

The Current

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A Touchstone Energy® Cooperative 

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NUMBER 1

Light shines on Operation Round Up

Cotton Electric members' philanthropic impact honored with Beacon Award



By Karen Kaley

Hold your heads proud and high, Cotton Electric members. Take a deep breath, throw back your shoulders and smile. There is a beacon shining on you and the big impact your small contributions have made in southwest Oklahoma.

Cotton Electric members were recognized for their generosity during the Beacon Awards event last month at the Skirvin Hotel in Oklahoma City. Presented by The Journal Record, this was the sixth year of an event that honors businesses that play instrumental roles in supporting nonprofit programs that help Oklahomans in need.

Twenty-five honorees in six categories were recognized, with an overall winner named in each category. Cotton Electric was named the overall winner in the Philanthropic Impact of a Medium-sized Business for the financial support the co-op members provide for organizations and individuals in southwest Oklahoma through the Operation Round Up (ORU) program.

"We are honored to accept this award on behalf of the members of Cotton Electric," Jennifer Meason told the gathering of honorees.

Cotton Electric's vice president of marketing went on to say, "The Operation Round Up program is successful because of our members' kindness and generosity and is a true testament to the power of cooperation."

CEO Warren Langford said receiving this honor "tells us something about the folks of southwest Oklahoma."

He said he was proud of the statewide recognition The Journal Record, a daily business and legal newspaper, had bestowed upon the cooperative membership.

"Our members choose to give back to organizations and people in the area. This generous nature is typical of the people we work for."

"We were fortunate to be nominated for this honor. It is humbling to be considered along with many other generous companies throughout the state and it is overwhelming to have ORU called a winner."

ORU is a program designed to provide financial assistance to worthwhile individuals and organizations. Under the program, voluntary contributions from nearly 13,000 co-op members are collected when their monthly bills are rounded up to the next highest dollar. The funds collected

See ORU, Page 2

Meetings set for CEC Districts 4, 7, 9

District meetings for three of the nine voting districts of Cotton Electric Cooperative have been set for the purpose of electing trustees and for reports involving other business matters.

The business and affairs of Cotton Electric are managed by a board of nine trustees representing geographical districts with similar densities of service. The board establishes the overall policies of the cooperative. Each trustee is a co-op member who represents one district, the area in which he or she lives.

Members residing in Districts 4, 7 and 9 will receive mailed notices that will include information about the time, date and location of the meetings they should attend. The cooperative's bylaws stipulate that district meetings are to be held in three of the nine voting districts annually and only members in these three voting districts will receive notices.

This year, the meeting schedule is as follows:



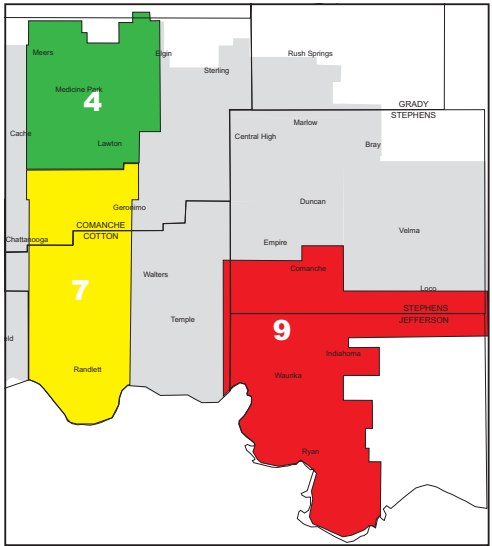
BRIAN DeMARCUS
represents District #4



MARVIN SCHERLER
represents District #7



RONNIE BOHOT
represents District #9



District 9: Aug. 27 at First Baptist Church in Waurika

District 7: Aug. 29 at Union Valley Baptist Church in Cookietown

District 4: Sept. 5 at Worley Seminar Center, Room 301, Great Plains Technology Center in Lawton

Registration at each meeting will begin at 6 p.m., and a mailed official registration card will be required for members. The registration card allows for quicker registration and makes the

holder eligible for an attendance prize.

Registration ends at 7 p.m. when the business meeting will be called to order. Each member is entitled to one vote in trustee elections.

Churches, clubs, schools, organizations and others will receive credentials to be used to designate a person as the voting delegate. Forms must be presented at registration, with all forms completed and notarized. These will enable the representatives of each

organization to vote and participate in the business of cooperative.

Trustees who are elected at the district meetings will take office immediately following the annual meeting and will serve a three-year term.

The Cotton Electric Cooperative annual meeting will be Sept. 26 at the Stephens County Fair & Expo Center in Duncan.

Registration for the annual meeting will begin at 5:30 p.m.

Power Cost Adjustment Calculated

The power cost adjustment now being applied to bills mailed after July 1, 2013, is \$0.00293 per kWh.

On a member's average bill of 1500 kilowatt hours (kWh), this will amount to a charge of \$4.40 on the July bill.

July 2013 Temperature Extremes							
Day	High	Low	Avg.	Day	High	Low	Avg.
1	89	58	74	16	86	70	78
2	90	55	73	17	87	71	79
3	92	56	74	18	93	69	81
4	95	63	79	19	97	69	83
5	101	72	87	20	98	72	85
6	101	72	87	21	99	73	86
7	99	74	87	22	100	76	88
8	101	74	88	23	101	76	89
9	103	75	89	24	95	69	82
10	105	71	88	25	86	73	80
11	106	73	90	26	87	71	79
12	102	74	88	27	88	69	79
13	104	77	91	28	90	69	80
14	84	64	74	29	94	74	84
15	73	64	69	30	98	76	87
Source: srh.noaa.gov/oun/				31	94	77	86
Average Daily High: 95				Average Daily Low: 70			

Did You Know?

Cotton Electric offices will be closed Monday, Sept. 2, for the Labor Day holiday. Emergency calls will be answered at 580-875-3351 or 800-522-3520.

The September issue of The Current will be delivered on or about Sept. 9, 2013.

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 info@cottonelectric.com.

You can also drop us a line at Cotton Electric Current, 226 N. Broadway, Walters, OK 73572.

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More news at
cottonelectric.com

Award is tribute to member generosity

Several employees and I recently had the honor of representing Cotton Electric Cooperative at The Journal Record’s sixth annual Beacon Awards Banquet. The banquet was held in Oklahoma City and Cotton Electric was one of 28 businesses that were nominated in the categories of Charitable Influence and Philanthropic Impact.

When we received notice that Cotton Electric Cooperative had been nominated for consideration, we were humbled and honored to participate in the process. We quickly began working on our application and knew that our focus would not be on what Cotton Electric has done as a business. Instead we knew that the biggest impact

MEMBERSHIP MATTERS

By Jennifer Meason

to our communities is what you, our members, have accomplished through the Operation Round Up program.

By joining together and rounding up your monthly power bills, you have contributed more than \$680,000 to organizations and individuals within our service territory. Now that’s a big impact!

Once the application was submitted, we patiently waited to hear whether we were selected as a finalist. We were extremely pleased when the notice came that Cotton Electric would move forward in the process.

As the day of the banquet approached, we provided more detailed information about Operation Round Up and shared photos from grant presentations that were included in a video played as the awards were presented. We were overjoyed to hear the announcement that Cotton Electric Cooperative was selected as the Beacon Award winner for philanthropic impact in the medium-sized division. The philanthropic impact award winners were selected for making significant charitable contributions to a group or individuals in need in

the community. Other Beacon Award winners in this category included Oklahoma City-based Crescent Companies in the large business division and Ark Wrecking Co. of Oklahoma, headquartered in Tulsa, in the small business subcategory.

As a member of an electric cooperative, you own Cotton Electric Cooperative. It is your participation in the Operation Round Up program that truly makes an impact in our communities.

We look forward to presenting you with the Beacon Award next month at your Annual Meeting that will be held Sept. 26 at the Stephens County Fairgrounds.

Congratulations to all of you!

ORU grants top \$680,800

Continued from Page One
through ORU are administered by the Cotton Electric Charitable Foundation and its five directors.

The foundation has issued more than 280 grants since its inception in 2004. Grant recipients are local people and community organizations spread throughout the eight-county territory served by Cotton Electric Cooperative.

“The program provides a relatively simple way for the members of the cooperative to contribute to projects and causes within the area,” Meason said.

“Often, those who benefit from the grants are the very people who contribute to Operation Round Up. Their small contributions, pooled with small contributions from many others, add up to significant and powerful amounts. Funds are returned to members and their community through the grants.

“Grant amounts have ranged from

\$100 to organizations for events and school supplies to \$10,000 for building improvements,” Meason said, pointing out that the average grant is \$2,300.

“While 19 grants have gone to individuals and their families who were struggling with overwhelming medical expenses,” Meason said, “all other grants have helped a variety of organizations that serve large segments of communities in categories that include schools and youth programs, community services and public safety, senior citizens and volunteer fire departments.”

Co-op members contributed more than \$44,000 through the program during the 2012-13 fiscal year, and have contributed more than \$680,800 since the program began nine years ago.

Well done, Cotton Electric members. Enjoy this proud moment in the Beacon’s light.



