Clark, Duncan

“Cotton Electric Current” (USPS #134-020)
is published monthly by: Cotton Electric Co-op,
226 North Broadway, Walters, OK 73572
Periodicals Postage paid at
Lawton, OK 73501-9998

Postmaster Send #3579
To The Cotton Current
226 North Broadway
Walters, OK 73572

This institution is an equal opportunity provider & employer.

MISSION STATEMENT
Our mission is to be the leader in providing the most reliable and innovative electric system, with affordable rates, through the positive, enthusiastic and professional use of its resources and people.

| | 2019 | 2018 |
|-----------------------------------------|-------------|-------------|
| Total Amount Billed/Accrued | \$4,888,439 | \$4,928,245 |
| Cost of Purchased Power | 3,438,928 | 3,423,529 |
| Taxes | 91,823 | 94,877 |
| Total Operating Expense Per Mile | 966 | 959 |
| Average Farm and Residential Bill | 125 | 124 |
| Average Farm and Residential kWh | 1,088 | 964 |
| Total Meters Billed (farm, residential) | 18,478 | 18,407 |
| Miles Energized | 5,200 | 5,166 |
| Density Per Mile | 3.55 | 3.56 |
| New Service Connects YTD | 303 | 259 |
| Services Retired | 114 | 105 |

Community Spotlight

If you would like your community event listed in the February issue, please submit information by Feb. 5 by calling 580-875-4255 or send an email to TheCurrent@CottonElectric.com.

Duncan arts recognized Jan. 25

The 2nd annual Duncan Area Arts Hall of Fame will begin at 6:30 p.m. Jan 25 at the Simmons Center in Duncan.

The purpose of the Duncan Area Arts Hall of Fame is to annually honor artists, patrons and pathfinders who have contributed to the arts in Duncan, as well as provide a forum for arts organizations to recognize patrons who are important to their organizations.

The evening will include awards and a reception with live entertainment. General admission tickets may be purchased for \$35 and VIP tickets are available for \$75.

For ticket purchases or information, please call 580-252-2900 extension 240.

Annual coin show begins Feb. 7

Duncan's 51st Annual Coin Show is held from 10 a.m. to 5 p.m. Feb. 7 and 9 a.m. to 5 p.m. Feb. 8 at the Stephens County fairgrounds.

Guests will receive appraisals on gold, silver, currency, coins, tokens and supplies. Event includes free parking, admission and refreshments.

For more information, please contact Ed McGill at 580-475-4570 or 467-0168.

Central High searches for alumni

The Central High alumni committee is working on updating the address list for the upcoming banquet on April 11.

Please text or call Melba at 580-704-5704 with your name, address and graduation year. Banquet details will be available at a later date.

CU screens 'Before Sunrise' Feb. 7

Magic Lantern Film Society of Cameron University screens DVD presentations of classic films each month in the CETES Conference Center, Room A. Most screenings begin at 7:30 p.m.

The Feb. 7 offering will be "Before Sunrise," a 1995 romance film directed by Richard Linklater. On his way to Vienna, American Jesse meets Celine, a student returning to Paris. After long conversations forge a surprising connection between them, Jesse convinces Celine to get off the train with him in Vienna.

Since his flight to the U.S. departs the next morning and he has no money for lodging, they wander the city together, taking in the experiences of Vienna and each other.

As the night progresses, their bond makes separating in the morning a difficult choice. With Ethan Wallace in the lead role, the cast includes Julie Delpy, Andrea Eckert and Erni Man-gold.

There is no admission charge, but donations are accepted. For information about the society, or to see a schedule and synopsis of films, visit Cameron.edu/magiciantern.

CTAC presents Andy Meadows

The Chisholm Trial Arts Council presents Andy Meadows at 7:30 p.m. Feb. 14 at the Simmons Center Theatre in Duncan.

In early 2015, Meadows put together a big band to perform his unique blend of crooner music, big band swing, western swing, jazz and country. Ac-

companied by a vibrant 10-piece band, his live show delivers vocals powerful enough to compete with the likes of Harry Connick Jr., Michael Buble and Frank Sinatra.

The all-star band includes a group of phenomenal musicians who have played with everyone from Bruce Springsteen to Aretha Franklin and Natalie Cole to Faron Young.

With his three-piece suits and his impromptu interactions with the crowd, Andy Meadows is a throwback to a time when musicians truly were entertainers.

For tickets and information, call 580-252-4160 or go online to Chisholm-TrailArts.com

LCT begins 2020 season

Lawton Community Theatre presents "The Curious Incident of the Dog in the Night-Time" Feb. 28 - Mar. 8, at John Denney Playhouse, 1316 NW Bell Avenue. Performances will be at 8 p.m. except those on Sundays, which are at 2 p.m.

Fifteen-year-old Christopher has an extraordinary brain - he has never ventured alone beyond the end of his road. Seven minutes after midnight, and Christopher stands beside his neighbor's dead dog, Wellington, who has been speared with a garden fork. Finding himself under suspicion, he is determined to solve the mystery of who murdered Wellington, and carefully records each fact of the crime.

His detective work, forbidden by his father, takes him on a thrilling journey that upturns his world.

The Curious Incident of the Dog in the Night-Time is a play by Simon Stephens and is based on the novel by Mark Haddon.

Please visit LawtonCommunityTheatre.com for ticket information.

Lodge hosts local fundraiser

The Masonic Lodge in Elgin is hosting a fundraiser at 5 p.m. March 7 at the Medicine Park Music Hall. Funds raised will benefit local charitable endeavors such as local food banks, youth leadership and families in need.

With the purchase of a \$40 ticket, guest will receive a steak dinner with all the fixings, live entertainment from Southern Highway Band and the chance to participate both a silent and live auction.

For tickets and information, contact any Pilot Lodge member or call 580-591-2623.

Market returns to winter hours

Lawton Farmers Market, an initiative of the Southwest Oklahoma Growers Association, returns for winter months in the Cameron University Animal Sciences building at the Agriculture Facility from 9 a.m. to 1 p.m. each Saturday, running through the beginning of May 2020.

Shoppers will find a variety of choices at the winter market, including winter produce, sprouts, micro greens, meat, eggs, honey, nuts, and handmade and artisan items.