“We are honored to accept this award on behalf of the members of Cotton Electric,” Jennifer Meason told the gathering of honorees. Cotton Electric’s vice president of marketing went on to say, “The Operation Round Up program is successful because of our members’ kindness and generosity and is a true testament to the power of cooperation.”

SKIE Award recognizes teachers using technology

Oklahoma’s Touchstone Energy cooperatives, in partnership with the University of Oklahoma’s K20 Center and the Jeannine Rainbolt College of Education, are recognizing teachers from across the state who are effectively using technology to transform teaching and learning. Sponsoring teacher and school grants through the Touchstone Energy Cooperatives SKIE Award is, “a natural fit that reflects our ongoing commitment to Oklahoma communities and emphasizes the guiding principles and values upon which we operate and are bound,” said Jennifer Meason, vice president of marketing and subsidiary services for Cotton Electric.

“As cooperatives, we have special responsibilities to the communities in our service areas and to education and training,” Meason said. “We are thrilled to showcase — and reward — Oklahoma educators who are adopting technology in innovative ways and making academic content more engaging, relevant and effective for today’s youth.”

The co-ops have donated \$90,000 to endow teacher grants. The endowment ensures permanent funding for the Touchstone Energy Cooperatives SKIE Award, which will provide six \$500 grants to regional winners in the annual competition. Regional winners become eligible for the state-wide award, which garners an additional \$1,500 for the teacher and a \$2,500 grant for the school at which the winner teaches.

“Teachers have the amazing ability to broaden our world-view, open our eyes and shape our lives,” said Dr. Leslie Williams, director of the K20 Center. “Unfortunately, we live in an economy where



The SKIE Award recognizes Oklahoma teachers who are effectively using technology to transform teaching and learning.

teachers are forced to do more with less. It’s through partnerships like this we can reward outstanding educators and cultivate technology-rich learning communities designed to enhance student success.”

Award winners will be recognized at the K20 Innovative Learning Institute (ILI), a one-day professional development and networking conference hosted by the K20 Center.

Touchstone Energy Cooperatives and the K20 Center are seeking applications from innovative Oklahoma educators. To be considered for SKIE Award, teachers — or a team of educators working collaboratively and willing to be considered as a team in the application process — must:

- Possess a record of outstanding application/integration of the K20 Center IDEALS;

- Demonstrate excellence in teaching and the use of technology; and
- Demonstrate instruction that is both engaging and effective for students.

Applications are due September 30. To apply, applicants need to complete a questionnaire and attach a video or other multimedia artifact (PowerPoint with pictures, etc.) to demonstrate their teaching. Forms are available on the K20 ILI website, <http://k20ili.com>. For more information about the application process, contact Dr. Linda Atkinson, associate director for K12 Partnerships, latkinson@ou.edu.

For more information about the K20 Innovative Learning Institute, visit <http://k20ili.com> or contact Autumn McMahon at (405) 325-1266 or amcmahon@ou.edu.

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COTTON
ELECTRIC CO-OP

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.

June 2013 Operating Stats			
	2013	2012	
Total Amount Billed/Accrued	\$4,746,242	\$4,810,223	
Cost of Purchased Power	3,940,285	3,398,645	
Taxes	97,563	89,543	
Total Operating Expense Per Mile	1,063	930	
Average Farm and Residential Bill	119	139	
Average Farm and Residential kWh	1,361	1,376	
Total Meters Billed (farm, residential)	18,062	17,879	
Miles Energized	5,130	5,138	
Density Per Mile	3.52	3.48	
New Service Connects YTD	184	177	
Services Retired	121	106	

Community Spotlight

If you would like your community event listed in the September issue, please submit information by Aug. 29, by calling 580-875-4255 or send an email to info@cottonelectric.com.

Farmers market open twice weekly

A farmers market hosted by the Southwest Growers Association is held from 8 a.m. to noon Wednesdays and 8 a.m. to 1 p.m. Saturdays through October at the Comanche County Fairgrounds, 920 S. Sheridan Road, Lawton. For information, visit Lawton Farmers Market on Facebook.

Bethel VFD plans fundraiser

Bethel Road Volunteer Fire Department will serve hamburgers, hot dogs, smoked chicken, baked beans, potato salad and desserts from 11 a.m. to 2 p.m. Aug. 10 at Bethel United Methodist Church, Oklahoma Highway 7 and Southeast Bethel Road.

There is no charge for the meal, but donations are accepted during this annual fundraiser.

A cake auction begins at 12:30 p.m. A medi-flight crew will be on hand to offer up close views of its helicopter.

For information, call Kenneth Klein at 580-351-7612 or Guy Shipley at 580-351-8916.

‘Spitfire Grill’ is LCT opener

Lawton Community Theatre opens its 62nd season with “The Spitfire Grill.” Auditions are scheduled for 7 p.m. Aug. 12 and 13 at the John Denney Playhouse, 1316 NW Bell Avenue, Lawton.

The presentation is a musical, and those auditioning must have a prepared song and be dressed for dancing. Accompaniment will be provided.

Performance dates are set for Oct. 4-6 and 10-13.

For information, visit LCT-OK.org.

Follies kick off UW campaign

United Way Follies is a new kickoff event for United Way Stephens County’s 2013-14 fundraising campaign. Fun and follies begin at 7 p.m. Aug. 16 in the Scarlet Event Center, 1206 North U.S. Highway 81 in Duncan.

Entertainment will include singing, dancing, skits and an improv group. Local restaurants will offer a “Taste of the Town.”

For tickets, call the United Way office at 580-255-3648.

SMQG welcomes guests

Stitching Memories Quilt Guild meets at 6 p.m. on the third Monday of each month in the Duncan Senior Citizens Center, 1110 N. Seventh. During the Aug. 19 meeting, Celia Kreie will update guild members about new gadgets in the quilting world.

The guild provides a unique opportunity for quilters of all levels to come together and share finished or unfinished items, demonstrations and experiences. Guests are welcome to enjoy the fellowship and knowledge of the world of quilting.

For information, call Dottie Alexander at 580-255-0244 or email quilt_girl@sbcglobal.net.

Rocketeers have new launch site
Red River Rocketeers (RRR) has a new launch location. Wolfe Field is in the Bray area, southeast of Clear Creek Lake. A map to the site is posted on the RRR website, RRRocketeers.homestead.com.
RRR, a sport model rocketry club based in Duncan, hosts rocket launches when weather permits. Launches are planned for 10 a.m. the second and last Saturdays in August and September. All RRR launches are open to the public. No model rocket is required. Rockets are available for newcomers to launch.
Club meetings are held at 6:30 p.m. on the second Thursday of each month in the Electronics and Aerospace Technology classroom at Red River Technology Center in Duncan.
For information about the group, its meeting and launch dates, visit RR-Rocketeers.homestead.com.

LPO presents ‘A Legacy of Music’

Season opener for Lawton Philharmonic, “A Legacy of Music,” features selections by Mozart, Mendelssohn and Shostakovich. The evening will feature a special performance by violinist Lee Chin, 1994 winner of the Louise D. McMahon International Music Competition.
Performances begin at 8 p.m. Aug. 24 in McMahon Memorial Auditorium, 801 NW Ferris Avenue, Lawton.
Tickets may be purchased by calling 580-531-5043 or visiting LawtonPhil.com.

Dinner to benefit Romine family

An auction and benefit dinner to help a family with medical expenses is set for 11:30 a.m. Aug. 25 in the Fletcher school cafeteria. Proceeds will assist the family of 1-year-old Nash Romine, who was born with severe physical disabilities. Updates on his condition are posted on a Facebook page called Pulling for Nash.

Blues Ball lineup announced

Medicine Park’s popular Mayor’s Blues Ball features live performances by blues artists throughout the Labor Day weekend.
Performances begin with Big Pete at 7 p.m. Aug. 30 on the Main Stage. Roland Bowling follows at 8:30 p.m., and Dirty Red and the Soulshakers at 10:30.
Several artists will be featured during the afternoons and late into the evenings of Aug. 31 and Sept. 1. Saturday’s lineup includes Blueprint, the Soul Survivors and Ike Lamb and the Creepers during the afternoon on the General Store Stage. Evening performances will be on the Main Stage and include Old Gray Mule, Kris Lager Band and Watermelon Slim and the Workers.
Sunday’s acts include Rusty Trey-

wick and True Friends, Sweet Brenda and Sour Mash and Big Pete on the General Store Stage. Main Stage acts include Cecil Gray and the Flying Eagle Blues Band, Chant and Lil’ Ed and the Blues Imperials.

There is no admission charge. For information, visit medicinepark.com.

Geronimo plans birthday bash

Geronimo kicks off its annual birthday bash with a parade beginning at 6 p.m. Sept. 20 followed by a fire department barbecue dinner. A powwow and fire dancers will be part of the evening’s entertainment.

Festivities continue on Sept. 21 with a firehouse breakfast from 7:30 to 10:30 a.m. The Lil’ Miss and Mr. Geronimo pageant and a kids’ fishing derby begins at 9. Stage entertainment begins at 10 a.m.

The evening’s entertainment features the annual Geronimo Bull Riding Classic, benefiting the Geronimo Volunteer Fire Department, beginning at 5:30 p.m. Mutton bustin’ and chute doggin’ are new features this year.

The Allen Biffle Band will perform from 8:30 to 11:30 p.m.

Entries are being accepted for parade entries, stage entertainers, vendors and food booth operators. For celebration information, call Geronimo City Hall at 580-355-5511, email gevents@yahoo.com or find Geronimo Events on Facebook.

For bull riding information and tickets, call Julie Spaulding at 580-591-6529.

Photo of the Month

A raccoon takes refuge in the only tree around. The trio making the most of the Dog Days of Summer belong to Cotton Electric members Lester Lehew and Tammi McCarter of Waurika. Tammi said the raccoon got away safely, but Rusty, Tatum and Charlie had fun chasing it.

Enter your “best shot” in our Photo of the Month contest. Theme for September is Celebrations. Entries can be emailed to info@cottonelectric.com or mailed to The Current, 226 N. Broadway, Walters, OK 73572. Winners will receive a Cotton Electric prize package of CEC goodies.

1ST PLACE

Tulsa State Fair Sept. 26-Oct. 6

Carter County Free Fair Sept. 3-7

Oklahoma State Fair Sept. 12-22

Comanche County Free Fair Sept. 3-7

Tillman County Free Fair Sept. 5-7

Grady County Fair Aug. 22-24

Stephens County Free Fair Aug. 22-24

Cotton County Free Fair Aug. 21-24

Fair dates

Community Spotlight

August 12, 2013

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877.231.4440

Duncan
2110 Duncan Regional
Loop Road
Duncan, OK 73533
580.251.6600

www.cancercentersswok.com

Service to co-op recognized

Trustees work long and hard to represent members well

By Karen Kaley

Seventy-five years is a time period that seems long and not-so-long at the same time. It is long enough to be significant, to be commemorated. That is why we have been taking a look at some of the history of Cotton Electric, 75 years after the cooperative was incorporated in 1938.

There are boxes and boxes of old photos and documents tucked in various corners of the Cotton Electric headquarters. For some old-timers, employees who have been with the co-op 20, 30 and 40 years, the boxes contain walks down memory lane. For newer employees, they are boxes of curiosities that evoke mild interest.

Some of the faces in the old photos are familiar, most are not. Some are carefully organized and labeled by past chroniclers, some are tossed together in bundles of mystery.

In our attempt to gather photos of all of the men who have served as trustees for the co-op, we have



discovered that some things are simply lost to the 75-year past that seems so long, yet not so long ago.

Since before the state charter was issued on Sept. 15, 1938 and on through the present, the cooperative has existed as a result of the efforts of the people it serves. The trustees are the agents of those people, elected by members to represent them in the business of the cooperative.

Many have worked long and hard to serve the co-op. Original trustees T.H. Ketels and Leonard Ketchum served for 35 and 29 years respectively. The record for length of service is held by Marvin Scherler, who has represented District 7 for 45 years and is still going strong.

Some served only briefly. Many of the originals served for only two

years, as did many throughout the 1940s. As time passed, new trustees were elected at a district meeting or appointed to finish terms when one had to leave the board for various reasons. For example, Jay F. Smith served District 8 for three years until he was appointed school superintendent and co-op by-laws required his resignation. He was replaced in 1959 by Bob Mayes, who went on to serve for 16 years.

Here are photos of 36 of the 56 men who have served as trustees of Cotton Electric Cooperative. Some are from formal portraits, some are reproductions from fuzzy photos in old annual reports. Charter trustees are marked with a single asterisk (*) and current trustees have two (**).

If there are photos out there of the men on the list of those not pictured, let us know. We would love to get a copy of those photos. We promise to label them and file them away carefully, making them easy for someone to find for the co-op's centennial.

Directors not pictured

R.A Taylor* 1938-40 2 years	W.A. Mitchell 1941-42 1 year
Charles Flanagan* 1938-40 2 years	Howard Bently 1941-42 1 year
Albert A. Carter* 1938-40 2 years	Bud Sharp 1942-44 2 years
Carl Carter* 1938-40 2 years	E.R. Matthews 1942-44 2 years
C.E. Martin* 1938-43 5 years	George F. Gutshall 1942-49 7 years
R.D. Nickle 1940-41 1 year	H.W. Byrns 1942-44 2 years
C.H. Slaving 1940-42 2 years	W.H.Hill 1945 6 months
C.Y. Wilson 1940-41 1 year	Jack Blair 1949-51 2 years
H.P. Turner 1940-41 1 year	Robert Fietz 1949-56 7 years
H.D. May 1941-42 & 1945-52 8 years	H.C. Brenton 1951-53 2 years



S.W. Philpott*
1938-40
2 years



Louis R. Burkhart*
1938-40
2 years



J.W. (Tab) Dowlen
1938-40
2 years



T.H. Ketels*
1938-73
35 years



Leonard Ketchum*
1938-40 & 1943-70
29 years



S.T. Flannagan
1940-49
9 years



L.F. Menz
1940-65
25 years



L.L. Weatherly
1940-49
9 years



Glen H. King
1944-49
5 years



Lloyd Patton
1944-69 & 1972-76
29 years



H.E. Bain
1949-51 & 1953-76
25 years



Rudolph Buchwald
1949-71
22 years



Elbert Carter
1951-84
33 years



Maurice Ball
1952-81
29 years



Jay F. Smith
1956-59
3 years



Bob Mayes
1959-75
16 years



Marvin Scherler**
1965-83 & 1986-Present
45 years



Frank Simpson Jr.
1969-72
3 years



Edwin Ketchum
1970-2009
39 years



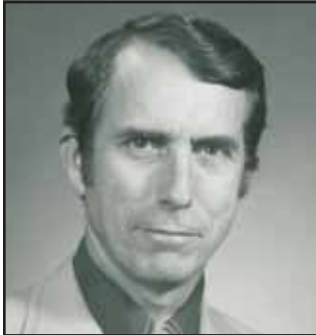
Melvin Robison
1971-2006
35 years



Edward P. Hill, Jr.
1973-99
26 years



Harold Taylor
1975-96
21 years



Jack Skinner
1976-84
8 years



Tim McCary**
1977-Present
36 years



Bruce Scott
1982-2009
27 years



David Gammill
1983-86
3 years



Thomas J. Jones, Jr.**
1984-Present
29 years



Terry Johnson
1985-2009
24 years



Jerry Phillips
1996-99
3 years



Dewayne High**
1999-Present
14 years



Charles Spencer**
2000-Present
13 years



David Butler
2007-2012
5 years



Ronnie Bohot**
2009-Present
4 years



Ken Layn**
2010-Present
3 years



Shan Files**
2010-Present
3 years



Brian DeMarcus**
2013-Present
5 months



Many attics are under-insulated. Trent Marlett points out the ideal level of insulation for most Oklahoma structures.

Upgrade attic insulation for quick return on investment

By Trent Marlett

Although this time of year is the worst time to crawl up into an attic, it’s probably the first thing I do when conducting a free home energy audit for a Cotton Electric member. I do it because I know how important it is to have adequate amounts of insulation in the attic.

Insulation acts as a barrier to heat transfer. Heat always moves to cold, so the extreme 120-degree-plus air in a summertime attic is always trying to move into the cooler house.

The greater the temperature difference between the two spaces means the easier heat will transfer. So, the nice cool house that we are paying to keep conditioned is fighting heat transfer from the attic.

The opposite goes for the winter-time. The heat in our homes is trying to transfer to the extreme cold in the attic.

Research tells me another reason to check insulation in the attic: Adding insulation is one of the fastest returns on investment a homeowner can get when it comes to energy savings.

When I make up an audit report, I prioritize recommended improvements by cost, importance and return on investment (ROI). For instance, replacing windows with much more efficient ones can be very important, depending on existing windows. However, the upgrade can be very expensive and the ROI could take a while.

I can safely say that one of the top recommendations I make on home improvements with an energy-efficiency goal is adding insulation to the attic.

Most homes I audit are older homes built to meet the building codes of their day. Today, building codes are

set much higher when it comes to energy efficiency.

A majority of older homes I visit have about 6 inches of insulation in the attic, and I can see every ceiling joist up there. If it is fiberglass insulation, 6 inches provides an R-Value of R-16 to R-18. R-Value is the amount of thermal resistance a material has to heat transfer.

Today, for the climate in southwest Oklahoma, the EPA recommends values of R-38 to R-49. So to get up to this optimal amount of R-Value, a homeowner would have to add 8 to 10 inches of blown-in insulation, depending on the kind of insulation used.

Once I determine the R-value in an attic, I can figure out how much more a member needs and I can run a calculation to determine the ROI. In most cases, when it comes to energy-saving investments, the turn-around time to get back what a homeowner has put into to upgrading insulation is one of the shortest.

In fact, the EPA estimates that by upgrading to recommended amounts of insulation, a homeowner can save about 20 percent on energy usage.

So, when looking to make a significant upgrade on your home that can really save energy and pay for itself quickly, consider taking a look in the attic to see how much insulation is up there.