The building is located on Southwest 38th Street and is south of Dr. Elsie Hamm Drive and the railroad crossing. Parking is available on the south side of the building.

For more information about the market or to learn how to become a vendor at the market, visit LawtonFarmersMarket.com or send an email to LawtonFarmersMarket@yahoo.com.

PHOTO OF THE MONTH



Cotton Electric member Kim Quickle submitted this photo of her first corner to corner crocheted afghan. Kim spent several months making this afghan for her daughter and plans to make one for each of her children.

Enter your "best shot" in our Photo of the Month contest. Theme for February is Cute Kisses. Entries can be emailed to TheCurrent@CottonElectric.com or mailed to The Current, 226 N. Broadway, Walters, OK 73572. Winners will receive a Cotton Electric prize package of CEC goodies.

DLT present classic romance

Duncan Little Theatre presents "7 Brides for 7 Brothers" at 7:30 p.m. Feb. 28 and 29 and March 1, 6 and 7 at the Simmons Center in Duncan.

Based on the 1954 film set in the 1850s, Milly, a pretty young cook, marries Adam, a grizzled woodsman, after a brief courtship. When the two return to Adam's farm, Milly is shocked to meet his six ill-mannered

brothers, all of whom live in his cabin. She promptly begins teaching the brothers proper behavior, and most importantly, how to court a woman. But after the brothers kidnap six local girls during a town barn-raising, a group of indignant villagers tries to track them down.

Tickets may be purchased at the door.

THE POWER OF COMMUNITY

COTTON
ELECTRIC CO-OP

A Touchstone Energy Cooperative

At Cotton Electric, we're proud to be a part of it, bringing people together by providing energy for all the things you love.

Upcoming Deadlines for The Current

| February | | March | | April | |
|--------------|---------|--------------|---------|--------------|---------|
| Ad Sales | Feb. 1 | Ad Sales | Mar. 1 | Ad Sales | Mar. 29 |
| Classified | Feb. 6 | Classified | Mar. 6 | Classified | Apr. 3 |
| Publish Date | Feb. 19 | Publish Date | Mar. 18 | Publish Date | Apr. 15 |

Winter Warm-Up

Recipes and Tips Rooted in Goodness

FAMILY FEATURES

When cold weather hits, it's natural to seek comfort in a variety of forms: warm blankets, layers of sweaters and delicious, hearty meals. Winter is the perfect season for spending time indoors honing cooking skills to take your culinary creations to the next level.

Simple Recipes for Shorter Days

With less daylight hours during the winter, many people tend to get sleepy earlier. Quick weeknight dinner recipes are usually ideal, especially when they take only 30 minutes or so to prepare. Easy dishes are perfect for those nights when you want something savory and delicious, but you also want to get into pajamas and onto the nearest couch as soon as possible. Few things are better than a warm bowl full of flavor like this taste-tempting curry recipe bursting with caramelized onion and roasted garlic notes.

Chickpea, Spinach and Coconut Curry

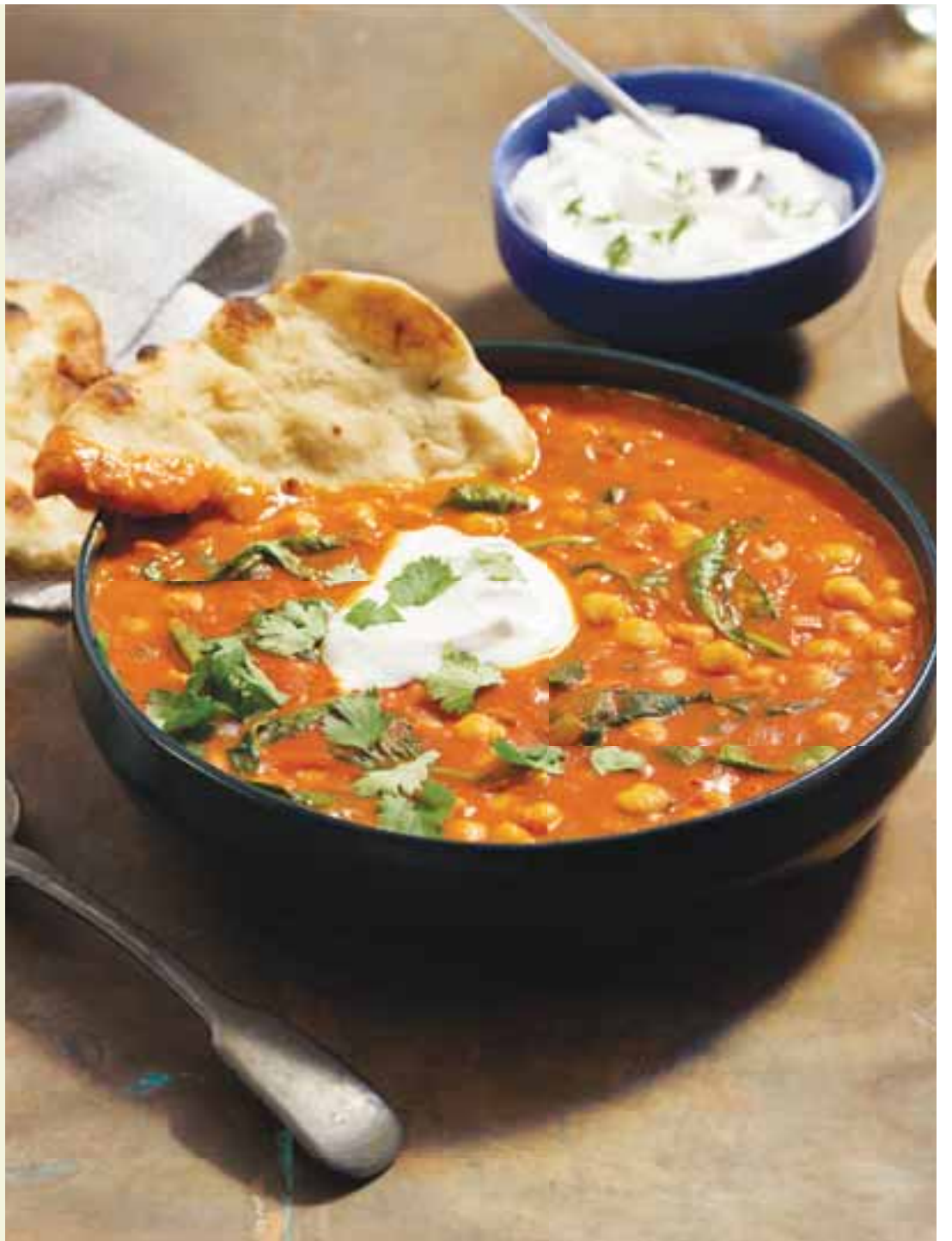
Prep time: 20 minutes
Cook time: 12 minutes
Servings: 6

- 2 tablespoons olive oil
- 1 tablespoon ginger, freshly grated
- 3 cloves garlic, minced
- 1 large yellow onion, chopped
- 1 tablespoon turmeric
- 2 teaspoons kosher salt
- 1/2 teaspoon crushed red pepper, plus additional, to taste
- 1 can (29 ounces) chickpeas, drained and rinsed
- 1 jar (24 ounces) FarmToFork Caramelized Onion & Roasted Garlic Sauce
- 1 can (15 ounces) light coconut milk
- 4 cups baby spinach
- 1/2 cup non-fat plain Greek yogurt, stirred
- 1/2 cup cilantro, coarsely chopped
- 2 naan flatbreads, toasted and sliced

In large skillet over medium heat, heat olive oil, ginger, garlic, onions, turmeric, salt and 1/2 teaspoon crushed red pepper. Cook 6-8 minutes, or until onions begin to brown, stirring frequently. Add chickpeas, sauce and coconut milk; cook 3-4 minutes, or until heated through. Add spinach; cover with lid. Simmer 3-4 minutes, or until spinach is wilted. Mix well.

Spoon mixture into six serving bowls and top each with spoonful of yogurt, pinch of cilantro and additional crushed red pepper, to taste. Serve with flatbread slices.

Find more winter recipes at farmtoforksauce.com.



Savory Harissa-Roasted Chicken and Vegetables

Prep time: 20 minutes
Cook time: 50 minutes
Servings: 6

- 1/3 cup harissa paste, divided
- 1/3 cup olive oil, divided
- 1 large red onion, cut into 1/2-inch thick slivers
- 1 small head cauliflower, cut into small florets
- 1 jar (24 ounces) FarmToFork Marinara Sauce, divided
- 1/2 teaspoon ground cumin
- 3/4 teaspoon kosher salt, divided
- 3/4 teaspoon ground black pepper, divided
- 6 bone-in, skin-on chicken thighs (about 2 pounds)
- 1 pound rainbow carrots, trimmed and peeled
- 1 lemon, juice only, divided
- 1/4 cup finely chopped fresh herbs such as dill, mint or cilantro, divided
- 1 1/2 cups plain Greek yogurt

Heat oven to 425 F. In large bowl, whisk 2 tablespoons harissa and 2 tablespoons oil.

Add onions and cauliflower; toss to combine. Spread vegetable mixture in single layer on 17-by-12-inch foil-lined rimmed baking sheet.

In same bowl, whisk remaining harissa, 2 tablespoons oil, 1 cup marinara sauce, cumin, 1/2 teaspoon salt and 1/2 teaspoon pepper.

Add chicken; toss with tongs until well coated. Arrange chicken atop vegetables on baking sheet.

Bake 50-55 minutes, or until chicken is deep golden brown and internal temperature reaches 165 F.

Use vegetable peeler to create long ribbons of carrots. In bowl, toss carrots with 1 tablespoon lemon juice, 2 tablespoons chopped herbs and remaining oil, salt and pepper.

In separate bowl, mix yogurt, remaining lemon juice and remaining herbs.

Serve each chicken thigh with roasted vegetables, dollop of herbed yogurt, carrot mixture and 1/4 cup warmed marinara sauce.

Audiology & Hearing AID of Duncan

"Serving Duncan Since 1995"

HEARING EVALUATIONS
HEARING AIDS
HEARING AID SUPPLIES
ALL BRANDS REPAIRED

"We Accept Insurance"
"Pack of Batteries, \$3"
"Resound Dealer"

Cynthia Reidenbach - Hearing Aid Tech
Matt Campbell - M.S., CCC-A
AUDIOLOGIST

Hearing Evaluation
Assistive Listening
Hearing Conservation
HEARING AIDS

580-252-9005

1206 N HWY 81, STE 26B • CHISHOLM MALL, SOUTH ENTRANCE

L7 BODYWORKS

Collision Repair
Insurance Claims
Frame-Body-Paint-Glass
Aluminum

Jeremy McCarley
I-CAR Certified

166922 Heffington Road
Marlow, OK 73055
L7bodyworks@gmail.com
580-308-4487

HOLT ELECTRIC

OVER 30 YEARS EXPERIENCE

Residential
Commercial
Industrial

Estimates
Remodeling
New Construction

24 hour Service

580-365-4147

P.O. Box 131 * Sterling OK 73567* Lic#OK10531

DeHart
Air Conditioning
Heating since 1920

ENGINEERING SERVICE & CONTRACTING

5315 N. Highway 81, Duncan, OK
580-252-2205
www.dehartair.com

30% Tax Credit Lowers After December 31, 2019 To 26%.

Serving the heating, cooling and overall home comfort needs of our friends and neighbors here in Duncan and Chickasha has been a family affair for four generations. DeHart has got your needs covered — from air conditioning repair and installation, to designing and installing a geothermal system for energy savings, we are the local experts. We can even help you settle the debate over central air vs mini split, and which will be better for your home or business! Stay more comfortable in your Oklahoma home or commercial property without breaking the bank on your monthly energy bills — call DeHart for all your HVAC repair needs.



Cotton Electric Co-Op Rebates Available On: *16 Seer, 17 Seer, 18 Seer(+) Air Source Heat Pumps. *New Water Heaters And Mini-Splits. *New Geo-Thermal Systems & Replacement Systems. srice@dehartair.com

Dehart Air Conditioning offers preventative maintenance plans to keep systems healthy!