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2012 capital credits allocated

How to calculate your capital credits

Determine the total amount you were billed for electricity during the calendar year 2012. Multiply that amount by the capital credit factor.

If you do not know the total amount billed, you can access your member account online at CottonElectric.com, or contact Cotton Electric at 580-875-3351.

Capital Credit Factor

General Service	0.04560319
Small Commercial	0.0453099
Large Commercial	0.03233688
LPC/STC	0.01861989
Irrigation	0.04246397

Capital credits for accounts active in 2012 have recently been allocated.

Please note, however, that credit to an individual account is not a refund, and the amount may not be applied to a member's power bill.

Cotton Electric is a not-for-profit cooperative owned by its members who pay electric bills. Revenues in excess of the actual costs of providing electric service for the year are called margins.

Members' portions of these margins are called patronage capital, and are credited to the individual member's equity account in proportion to what each member contributed to the gross margin through his or her electric bills.

These margins are held in reserve for a period of time, with the capital being used primarily to construct new electric facilities, upgrade existing facilities, maintain the members' ownership and equity in the cooperative, reduce interest costs by lowering the amount of the borrowed capital, and maintain a reserve to protect against storms and emergencies.

Refunds, called retirements, are made when financial conditions of the cooperative permit. Members are encouraged to keep Cotton Electric informed of any changes of address so they will receive a check if a retirement is made.

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Autumn art workshops offered

A variety of workshops and classes will be offered from September through November at Cobblestone Galleries in Medicine Park. Pre-registration is required as space is limited.

A HDR (high dynamic range) photography workshop on Sept. 21 will be led by Larry Clements. HDR photography captures a greater range between light and dark than traditional photography.

The all-day workshop will run from 9 a.m. to 5 p.m. with a one-hour lunch break. The fee for the workshop is \$75. Spaces are available until Sept. 16 or until filled.

Children's Autumn Art classes with artist Stephanie Jacobs will be from 4 to 5:15 p.m. every Thursday from Sept. 19 through Nov. 14. Classes are for those age 9 through 12.

Children will learn the technical aspects of fine art such as color theory, two-dimensional creation and brief lessons in art history. A fun, hands-on approach will teach children materials management, creative thinking and problem solving while building self-confidence and respect for others.

Fee for the fall course is \$180.

Other scheduled workshops include:

Beginning Encaustic Workshop by Gayle Curry on Oct. 12. Fee is \$135, supplies are included.

Watercolor/Sketching Plein Air Workshop by Tom Biggs on Nov. 2. Fee is \$40.

Weekly Adult Beginning Drawing Class by Denise Wynia-Wedel from 10 a.m. to noon on Thursdays or 6:30 to 8:30 p.m. on Wednesdays. Fee is \$20 per session.

Weekly Adult Beginning Painting Class by Denise Wynia-Wedel from 10 a.m. to noon on Wednesdays. Fee is \$20 per session.



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Time to plan fall gardens

By Max Galloway

Many enthusiasts consider gardening a year round project. The weather this year may offer opportunities that have not been seen for a few years. So, as we start to see some gardens winding down in the fall, we may also see some that are still fresh and productive.

When a fall garden is started, the conditions are very different from starting one in the spring time. Higher soil temperatures, light intensity and lack of water are some of the major limiting factors.

Here are some things to remember as you get your fall garden started:

Seeds leftover from spring are still good if they have been stored in a cool, dry place.

Supplemental irrigation will be a must to get the garden started.

Climatic conditions of July and August result in an increase in the problems of obtaining a uniform stand of plants. Achieving a full stand of plants in the heat of summer may require special treatments.

To save on moisture, water only the furrows or rows, hope for good rains and soak seeds overnight. This will speed up the germination process and seedling emergence.

Cover seeded rows to reduce soil temperature and drying. Viable seed, in order to germinate or sprout, must have the proper temperature, adequate moisture and sufficient oxygen. The surface of the soil, when exposed to the summer sun, may become very hot — up to 140 degrees.

Vegetable seeds should be planted no deeper than three times the diameter of the seed. With small seed such as carrot, this would be no more than 1/4 inch deep. However, at this depth and exposed to hot soil, the seed may die. It is also likely that such a soil, even when watered, would dry out quickly because of high temperatures.

Unless the soil remains moist at the depth where the seeds have been planted, germination will not take place.

In order to achieve proper temperature and adequate moisture, apply mulch over the row following planting and watering or use materials such as screen wire strips, shade cloth or boards to cover the row. This will moderate both soil temperature and soil moisture.

Remove covers after seedling emerges.

Also, closely monitor plants as they are growing because pests can damage plants quickly this time of year.

If you would like more information on fall gardening, stop by the Stephens County Extension Office at the fairgrounds and ask for fact sheet 6009 or go online to OSUextra.OKState.edu.

If you have any questions or require further information, contact Max Galloway at 580-255-0510 or max.galloway@okstate.edu.

Max Galloway is the agriculture educator at the Stephens County OSU Extension Office.

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Can You Benefit from Municipal Bonds?

Over the past couple of years, the economic picture has brightened for many cities and states — but some of them are still facing potential financial problems. As a citizen, you may well have concerns about these issues. And as an investor, these financial woes may affect your thinking about one particular type of investment vehicle: municipal bonds.

Specifically, given the difficulties faced by a few municipalities, should you consider adding "munis" to the fixed-income portion of your portfolio?

It is true that municipal defaults, though still rare, rose in 2012. But we haven't experienced any sharp increases in defaults in 2013. Overall, default rates for municipal bonds are low — much lower than for corporate bonds of comparable quality, according to Moody's Investor Services.

Of course, there are no guarantees, but if you stick with "investment-grade" municipal bonds — those that receive the highest grades from independent rating agencies — you can reduce the chances of being victimized by a default. And municipal bonds offer these benefits:

Tax advantages — Municipal bond interest payments are free from federal taxes, and possibly state and local taxes, too. (However, some munis are subject to the alternative minimum tax, as well as state and local taxes.) This tax treatment means you would have to earn a much higher yield on other types of bonds to match the "taxable equivalent yield" of municipal bonds.

Civic benefits — By adding quality municipal bonds to your portfolio, you can help support worthwhile projects in your community, such as construction of schools and hospitals.

Steady income — Barring a default, you will receive a regular, predictable income stream for as long as you own your municipal bonds. However, if you currently own many long-term munis, you may want to consider reducing your overall position. Eventually, rising interest rates will push down bond prices, and long-term bonds carry added risk because their prices will decline more as interest rates rise. Work with your financial advisor to determine the most appropriate approach for your situation.

Diversification — Municipal bonds can help you diversify the fixed-income portion of your portfolio if it's heavily weighted toward corporate bonds. And you can even diversify your municipal bond holdings by building a "ladder" consisting of munis of varying maturities. Once you've built such a ladder, you can gain benefits in all interest-rate environments — when rates are low, you'll still have your longer-term bonds working for you (longer-term bonds generally pay higher rates than shorter-term ones), and when interest rates rise, you can reinvest the proceeds of your shorter-term bonds at the higher rates.

Consult with your financial advisor to determine if municipal bonds can be an appropriate addition to your portfolio, as investing in bonds involves risks, including credit risk and market risk.

Bond investments are also subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.

Investors should evaluate whether a bond ladder and the securities held within it are consistent with their investment objectives, risk tolerance and financial circumstances.



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Girls of courage, confidence and character make world better place

By Karen Kaley

Some advice for those who plan to visit Camp E-Ko-Wah: If it is a hot summer day, you will be offered a wet strip of cloth before setting off on a tour. Accept the offering and loop it around your neck. You will be glad you did.

Camp E-Ko-Wah (pronounced ee-COW-uh) is a Girl Scout camp sprawled over about 150 acres east of Bray in Stephens County. To really appreciate all it has to offer requires a good hike. Visitors should wear light clothing, sturdy shoes, sunscreen and a hat, in addition to the watered-down neckerchief.

The Daisys, Brownies, Juniors, Cadettes, Seniors and Ambassadors – girls in grades K-12 – wear all those things and carry backpacks filled with items they may need, such as a flashlight, bug spray, water bottle, towel and first aid kit. The youngest girls may be attending day camp, while the oldest may be staying overnight for up to two weeks.

They attend camp sessions that are designed to appeal to a wide variety of interests. Session names for Summer 2013 included Archery Games, Crafty Critters, Off the Map, Star Wonders, and the ever-popular Horse Camp.

Yes, Horse Camp. There are 11 horses stabled at the camp from April to October, providing beginning to advanced opportunities for girls to learn about care, handling and riding horses. For many girls, this is the only chance they have to be around these gentle four-legged friends.

Grace Johnston, 10, came to Camp E-Ko-Wah for a second year mainly for the horses.

She is not a stranger to horses, “I’m just a big country person.”

She said Butter is her favorite horse. “He is a good horse. He listens to me and does what he is supposed to.”

Grace will come back to camp next year, as will her sister, first-time camper Emma, 8. Ooey Gooey Fun was for Emma, a camp session that looks at the messy side of science.

The sisters attend Grandview School and are the daughters of Cotton Electric members Brian and Sheila Johnston.