*Rebates Available in many OMPA Member cities *Restrictions apply

Opt for Seasonal Produce

While the days of peaches and watermelons may be over, dropping temperatures bring a slew of seasonal produce made for cool-weather cooking. Think winter squash, apples, root vegetables and cauliflower. Try using a seasonal food guide to learn what produce is in season in any state at any time of the year. Cooking with seasonal produce helps ensure your food is in peak form at its most nutritional and flavorful state.

Find Comfort in Your Favorite Foods

Almost nothing beats pasta and sauce on a chilly night. When craving warm and filling meals during winter, a quality, jarred pasta sauce like FarmToFork can add simple goodness to hearty dishes like Gnocchi with Hearty Mushroom Bolognese. Made with sustainably grown, vine-ripened tomatoes and fresh garlic, basil and onions, the sauce brings rich, distinctive flavor to a variety of cool-weather favorites from traditional pasta recipes to soups and oven bakes. During the season of giving, comfort and warmth can also be found in doing good for others, which is why FarmToFork supports Big Green, a national nonprofit organization that partners with low-income schools around the country to bring garden-based learning and food literacy curriculums to children.

Gnocchi with Hearty Mushroom Bolognese

Prep time: 15 minutes
Cook time: 25 minutes
Servings: 6

- 1 yellow onion, coarsely chopped
- 1 carrot, coarsely chopped
- 2 ribs celery, coarsely chopped
- 2 cloves garlic
- 3 tablespoons olive oil
- 1 1/2 teaspoons kosher salt
- 1/2 teaspoon ground black pepper
- 2 pounds button, cremini or portobello mushrooms
- 1 jar (24 ounces) FarmToFork Marinara Sauce
- 3 tablespoons butter
- 1 pound refrigerated or frozen gnocchi
- 1/2 cup pecorino Romano cheese, grated
- 1/4 cup Italian parsley, coarsely chopped

In food processor, pulse onions, carrots, celery and garlic until finely chopped. In large pot over medium-high heat, heat olive oil. Add chopped vegetables, salt and pepper. Cook 10 minutes, or until softened, stirring occasionally.

In food processor, pulse mushrooms until coarsely chopped. Add to large pot with vegetables. Cook 10-12 minutes, or until most liquid is evaporated, stirring occasionally. Stir in marinara sauce and butter.

Cook gnocchi according to package directions; drain. Add to sauce mixture; mix gently. Sprinkle with cheese and parsley.



High obesity rates predicted for United States in 2030

In December 2019, a study by Ward and colleagues, published in the New England Journal of Medicine, predicted 48.9 percent of adults in the United States will be obese and 24.2 percent will be severely obese by 2030.

Obesity is defined as having a Body Mass Index (BMI) of 30 to 34.9 and severe obesity is a BMI greater than 35. Although BMI is not the only way to evaluate weight, it is an appropriate measure of weight status for studies of populations.

This study points to an ominous crisis that will result in severe health and financial consequences.

To put the BMI categories into perspective, a person who is 5 feet 4 inches and 174 pounds would be considered obese (BMI 30) and at 205 lbs. would be considered severely obese (BMI 35). You can calculate your BMI by using this equation: 703 times your weight in pounds divided by your height in inches squared.

It does matter how much weight is



Kim Bandelier, MPH, RD, LD

Food For THOUGHT

fat versus muscle, and this study did not take that into account. Generally, individuals who have a high BMI but very little body fat are athletes and body-builders. For most people, a BMI greater than 30 is indicative of excess fat that can have serious health consequences.

People who are obese are at higher risk for high blood pressure, high cholesterol, type 2 diabetes, heart disease, stroke, gallbladder disease, osteoarthritis, breathing problems, certain cancers, mental illness and difficulty with physical functioning. Each of these conditions increases personal health-care costs and takes away from individual quality of life.


Changes to diet and lifestyle must be made to lose weight and keep it off. Over weeks and months, daily healthier choices add up to inches lost. The largest study looking at long-term successful weight loss the United States is called the National Weight Control Registry (www.nwcr.ws). Participants must have maintained a 30-pound weight loss for a year to be enrolled.

Participants made diet and lifestyle changes such as modifying their food intake, increasing their physical activity – walking was the most popular exercise – eating breakfast every day, weighing themselves once a week,

watching less than 10 hours of TV and exercising for at least one hour per day. The website includes success stories and a list of 27 articles that have been published on this group.

As you get older, being obese is not about looks, it's about being able to live your life to the fullest. Living independently, traveling and volunteering is easier if your weight is under control. Unless your doctor has told you that weight loss for you is a matter of life or death, you can take it slow. But in order to prove the 2030 predictions wrong, you must get started now.

Make it a priority in 2020 to get a weight checkup, and if you need to make some changes, seek out help from a Registered Dietitian Nutritionist and an Exercise Physiologist or Physical Therapist. They are specially trained to help you make diet and lifestyle changes that can result in successful, long-term weight loss.




Marlow Real Estate

205 W. Main, Marlow
580-658-2295

"Selling our listings, would like to sell yours."

Always Ready
to go the "Extra Mile" for you.

www.marlowrealestate.com
www.realtor.com



Debbie Lynn Benton
Broker/Owner GRI
Cell: 580-658-1177
debbie@marlowrealestate.com

Lawton Meat Processing

353-6448

Custom Butchering and Processing

In Business Since 1911
(formerly Lud Mieling)

603 East "F" - Lawton, OK
(Across Street from Sears Service Center)





Sale Price \$165!

11" Pull-On Style #2231 MEN'S SUPERSOLE®

2231s are a perfect fit for workers in oil and gas, construction & manufacturing who spend long, tough days on their feet.

Ray Maier RED WING

914 Main St, Duncan, OK
M-F 9-3:00 Closed 12-1:00
580-255-7412

Start your summer off right!

MAKE memories with us at energy camp!

MAY 26-29, 2020



Energy Camp is for eighth graders! Join us at beautiful Canyon Camp near Hinton, where you'll experience the world of rural electricity! At camp, kids will be able to see safety demonstrations, go swimming, see new technology and so much more! Call 580-875-3351 for details.





SPLASH

POOLS & SPAS

38 Years Experience



In-Ground Swimming Pool 12x24 \$24,995

249 E. Gore Blvd., Lawton • 580-353-6763

Financing Available W.A.C. • www.SplashPoolSpa.com

9 a.m. - 5:30 p.m. M-F • 10 a.m. - 5 p.m. Sat.

EMAIL: SPLASHWATERSS@YAHOO.COM

Efficiency resolutions worth keeping in 2020

For the past few weeks, many people have been determining their New Year's resolution and how they want to be a better version of themselves in the coming year. The usuals include a healthier lifestyle, financial changes, quitting bad habits and more quality time with family and friends. One of my favorites is the resolution to actual carry out your New Year's resolution.



Heath Morgan, Energy Efficiency Coordinator

Whatever resolutions you have made for yourself this year, consider adding improving home efficiency to the list. Not only will you be improving your home and finances, you will be improving the world around you.

Make a commitment to investment in energy efficiency each month this year. Start with some smaller improvements like updating a room to all LED lights, installing a programmable thermostat or water heater timer, or sealing your doors and windows. Some larger improvements could include upgrading your heating and cooling system or adding additional insulation to your attic.

Although these improvements may require an upfront cost, they will pay for themselves over time by helping you reduce your energy use. For larger investments, think about setting a monthly savings goal designated just for home improvements. To help you prioritize where to spend your money you can schedule a free in-home energy efficiency evaluation with Cotton Electric or you can perform your own evaluation with Touchstone En-

ergy's Home Efficiency Adventure at Adventure.TouchstoneEnergy.com.

Focus on using less is one way you can improve your home's efficiency for free. Although a simple idea, it will require some effort on your part. Pay attention to your energy use habits and encourage your family members to do the same. Think about ways that you waste energy each day or ways to cut back on energy use without spending any money.

Washing a load of laundry in cold water can save the use of up to 15 gallons of hot water. Turning off a ceiling fan when leaving the room, switching off power strips for gaming systems or ensuring the dishwasher is full before it runs are all easy and free ways to avoid wasting energy.

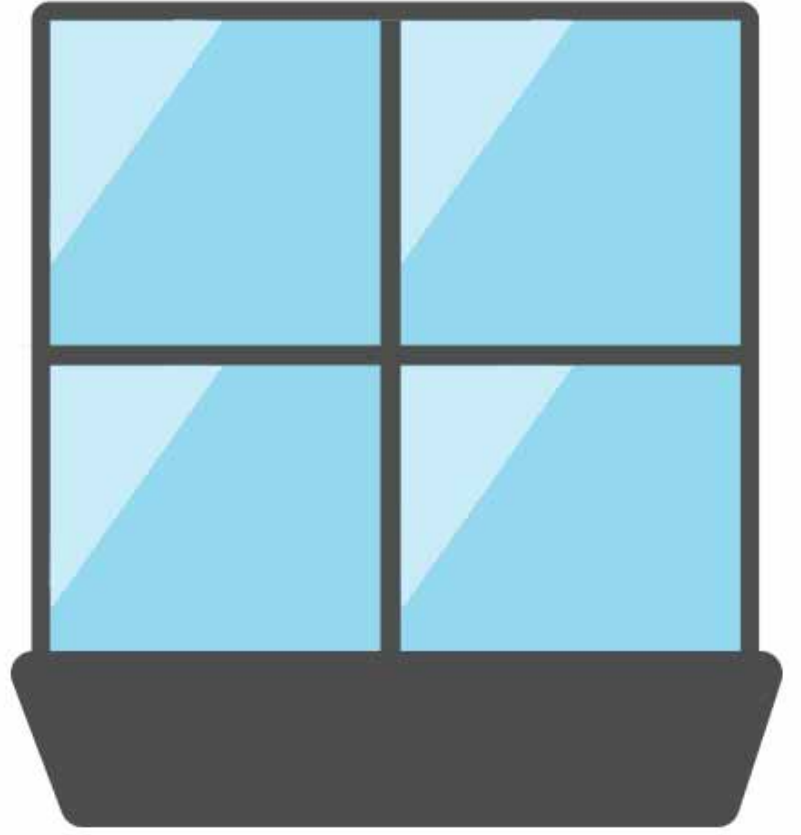
Encourage efficient habits like turning the faucet off while brushing your teeth and flipping the light switch off when you leave a room.

Include your family in on checking your daily energy use with the SmartHub app. You can use your daily energy readings to show how actions can directly affect energy use and the price of the bill at the end of the month. To make things fun, you could incentivize a family outing with the money saved by making these simple changes.

The start of a new year, and a new decade, is a perfect time to commit to improving ourselves and our habits. We should all make the resolution to be more conscious of the ways we consume electricity and focus on becoming more efficient in our energy use throughout 2020.

We would love to hear about ways you and your family have come up with to save energy this year. Email your ideas to TheCurrent@CottonElectric.com and they could be published. Happy New Year!

About 30% of a home's energy is lost through windows



Information collected from Energy.gov



8th-graders sought for 2020 Energy Camp

Eighth-graders interested in developing leadership skills, learning about electric cooperatives and energy delivery, and having some great summertime fun are encouraged to enter the annual Energy Camp youth writing contest.

To participate, students will be required to write a short paragraph, 50 words or less, on why they would like to attend Energy Camp. Students and their families must be Cotton Electric members.

Winners from Cotton Electric's service area will be selected by contest judges to attend the 2020 Youth Power Energy Camp held May 26-29 at Canyon Camp near Red Rock Canyon, southeast of Hinton.

At Energy Camp, which is sponsored by Oklahoma's electric cooperatives, students learn first-hand the world of electric co-ops through demonstrations by electric crews. There will be opportunities to put on a lineman's work belt and gloves before climbing



a pole and to see the camp from 60 feet above in the basket of a utility truck. Plus, students will set up and run their own cooperative business.

Activities will include nature hikes, games and other outings with students representing cooperatives from across Oklahoma.

Contest information will be distributed to area English teachers soon. Students should ask for contest rules and entry forms, or contact Cotton Electric Cooperative at 580-875-3351 or by email at Info@CottonElectric.com.

The deadline for entry is March 9, 2020.

Ochsner Dozer-Trackhoe Service

Pond, Terraces, Tree Clearing, Building Pads, NRCS Work, etc.