When not hiking or horseback rid-

ing, the campers can cool off in the water. The northeastern portion of Camp E-Ko-Wah includes some of the shoreline of Lake Fuqua. The girls make use of the lake with canoes and kayaks. They swim, too, but mostly in the in-ground pool in another part of the camp.

Activities on land include volleyball, tennis and disc golf. There are spaces for gathering around a campfire to sing Girl Scout songs before retiring for the night in cabins, some of which are built high in the trees ... tree cabins!

There are two ropes courses on the camp, one low and one at mid-level. Designed for team-building and communication exercises, the courses provide a bit of a workout as the girls balance and negotiate through the challenges.

A ropes course requires maintenance. The ropes have to be stored when not in use to slow deterioration of the organic materials. They are replaced on a regular basis to ensure safety.

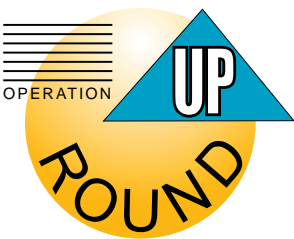
In June of 2012, Cotton Electric Charitable Foundation (CECF) made a \$2,000 grant to Girl Scouts of Western Oklahoma (GSWESTOK) to replace ropes and build storage buildings near the courses. They were erected in the fall and painted a bright Girl Scout green.

The camp is a bit rustic, with latrines substituting for indoor plumbing and the dining hall being the only air-conditioned building. Upgrades of those buildings are on a list of future projects, said Crystal Slater, chief development officer for GSWESTOK.

She said GSWESTOK is looking at adding another gathering hall that will double as a safe room at the 60-year-old facility.

In the meantime, Slater and the other adult counselors, troop leaders and volunteers will work to carry out the Girl Scout mission to build girls of courage, confidence and character that make the world a better place.

Toward that end, CECF issued a second grant a year after the first. GSWESTOK will use the \$5,000 grant for program support and volunteer training in the Cotton Electric service area.



Download CECF grant applications at cottonelectric.com.
Deadline for third-quarter 2013 grant applications is Sept. 11.



Sisters Emma, left, and Grace Johnston demonstrate the Girl Scout sign while at Camp E-Ko-Wah. Scouts make the sign when they recite the Girl Scout promise. The three fingers represent the three parts of the promise: On my honor, I will try: To serve God and my country, to help people at all times, and to live by the Girl Scout Law.

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Southwestern Medical Center is excited to welcome Doug Rowe, PA to our team. He will be treating patients in our new Southwestern Medical Clinic at Walters. Doug graduated from the Army Physician Assistant Program through the University of Oklahoma. He also graduated from the University of Nebraska with a Masters Degree in the Family Medicine PA program. After two combat tours, he retired from the Army National Guard. Doug has experience in Family Medicine, Urgent Care and Emergency Medicine. His hobbies include riding his Harley, hunting, fishing, church and having coffee with good friends.

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Around-the-clock appliances use energy 24/7, too

By Magen Howard

In 2013, new appliances don’t just cook your food and keep it cold, wash your clothes and dishes, or offer a few hours of entertainment. These machines boast myriad functions that make our lives easier — but in doing so also consume more energy.

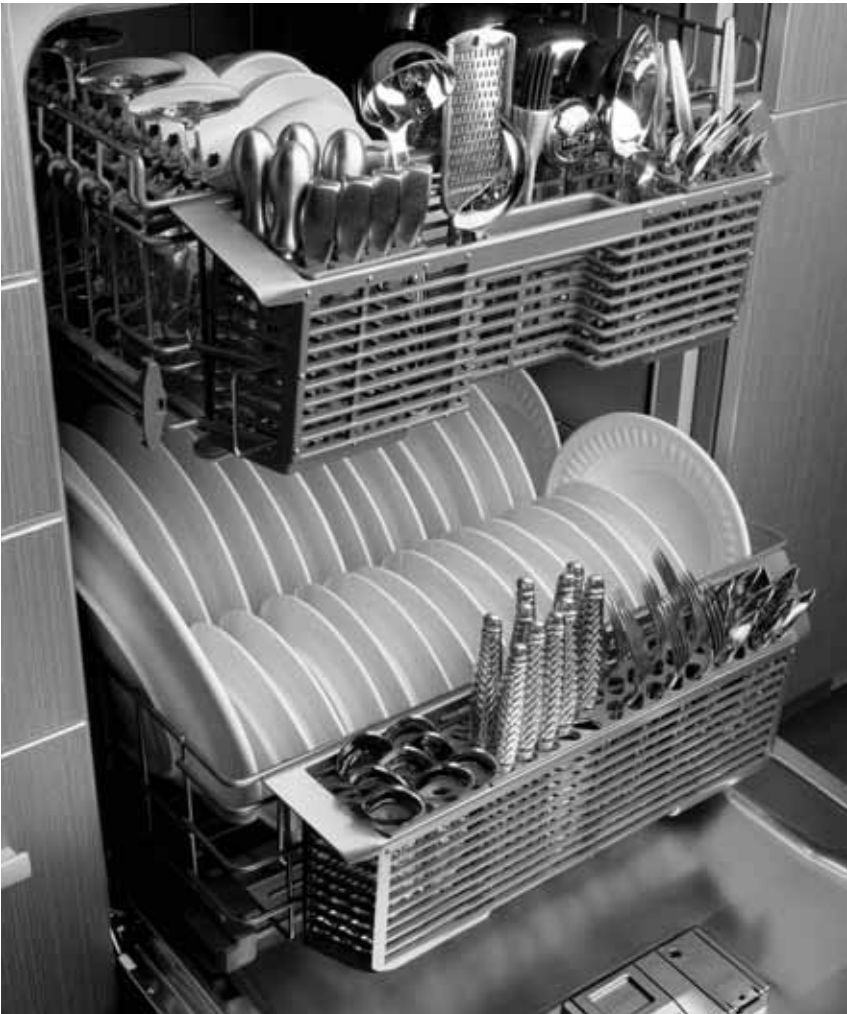
While appliances have become more energy efficient as technology has evolved and federal standards tightened, few ever truly shut down anymore. And as Americans add more and more electronic devices to their households — 25 on average, according to the Consumer Electronics Association — much more energy is consumed.

Take a phone charger as an example. Leaving it plugged in without a phone attached doesn’t mean it’s not drawing power — in fact, it uses 0.26 watts of electricity even when a phone isn’t connected, and 2.24 watts when the handset is charging.

Of course, that 0.26 watts by itself might not be a big issue. But if most of your electronic devices are doing that, it can add up to as much as 10 percent of your bill, according to the U.S. Department of Energy.

“Take a look around your house — how many cords are plugged in? Of those, how many are actually attached to a device? You might be surprised at how much electricity your family consumes, even when you don’t realize it,” said Trent Marlett, energy efficiency coordinator for Cotton Electric.

Cable boxes are a big culprit of 24/7 energy use. Leaving your cable box plugged in for a year and never turning it off adds, on average, \$17.83 to your electric bill. Toss in a DVR function and that total jumps to \$43.46, DOE reports.



Source: GE

GE’s new dishwasher with exclusive Wash Zones allows consumers to run a cycle on just the top or bottom rack so favorite items are clean and sanitized when they want them. But consumers must remember to use these energy-saving settings to see savings on their electric bill.

And electronics aren’t the only problem. Basic “white goods” appliances like clothes washers and dryers, refrigerators, and dishwashers are so savvy that you can set them to come on late at night, when the wholesale power your co-op must buy costs less — helping your co-op keep power affordable for you and your neighbors.

Here again, the bigger you go with a new appliance, the more energy it will use.

Electric bills don’t have to be held hostage by 24-hour-a-day energy use. For starters, use a power strip to turn several electronics on or off at once. For a bigger investment, look into

“smart” power strips. They allow you to cut power to certain appliances — say, your TV — while letting power flow to your cable box because it takes time to reboot after being unplugged.

If you’re in the market for a new appliance, look for an Energy Star model. It generally consumes less power all around and uses less standby energy.

“But remember that you actually have to use those energy-efficient settings on your appliances to see savings on your electric bill,” Marlett explained.

For more information on energy-efficient living, visit TogetherWeSave.com or call Marlett at 580-875-3351.