For estimate on your job call Jeff 580-704-2226

GEOTHERMAL REPAIR SERVICES

GEARY HEILMAN

Duncan, OK 73533 Phone (580) 475-8102

SHOWMAN'S CHOICE

FOR ALL YOUR HORSE TACK & SHOW SUPPLY NEEDS.

HOURS MON-FRI 8:00-5:30 SAT 10:00-2:00

1205 SW SHERIDAN RD LAWTON, OK 73505 580-355-7469

FIND US ON FACEBOOK!

Lawton Septic Tank & Storm Shelter

Over 25 Years Experience • Licensed, Bonded & Insured Manufacture • Installation • Inspection • Tank Pumping • Maintenance

We manufacture and install all types of septic systems and specialize in aerobic systems.

Offer complete service or sell parts for do-it-yourselfers! Financing available on aerobic repairs.

Mon-Fri 8am-5pm • 2401 SE 45th St., Lawton 24-Hour Service

MasterCard DISCOVER VISA 580-248-3131 AMERICAN EXPRESS

CHISHOLM TRAIL ARTS COUNCIL PRESENTS

ANDY MEADOWS

BIG BAND FEB 14 7:30 PM SIMMONS CENTER THEATRE

SPONSORED BY DUNCAN AREA ECONOMIC DEVELOPMENT FOUNDATION ARVEST BANK

580-252-4160 for Tickets or go online www.chisholmtrailarts.com

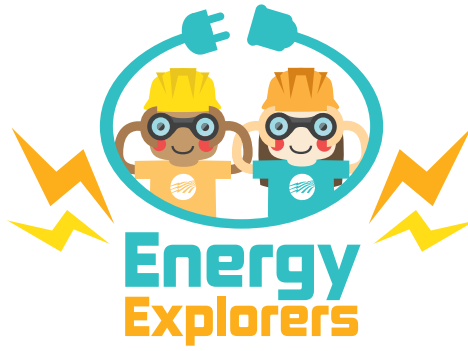


COTTON
ELECTRIC CO-OP

ENERGY SAVINGS WORD SEARCH

Did you know there are many ways you can help save energy in your home?

Read the energy efficiency tips below and circle the **bolded** words in the puzzle.



O E S P W F W A T E R S Y E S
 A L L R S A E T D E I A L S R
 T E X K E J T O G H C E P X E
 L C O O G G Z E N X C N M N W
 B T B F M X R R R T B X Q K O
 G R I S M M R A R H C L I D H
 X I S Y K Y E O H X E V A F S
 I C B X X I N Y B C N A P J I
 A I G Y Z I H F H X C F T Y E
 U T U N C W U Y X Z O M B E S
 U Y Z S E M F P O R V N V T R
 R E F R I G E R A T O R H E Q
 E V J M Q S D M D F V G N Y L
 W M E O F P N T K W I H X Q I
 G N I H T O L C R L S S B R D

- Turn off **lights** any time you leave a room.
- Keep the **refrigerator** door closed to save energy.
- Wash **clothing** in cold water to reduce the load on your **water heater**.
- Unplug items that consume **electricity** even when they're not in use, like cell phone **chargers** and coffee makers. These are known as "phantom load" **electronics**.
- Take **showers** instead of baths - showers require less **water** use.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | 6 | | 7 | 4 | | 1 |
| | | 5 | 2 | 9 | | 3 | 8 | 6 |
| | 6 | 1 | 8 | 4 | | | 9 | |
| 1 | 5 | | 3 | | | | | 9 |
| 6 | 7 | 8 | | | | 1 | 3 | |
| | 3 | 9 | | | | 8 | | 2 |
| | | | | | 9 | 7 | | |
| | 9 | 4 | 7 | | | | 1 | 8 |
| 5 | | 7 | 4 | 8 | 2 | | | 3 |

Level: Beginner

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

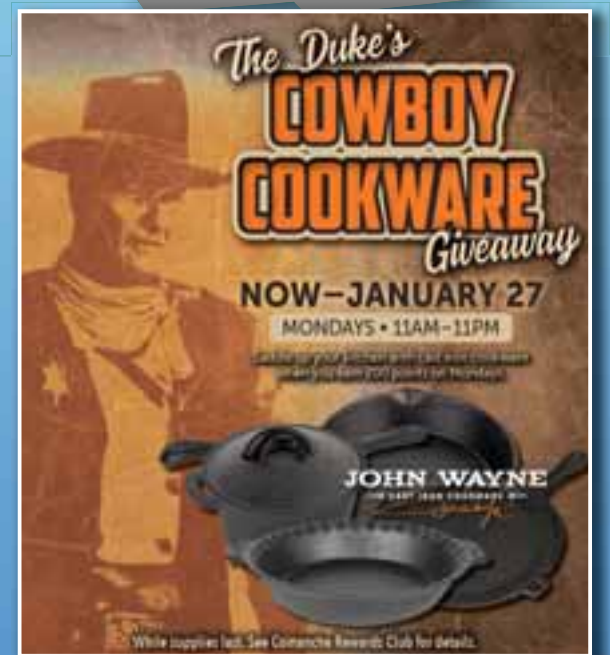
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!



7PM-11PM
EVERY FRIDAY & SATURDAY

WIN YOUR SHARE OF \$8,400
CASH AND COMANCHE CREDIT!

Drawings every 30 minutes with
GRAND PRIZE CASH drawings at 11PM.



263171 Highway 53
Walters, OK 73572
ComancheStarCasino.com



COMANCHE RED RIVER
HOTEL CASINO
COMANCHE NATION COMANCHE SPUR
CASINO CASINO

See Comanche Rewards Club for details.
Gambling Problem? Call 1-800-522-4700.

Engineering commits to serving members

By Danielle Quickle

In the 1930s, cooperatives throughout rural America began building power lines to reach those with no electricity. That tradition continues today. Cotton Electric has 5,167 miles of energized line throughout its service territory and every inch of it was carefully thought through before being placed.

This thoughtful consideration falls under the responsibilities of the co-op's engineering department. Members who are pursuing new construction or find themselves without adequate electricity to meet their needs can call and speak with Engineering Clerk Vikie Jeffrey or GIS Specialist Talia Gammill to begin addressing their issues.

"When members call in, we begin by asking them what kind of projects they are doing and start to assess what they will need," said Jeff Hart, supervisor of engineering. "Jeffrey and Gammill have been doing this for a long time and are very knowledgeable about the process members need to go through."

After the initial call, an appointment is set up between the member and one of Cotton Electric's two staking engineers, David Break and Larry Williams.

Hart, Break and Williams have all been Cotton Electric linemen at one point in their careers. Hart believes this adds to their expertise.

"We understand how the power lines work," Hart said. "This helps us when making recommendations to members because we see what they need, even if it may not be what they want."

The co-op engineers plan for the future while meeting the needs of the member's current situation.

"We try to connect with members to understand what their future plans might be," Hart said. "If they would one day like to put a pool in or build a barn then we try to leave room for that so when they do it, it is done in an efficient and cost effective manner for the member."

Once plans are made, the job is handed over to the co-op's warehouse and construction crews to gather materials and begin work. Although this sounds like a quick transition, the job could take up to six weeks to be completed depending on workload and materials on hand.

"Half our time is spent filling out paperwork," Hart said. "We don't like to sit on a job and won't stop until it is completed."

For some members, the engineering department is the first people from the co-op they come in contact with.

"If members get a bad impression from us, then it is a bad impression for the co-op. We don't want that," Hart said. "Our department is very knowledgeable and strives to be as helpful as



Cotton Electric's engineering department consists of five team members committed to serving co-op members. Front row, from left, Engineering Clerk Vikie Jeffrey, GIS Specialist Talia Gammill, back row, from left, Staking Engineers David Break and Larry Williams and Engineering Supervisor Jeff Hart.

possible. If we don't know the answer, we will find out."

One way members can prepare themselves before calling to speak with engineering is to know the amount of energy they will require. Major appliances will have labels that identify the amount of energy they need to operate.

"Some appliances require a three-phase line to be operational," Hart said. "We don't have three-phase all throughout our service territory,

and it could be expensive to get it to certain places."

Hart encourages members to call in before they purchase property in our service territory and receive a quote on how much it will take to get power there.

"We can help advise members on the best way to get power to their property at the most affordable price," Hart said. "We don't want members to be surprised by anything. We are here to help them in any way we can."

Cyber security steps help protect technology, user

Making the most of technology safely and securely can seem overwhelming and confusing. However, regardless of what technology you are using, or how you are using it, here are four simple steps that will help you stay secure.

You

First and foremost, technology alone cannot fully protect you; you are your best defense. Attackers have learned that the easiest way to get what they want is to target you rather than your computer or other devices. If they want your password, credit card or control of your computer, they'll attempt to trick you into giving it to them, often by creating a sense of urgency.

For example, they might call you pretending to be Microsoft tech support and claim that your computer is infected, when in reality they are just cyber criminals who want you to give them access to your computer. Or perhaps they send you an email warning that your package could not be delivered and pressuring you into clicking a link to confirm your mailing address, when in reality they are tricking you into visiting a malicious website that will hack into your computer. Ultimately, the greatest defense against attackers is you. By using common sense, you can spot and stop many attacks.

Passphrases

Modern computing speeds have made the old, eight-character password outdated and vulnerable. When a site asks you to create a password, create a strong and unique passphrase instead. A passphrase is a type of password that uses a series of words that is easy to remember, such as bee honey bourbon rain. The longer your passphrase is, the stronger. A unique passphrase means using a different one for each device or online account. This way, if one passphrase is compromised, all of your other accounts and devices are still safe.

Can't remember all those passphrases? Use a password manager, which is a specialized program that securely stores all your passphrases in an encrypted format. Finally, enable two-step verification. It uses your password but also adds a second step, such as entering a code sent to your smartphone or from an app that generates the code for you. Enabling two-step verification is probably the most important step you can take to protect your online accounts, and it's much easier than you may think.

Updating

Make sure each of your computers, mobile devices, programs, and apps is running the latest version of its software. Cyber attackers are constantly look-

ing for new vulnerabilities in the software your devices use. When they discover vulnerabilities, they use special programs to exploit them and hack into the devices you are using.

Meanwhile, the companies that created the software for these devices are hard at work fixing the vulnerabilities by releasing updates. By ensuring your computers and mobile devices install these updates promptly, you make it much harder for someone to hack you. To stay current, simply enable automatic updating whenever possible. This rule applies to almost any technology connected to a network, including internet-connected TVs, baby monitors, security cameras, home routers, gaming consoles, and even your car.

Backups and recovery

No matter how careful you are, you still may be hacked. If that is the case, often the only way to restore all of your personal information is from backup. Make sure you make regular backups of any important information and verify that you can restore your data from them. Most operating systems and mobile devices support automatic backups, either to external drives or to the cloud.

Source: SANS Awareness

CORNISH PAINTING & CONSTRUCTION INC.
 Insured & Bonded Commercial • Industrial
 Serving Lawton Since 1980 Interior & Exterior
 • Drywall Finish
 • Spray Painting
 • Construction Management
 6209 W Gore Blvd, Lawton
 580-536-0575

WOODLAND ANIMAL HOSPITAL
 JOHN RECTOR, DVM
 COMANCHE, OK
 HOURS
 M, T, W, F: 7:30 - 5:30
 TH & SAT: 7:30 - 12:00
 k LARGE & SMALL ANIMAL
 k GROOMING
 k BOARDING
 k QUALITY PET FOODS
 833-439-8884

Dhipps
 Backhoe & Storm Shelters, LLC
 * Precast Concrete Storm Shelters
 * Septic & Aerobic System
 * Water Lines
 * Sand & Gravel
 * Brush Hogging & Tilling
 10 Year Warranty against leaks
 580-467-1018
 580-467-3514
 580-252-4100
 100 mile radius of Duncan, OK

MCBRIDE CLINIC
 Bradley J. Margo, MD
 Kevin F. Wiley, MD
 Jeremy Woodson, MD
 Diann Johnson, APRN
SCHEDULE NOW
800.552.9270
 Lawton Appointments:
 Available 5 Days a Week
 www.mcboh.com 100% Physician Owned

Bowie's Second Monday has evolved into one of the largest flea markets on five acres!
SECOND MONDAY TRADE DAYS takes place the weekend prior to the second Monday of every month.
NEXT TRADE DATES
 Feb. 7-9
 Business Hwy 287 & Hwy 81 (Wise Street), Bowie, TX 76230
 940-872-4861
 Information Hours Monday - Friday • 8am - 5pm | Event Hours Saturday & Sunday • 8am - 5pm
WWW.BOWIETEXAS.ORG

Chisholm Trail Heritage Center joins Museums for All

By Toni Hopper

The Chisholm Trail Heritage Center has announced its partnership with Museums for All, a program designed to provide reduced admission for low-income families.