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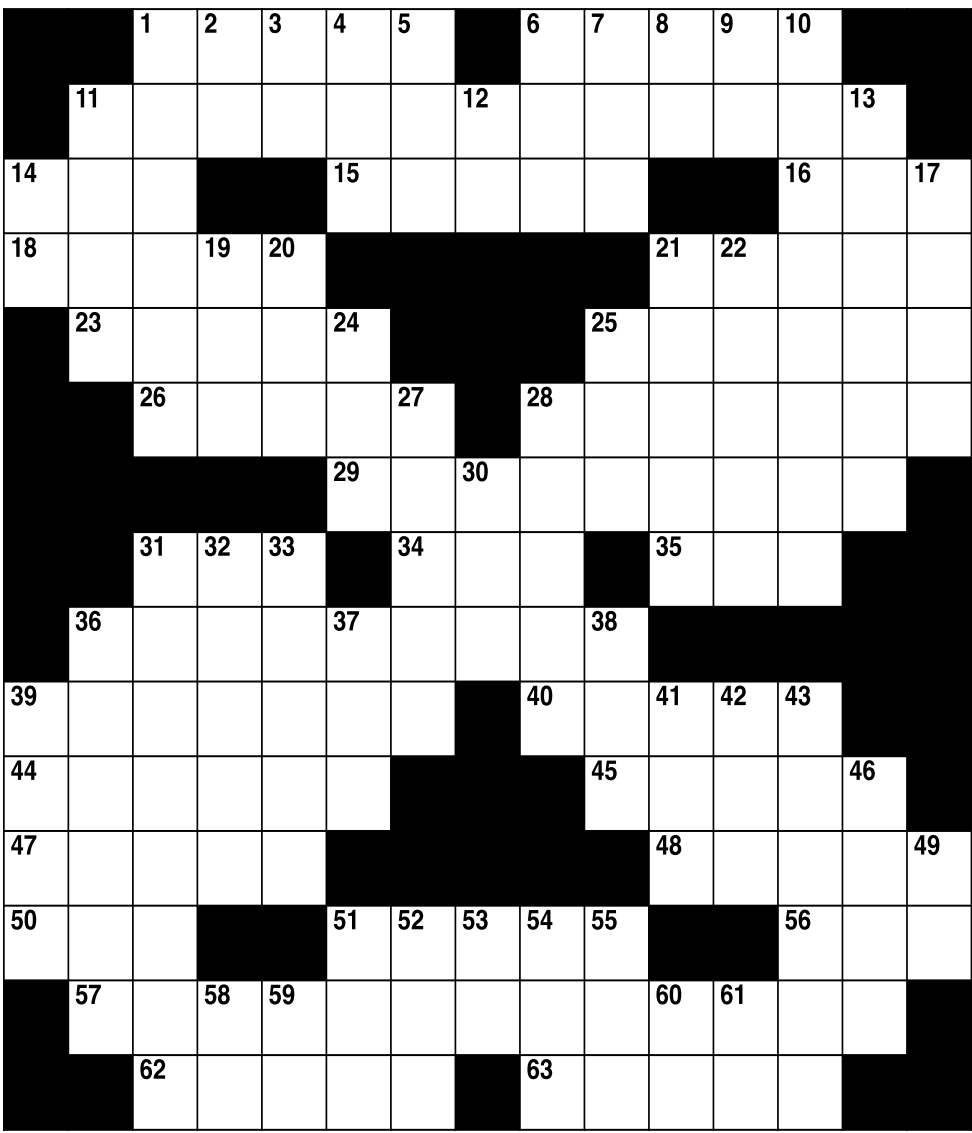
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ACROSS

- 1. S.A. grassy plain
- 6. Condemnation
- 11. Twitter or Facebook
- 14. Chest muscle (slang)
- 15. Changed ocean level
- 16. Cause bodily suffering to
- 18. Red Jamaican tropical fruit
- 21. 3rd largest Swiss city (alt. sp.)
- 23. Bluish greens
- 25. Billowing clouds
- 26. Duchy princes
- 28. Sarcasms
- 29. Equal business associate
- 31. State certified accountant
- 34. Swiss river
- 35. Winged goddess of the dawn
- 36. Not a jet airplane
- 39. Ethically
- 40. Dark brownish black
- 44. Removed writing
- 45. Skill in an occupation or trade
- 47. Standard unit of length
- 48. Indescribably bad
- 50. ___ Lanka
- 51. Locution
- 56. Printing liquid
- 57. Small travel cases
- 62. Old Norse poems
- 63. Mammy’s partner

DOWN

- 1. Scarred face
- 2. Atomic #89
- 3. Great Lakes state
- 4. Tap gently
- 5. Boxer Muhammad



- 6. Quilting or spelling
- 7. Confined condition (abbr.)
- 8. Expression of sympathy
- 9. The Show Me State
- 10. Expunctions
- 11. Subdivision of a denomination
- 12. Peace Garden State
- 13. One who causes death
- 14. The Keystone state
- 17. Hawaiian garlands
- 19. Cologne
- 20. Large northern deer
- 21. Montana’s 5th largest city
- 22. Compound containing NH2
- 24. Small unit of time (abbr.)
- 25. Auto
- 27. Saponaceous
- 28. Gulf of, in the N.E. Aegean
- 30. Golf score
- 31. A disease remedy
- 32. Dark gemstone
- 33. More competent
- 36. Matador
- 37. Not new
- 38. Political action committee
- 39. Microelectromechanical systems (abbr.)
- 41. Woman’s undergarment
- 42. Enacted legislation
- 43. A representation of a person
- 46. Large casks for liquids
- 49. Abbr. for 50 across
- 51. Nursing group
- 52. Roman god of the underworld
- 53. Silver
- 54. Group health plan
- 55. The 7th Greek letter
- 58. ___, denotes past
- 59. Rural delivery
- 60. Oil company
- 61. Associated Press



Cody Pennington monitors communication between more than 20,000 member meters throughout the Cotton Electric service area and the headquarters in Walters. New information includes energy used during the peak periods of 3 to 7 p.m. June 20 through Sept. 9.

Meter monitor

Pennington watches over info stream

By Karen Kaley

For the past five years, Cody Pennington has fiddled with meters for Cotton Electric Cooperative. He has catalogued them, tested them, repaired them, upgraded them, installed them, and retired them. Now he has a new job, which mainly consists of communicating with them.

All 20,500 of them. Co-op employees are near the end of a months-long project to replace all old mechanical dial-style meters with newer solid-state digital display meters. This new generation of meters is lightweight and versatile, containing a computer module that will help Pennington and the co-op carry out a mission of delivering quality power at an affordable price.

Pennington said the module collects the same information the co-op has always collected, such as kilowatt hours used and voltage from the meter base. It collects the information in more detail, on-peak and off-peak use instead of just daily use, along with a record of blinks and other interruptions of service.

What's really different about the newer meters is two-way communication. Not only do they send information, they can receive it, too.

When all conditions are favorable, all 20,500 meters send a report during the night to the headquarters in Walters.

When Pennington sits down at his computer at the beginning of a workday, he looks at a summary of those reports that tells him what he will be doing that day. His job is to investigate why some meters send little or no information.

With so many meters sending in reports, there are bound to be some that indicate a problem of some sort. Pennington said he gets problem reports from about 100 or fewer meters each day.

Fewer than 100 meters with problems out of 20,500 – a commu-



Employee Spotlight

Cody Pennington

nication error factor of slightly less than 0.005 percent – seems like a great number, but Pennington would like to see his daily report showing 10 or fewer meters had trouble the night before.

Pennington has worked with software called Command Center for years. He became familiar with it while working in the meter and transformer shop, which made him an ideal fit for the internal grid communication specialist position he assumed at the beginning of July.

Using Command Center, Pennington can begin the troubleshooting process for meters that are not sending good readings. “I can try to solve problems from the office, which cuts down on trips our field representatives have to make to members’ homes. Fewer trips mean less expense for the co-op and its membership.”

The two-way communication is what makes this possible. Pennington can send commands to the individual meter as a first step toward resolving a miscommunication. Often, it is the only action needed to get a meter back to top performance.

The messages between meters and headquarters are delivered through the same lines that deliver electricity. “All meter signals use the power lines, just like the older meters did,” Pennington said.

“There is no health threat. If there was, I would not have spent the past five years sitting at a tester with meters plugged in.”

He said the newer meters address the only hazard he knew of: “The glass covers on the old meters were heavy and would hurt if you dropped one on your foot. If the cover broke, it could cut a person.

“The new meters are plastic, lightweight with no sharp edges.”

He said a digital meter is easier to read, with no confusing dials. Another advantage is versatility. “They are not limited to a certain substation, which cuts down on inventory.” Again, a cost savings.

He discussed the new line on member’s power bills showing use during peak hours, information provided by the new meters. “Cotton Electric is being proactive by providing this information. We know our energy sources are limited and this is a way to drive down cost.

“Time-of-use information on power bills is a tool for the members. It will help them distribute energy use through the day and change habits in the household.

“With this information, they can help themselves. In a way, they set their own price by when they use energy. The members can drive down the price of electricity if they use energy during non-peak times.”

The meters will also help keep the entire system in good working order. When meters have trouble sending reports on a consistent basis, it can be an indication of problems along the line. “Low signal quality lets us know there is a problem somewhere,” Pennington explained.

“The new system is sensitive and will let us know there is an issue. For example, a loose connection could interrupt transmission. We can send someone to repair the connection before the member experiences blinks or an outage.

“A cleaner line of communication will improve the quality of power we deliver.”

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Treasure trove

Find whimsy, nostalgia, friendship at Addington Station

By Karen Kaley

You can't miss it. Really. Addington Station is on U.S. Highway 81, just about three miles south of the Jefferson County line. The address is ... oh, well, it doesn't matter. Look for the white stallion, rearing up and pawing the air. Look for the bucking bull, the brassy eagle and the bear, also up on two legs. Look for the bugling elk and ... Oh, look! There's another rearing stallion – this one is black.

There are what looks like several white buildings adorned with old advertising signs, guarded by chain-saw carved Indians, and a long row of covered buckboard wagons, a windmill and ... Oh, look! There's a white buffalo, too.

Addington Station is full of surprises. If you've driven by and always been curious about the eye-catching location, set aside an hour one day to stop and browse. You'll find all sorts of treasures inside, including the friendly proprietress, Pat Webb.

You won't see her right at first, but you'll soon hear her call out, "Come on in here!"

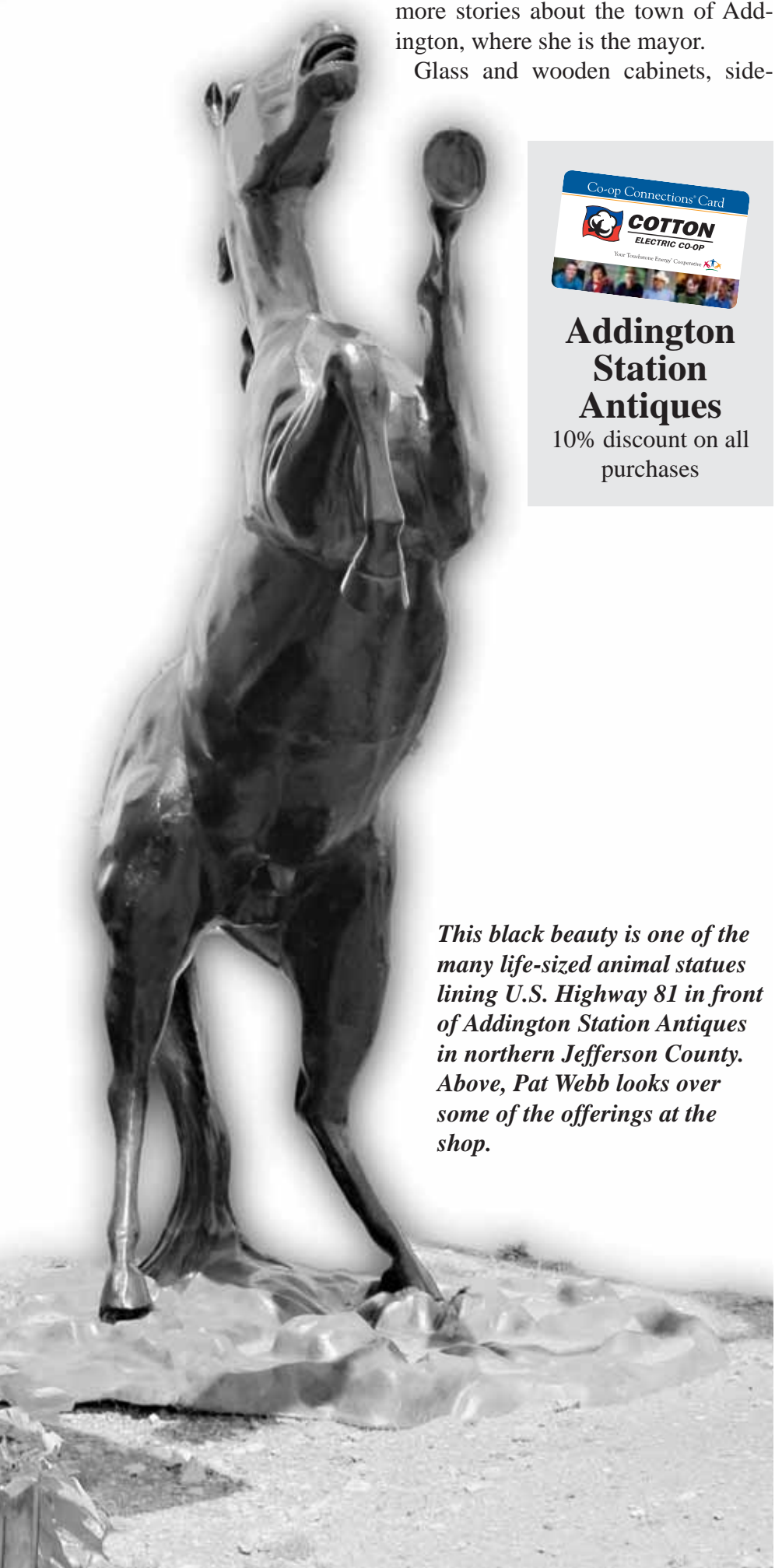
Weave your way through the cabinets, past the fortuneteller, through a doorway and there she is.

"Well, hello!"

She will greet you as if you were a friend she hasn't seen in a long time. Really, though, she is your newest friend, ready to take you on a well-documented trip back in time.

She has little stories about many of the items displayed in the store, more stories about the store itself and even more stories about the town of Addington, where she is the mayor.

Glass and wooden cabinets, side-



This black beauty is one of the many life-sized animal statues lining U.S. Highway 81 in front of Addington Station Antiques in northern Jefferson County. Above, Pat Webb looks over some of the offerings at the shop.



Addington Station Antiques
10% discount on all purchases

boards, dressers and tables form aisles. Every surface, every shelf holds lamps, dishes, candlesticks, pitchers, figurines, dolls, framed photographs, books ...

"You name it, I've got it," Webb said.

The wide variety is possible because of her partnership with Mark and Sherrie Childers and their Santa Fe Traders business. The couple does much of the legwork, traveling the region in search of great finds to ship back to the shop where Webb showcases and sells them.

She chuckles over some of the results of that arrangement. For example, a cabinet came in that belonged to a distant relative. Webb knew it in a moment by a unique mark. Another item had been sold by Webb, only to be repurchased and shipped back to the shop by Childers.

Furniture is a Santa Fe Traders specialty and there is plenty to choose from at Addington Station. Many pieces feature tiger oak, and Webb said there is a unique round oak stove that has been refurbished and is ready for a new home.

Webb said she is particularly fond of a solid oak sideboard that was featured in the 1920 Sears catalog. Addington Station's price for the piece is quite fair, but a lot more than its 1920 price tag of \$8.75.

The shop features a large collection of decorative Aladdin lamps. They come in a variety of styles and colors, some featuring reverse-painted and Fenton shades.

"Most of the Aladdin lamps have been electrified, but can easily be returned to oil-burning mode before they leave the shop," Webb said.

Her specialty is glassware, and the shop has it in many colors and motifs. Styles range from simple and elegant to bright and whimsical.

Webb offers coffee, cookies and conversation to all visitors, even those stopping in search of convenience store items. She directs them to Comanche, nine miles to the north, or Waurika, six miles to the south.

Browsers should bring along their Co-op Connections Card for a 10 percent discount.

For information about the shop, the layaway plan or to arrange an estate auction, call Addington Station at 580-439-5566.

But don't miss a chance to drop by from 10 a.m. to 5:30 p.m. Tuesday through Saturday. It really is a great place to visit.

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Use microwave properly to extend its life

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Your microwave oven will last longer, perform better and cook foods more perfectly if you use it the way the manufacturer intended you to.

Here are some microwaving do's and don'ts that might help you:

- Microwave your food in microwave-safe plastic, glass or ceramic cookware. Microwaves can't pass through metal — including aluminum foil — so cooking food in it won't be a good experience. Plus metal cookware can cause sparks and even flames when it comes into contact with the microwaves.
- Cook food that needs to soak or boil in water on the stove top, not in the microwave.
- Even out the food on the plates you place in the microwave oven. Thick pieces, like broccoli stalks, should go on the outer edges of the plate. Place food of similar thicknesses, sizes and shapes in a circle or square in the dish so



Use a microwave instead of an oven or stove for small meals to save energy.

the microwaves zap each piece evenly.

- Limit splattering and cut cooking time by covering dishes while cooking.
- STir, turn and rotate food several times during the cooking cycle so heat gets distributed evenly.
- Chop up food before cooking it if you can. Small pieces of food cook quicker than large ones.
- Pierce potatoes, sausages and other skin-covered food before cooking so steam can escape.
- When defrosting, choose the "defrost" setting, not "cook," or the food will thaw too quickly and start cooking unevenly.
- Don't stand too close to your microwave oven while it's cooking, and never operate a microwave whose door is

damaged. Radiation can leak from a microwave oven.

- Clean your microwave oven after each use. That way spilled food won't re-cook, burn, splatter or cake on to the surface next time

- you run the oven.
- Protect yourself from burns by wearing oven mitts while you remove hot food from the microwave.
- Don't run the microwave while it's empty. That can start a fire.



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Tract #3 - App 130 acres of cultivated land with 2 irrigation pivots. Each pivot covers about 30 acres. 1 pond and several large pecan trees.