Museums for All supports those receiving food assistance benefits when they visit participating museums. Guests who present their SNAP Electronic Benefits Transfer card and a valid photo ID will receive a discounted entry fee of \$2 per person plus tax. Regular admission is \$6 per person plus tax.

“We’re excited about this partnership as we strive to increase our community outreach efforts,” said interim Executive Director Leah Mulkey.

Over the past two years, CTHC has more than 20,000 guests participate in offered education and community outreach programs.

“Often times, we have students who have attended our education field trips and then go home to tell their parents and grandparents about their experience but are unable to return with their families due to financial reasons,” Mulkey said.

CTHC is now one of six museums in Oklahoma listed as a partner of Museums for All. The program has more than 400 institutions in 48 states participating in the initiative. This includes art, history and children’s museums, science centers, botanical gardens, zoos and more. It is a signature access pro-



gram of the Institute of Museum and Library Services, administered by the Association of Children’s Museums and designed to encourage people of all backgrounds to visit museums regularly.

“Making the Chisholm Trail Heritage Center affordable for every family in the community has been a goal of the center since the beginning,” said CTHC board member Vicki Davison. “The program’s initiative is to raise public awareness within communities about inclusion. We’re really excited

to be a part of it.”

Several community outreach programs have been added to CTHC over the last four years, such as Cowpokes and Brush Strokes each fall and Free Art Monday in the summer. To keep up with all the latest activities, visit CTHC’s website at OnTheChisholmTrail.com.

Cotton Electric members receive \$1 off admission when they present their Co-op Connections card. Don’t have a card? Learn how to get one on Page 12.

Efficiency remodels energy use, saves members money

Spring is prime season for remodeling, upgrading and repairing your home. If you’re planning a remodeling project this season, make a point of adding energy-efficient features along the way.

Here’s a Top 10 list:

1. Add insulation around recessed lights so no heated or air-conditioned air can leak out of them and the outdoor weather can’t sneak in.
2. If you’re replacing your water heater, consider solar-powered. They save energy and money on water heating bills.
3. Install programmable thermostats when you add rooms to the house. While you’re at it, have the thermostats in the rest of the home upgraded to programmable models.
4. Your contractor will install more insulation in any new spaces you’re adding than your builder did during the original construction of your home. Consider adding insulation to already-insulated areas, like the base-

ment or crawlspace and attic to match new energy efficiency standards.

5. A new kitchen means shiny new appliances. Select those rated as energy efficient by Energy Star, which guarantees that the appliance will use less energy than unrated models.
6. If your older home still has single-pane windows, put an upgrade at the top of your remodeling wish list. Double-pane windows are more energy efficient because they shield your home from the outdoor weather — and keep your conditioned air indoors.
7. Change the light fixtures in your most-used rooms to LED models. They last 10 years or longer, save considerable energy when compared to regular light bulbs and you never have to change bulbs.
8. Work with a contractor who understands how passive solar design can lower your energy bills. Some popular choices are rooftop solar panels that heat the home’s water; sunroom addi-



- tions that invite natural heat into the home through windows; and the addition of skylights.
9. Add or upgrade ventilation fans in bathrooms. This can improve air quality throughout the home — not just in the bathrooms — by removing moisture from the air.
10. Consider having a home energy rating or an energy evaluation conducted on your home. A profession-

al will evaluate your home for energy-wasters, suggest ways to fix them and recommend additions that will make your house more comfortable and cheaper to heat and cool. Cotton Electric members receive free energy evaluations from Energy Efficiency Coordinator Heath Morgan, call 580-875-3351 to schedule an appointment.

Source: Pointers and Prose

westerncommissioncompany.com

WESTERN
COMANCHE • FAIRVIEW
LIVESTOCK AUCTIONS

OKLAHOMA CITY Mon/Tues 8am
Ben I. Hale } 405.235.8908
940.631.2333

FAIRVIEW Friday 9am
Cale James } 580.227.3796
405.612.5836

COMANCHE Wednesday 9am
Peyton D. Hale } 580.439.8865
817.888.0657

Visit us on Facebook for weekly Market Reports

We Have the Best Cancer Care!

– Leanne Smith, M.D. Lawton, OK

Altus • Lawton • Duncan • Chickasha

CANCER CENTERS
of Southwest Oklahoma

Is Your Water Safe?

Give Your Back a Break...Stop Adding Salt to Your Softener

Minerals in your water form scale deposits that build up inside your pipes, water heater, shower heads, and other water using equipment like cholesterol in your arteries. These deposits significantly decrease the efficiency of your plumbing systems. Drinking water and icemakers are also negatively affected, as are health quality of water and taste. Hard water is not safe for you, your family or your home.

Benefits of a No-Salt Water Conditioning System:

- ▣ Maintain healthy calcium & magnesium levels
- ▣ No sodium added to water
- ▣ No waste water vs. up to 10,000 gallons per year with salt softeners
- ▣ No environmental discharge of salt or chemicals
- ▣ Reduces iron staining
- ▣ Extends appliance life by 50% or more
- ▣ Descales inside of pipes & water heater
- ▣ Cleaner bodies, clothes, and dishes
- ▣ 25% or more reduced detergent use
- ▣ Clothing will last longer
- ▣ Cleaner more refreshing water
- ▣ Improves water heater efficiency and thus lowers energy bills

Call Today
580-248-7924
www.PippinBrothers.com

PIPPIN BROTHERS
PLUMBING • HEATING • AIR CONDITIONING

www.ccswok.com