Tract #4 – App 30 acres of farm & commercial land. Has Hwy frontage on Hwy 70. Access to Waurika Livestock barn. Contains 1 pond & several pecan trees

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Peak Time: Mon-Sat 3 pm to 7 pm (June 20 - Sept 9)

ACCT	Legal Desc	Description	Bill Cd	Meter #	Service Dates From To	# of days	Meter Readings Prev	Pres	Mult	Usage Billed	Amount
0000000001	SW-00-0N-00W MOBILE	ENERGY CHARGE	R	1100001	6/17/13 7/14/13	27	47877	49569	1	1692	180.76
		ON PEAK								381	
		SECURITY LIGHT									8.81
		ROUNDUP AMT									0.43
		TOTAL AMOUNT DUE									190.00

STATEMENT DATE	MEMBER #	CYCLE
02/13/2012	00000	2
THIS BILL INCLUDES THE FOLLOWING ACCOUNTS		
0000000001	173.00	

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ANY MEMBER
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By Karen Kaley

It is the middle of August, the middle of the hottest season in southwest Oklahoma and the middle of the peak period. The stretch of days between June 20 and Sept. 9 is called the peak period at Cotton Electric because it is the time of year when the demand for power is at its peak, particularly from 3 p.m. to 7 p.m.

High demand means high costs, and Cotton Electric has a number of ways for members to help control both.

The co-op introduced the Beat the Peak program in 2009. Beat the Peak is designed to help members become energy aware and lower power bills by using energy more efficiently and by reducing energy consumed during peak periods when prices are higher.

This summer, we made a few changes to monthly bills as part of the Beat the Peak program. A line item has been added to remind members that the peak period is from 3 to 7 p.m. June 20 through Sept. 9. We have also added a line that provides information about kilowatt hours (kWh) used during peak times.

“These new features are for informational purposes only,” Joyce Adams said.

Adams is the manager of customer service for Cotton Electric. She said the new information is provided to help members compare the amount of energy used during peak hours to overall use.

In the example shown, the total energy used is 1,692 kWh and the charge is listed on the same line. The next line, labeled On Peak, shows that 381 kWh were used during the peak hours, from 3 to 7 p.m., during the 27-day billing period.


“There is no dollar amount next to the On Peak information because the rate per kWh during the peak period is the same as the off-peak rate. There has been no increase in the kWh rate,” Adams said.

For information about the new bill format or the Beat the Peak program, members can call 580-875-3351 or 800-522-3520.



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Smoke, spice take summer grilling to new heights

(Family Features) This summer, think inside the box - the smoke box, that is - and turn your grill into a backyard smoker by adding wood chips to impart flavorful depth to meats, seafood and vegetables. Pairing the right spice with the right wood quickly turns an ordinary cookout into an extraordinarily tasty outdoor feast.

“When you combine different spices and seasonings with various types of wood, you can add distinctive layers of flavor to all kinds of grilled foods,” said Chef Kevan Vetter of McCormick. “If you’re grilling fish - like salmon, for example - a great way to give the meal a unique, smoky flavor is to use pecan or mesquite wood chips. Then add a complementary seasoning like McCormick Grill Mates Fiery 5 Pepper Seasoning.”

Serve up this spicy, smoky recipe for Five Pepper Salmon, which pairs perfectly with a grilled corn succotash. For more smoke and spice pairings and tips to turn your gas or charcoal grill into a smoker, visit GrillingFlavorForecast.com. Find more grilling enthusiasts, The Grillerhood, at www.facebook.com/GrillMates.

Five Pepper Salmon

Prep Time: 10 minutes
Cook Time: 14 minutes
Makes: 6 servings

- 1 cup pecan or mesquite wood chips
- 4 teaspoons McCormick Grill Mates Fiery 5 Pepper Seasoning
- 4 teaspoons firmly packed light brown sugar
- 1 1/2 pounds of salmon fillets
- Olive oil

Soak wood chips in enough water to cover for 1 hour. Drain wood chips. Fill smoker box with wet wood chips. Place smoker box under grill rack on one side of grill. Close lid. Heat grill on high heat about 10 minutes until smoke appears from chips. Reduce heat to medium.

Mix seasoning and sugar in small bowl. Brush salmon lightly with oil. Rub generously with seasoning mixture.

Place salmon on grill. Close lid. Grill salmon 6 to 7 minutes per side or until fish flakes easily with a fork.



Five Pepper Salmon pairs perfectly with a grilled corn succotash.



Grilled Vegetable Pita Pizza

Tips make snacking simple

(Family Features) The start of a school year – with new classes, new teachers and new friends – can be an exhilarating time for kids.

With all the things you need to get before their new educational adventure begins, it’s easy to overlook the lunchtime options you serve your kids. Make the most of this exciting time and break out of the old back to school routine with a few simple snacking tips. Serving up these healthy snacking solutions will bring color and enjoyment to an otherwise drab lunch.

Here are a few ways to pack some fun back into lunch:

Pack a Bento Box – These convenient, easy-to-carry food containers are perfect for lunchtime. The compartments make packing different foods simple, while keeping flavors and textures separate. Pack in hummus along with some dippers, such as pretzels, sliced fruit and veggies for healthy eating on-the-go.

Choose Hummus – Cream-based dips and dressings are loaded with sodium, fat and preservatives. Instead, choose hummus, such as Sabra Hummus, the healthy alternative that kids crave. They’ll have a dipping party when you pack it with carrots, broccoli, celery and pita bread.

After-School Noshes – Keep the fun, flavorful food options on hand for after-class, as well. When they’re busy doing homework or cramming for the exam, your kids will love the Mediterranean twist on these classic kid-friendly recipes, like this recipe for Grilled Vegetable Pita Pizza.

Try New Condiments – When it comes to dressing up sandwiches and wraps, go beyond the ordinary mustard and mayo routine. Your kids will love exploring new flavor combinations, especially when you choose

their favorites. Spread delicious Sabra Hummus on whole grain bread and fill with their favorite sandwich fixings for a tasty variation on a lunchtime classic.

For more recipes and information on Sabra Hummus, visit www.sabra.com.

Grilled Vegetable Pita Pizza

Yield: 3 pizzas, 24 small slices

- 1 1/2 cups summer squash (about 2 medium size) yellow and/or green
- 1/4 cup olive oil
- 2 teaspoons salt
- 1 red onion
- 2 vine ripe tomatoes
- 3 (6-inch) round pitas
- 1 cup Sabra Classic Hummus
- Black pepper and salt to taste

Slice summer squash in 1/4-inch rounds. Place in bowl and add 2 tablespoons olive oil and 1/4 teaspoon salt.

Peel and cut red onion in half. Then slice with grain in 1/3-inch wedges. Repeat with second half. Place in bowl with 1 tablespoon olive oil. Sprinkle with salt and combine.

Cut tomatoes in half and slice 4-6 half-moon wedges. Repeat with second half. Place in bowl with 1 tablespoon olive oil and 1/4 teaspoon salt and combine.

Grill summer squash about 4 minutes on each side. Grill onions about 5 minutes, rotating once. Grill tomatoes about 5 minutes rotating once.

Warm pita on the grill about 3 minutes each side. Once warm, remove pita from heat and slather with about 1/3 cup hummus.

Top with summer squash, tomatoes and onions. Cut into 8 pieces and enjoy.

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A 3-ounce serving of cooked sockeye salmon provides 4.8 mcg of Vitamin B12.

Adults over 50 prone to Vitamin B12 deficiency

Without Vitamin B12, you could experience anemia, fatigue, diarrhea, loss of appetite, and sore gums or possibly loss of nerve function and dementia. Aging decreases your ability to absorb this nutrient, so the 2010 Dietary Guidelines of Americans specifically names Vitamin B12 as a nutrient of focus for individuals 50 years and older. With careful dietary planning, deficiencies may be avoided, although some individuals still require additional supplementation.

Vitamin B12 is involved in red blood cell formation, nervous system maintenance, and the formation of DNA. It is found naturally in foods that contain animal protein and in foods fortified with Vitamin B12, including cereals, energy bars, meat substitutes and soy milk. Read the Nutrition Facts Label to determine if a food item contains Vitamin B12.

While all animal protein sources contain Vitamin B12, fish contains the most, with beef, dairy, pork, lamb, poultry also providing some Vitamin B12.

Most multivitamins also contain Vitamin B12. As with fortified foods, it is important to read the label to see how much Vitamin B12 is in a multivitamin.

The Recommended Dietary Allowance (RDA) for men and women age 50 and older is 2.4 micrograms. It is best to achieve this by eating a variety of foods that contain Vitamin B12.

Stomach acids are used to break Vitamin B12 away from the protein in food and prepare it for absorption. Because the production of stomach acid generally decreases with age, individuals age 50 and older are encouraged to incorporate foods fortified with Vitamin B12 into their diet, as the type of Vitamin B12 used for for-



Kim Bandelier, MPH, RD, LD

Food For THOUGHT

tification is easily absorbed and does not require separation from a protein for absorption.

Even with the easy absorption in fortified foods, only a certain amount of Vitamin B12 can be absorbed at one time. Sources of Vitamin B12 should be consumed at various times throughout the day. Taking supplements with more than 100 percent of the RDA may be unnecessary if you incorporate fortified sources of Vitamin B12 in your diet.

If you do not include animal protein in your diet and you do not eat foods fortified with Vitamin B12 or take a multivitamin, you should have your doctor check your blood levels of Vitamin B12 to make sure you are not deficient.

It is also important to discuss this with your doctor if you take the diabetes drug metformin or use drugs to treat acid reflux or peptic ulcer disease.

Nerve damage is irreversible, so it is important to diagnose and treat a Vitamin B12 deficiency before it becomes severe.



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