

The Current

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A Touchstone Energy® Cooperative 

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It takes a lineman to change these light bulbs

How many? Depends on the pole and the problem

By Karen Kaley

On moonless nights in southwest Oklahoma, you can see Cotton Electric Cooperative at work for miles and miles along the dark country roads. See those bright beacons dotting the distant landscape? Those are security lights, thousands of them.

That's a lot of light bulbs burning, about 11,000. It's a sure bet that some of them aren't burning when they should be.

It's our job to fix them when they're not working properly, which means we get a lot of calls about them. Gary Nichols, chief dispatcher for Cotton Electric, said, "Most of the calls I get each day are about security lights that are out."

He said the cause could be a burnt-out bulb or a damaged photocell or any number of other problems. "It could be a broken wire or they could just need a new light."

There are three types of security lights on Cotton Electric's lines.

Many locations are bathed in the blue-white light of a 175-watt mercury vapor light (MVL). The co-op is phasing out these older model fixtures. A malfunctioning MVL is usually replaced.

The replacements are high-pressure sodium (HPS) lights, which use orange bulbs to cast a warmer light. While the 100-watt HPS bulbs consume less energy, the fixtures are a bit costlier to maintain.

If an area needs brighter light that is more directional, there are security lights that use 400-watt metal halide bulbs.

The charge for a security light on a member's property varies according to the type of light and where it is in relation to the meter. If the light is installed on the cooperative's side of the meter, there is a flat fee added to a member's bill. If the light is on the other side, the meter measures the flow of electricity going to the light, the house and anything else. The fee is smaller and the power bill reflects the light's use of electricity.

"In the long run, the cost is about the same," Nichols said.

Location can also affect the cost of installing the light if there is no utility pole in the spot needing illumination. Nichols said setting a new pole requires a visit from Cotton Electric engineers, and the member will be charged a construction cost.

No matter which side of the meter the light is on, the co-op will provide maintenance for the light. If a security light or one of the few street lights on CEC lines is malfunctioning in any way, Nichols said members must call and notify the co-op.

"We won't know a light is not working properly unless someone calls us. Members can call any time of the day or night or send an email to start the work order process."

The numbers to call are 580-875-3351 in the Walters area, 255-5065 in Duncan or 800-522-3520. Send emails to info@cottonelectric.com.

So, it takes a Cotton Electric employee to change the bulb on a security light.

How many? That depends on where the light is mounted.

Bob Anderson is one of the many CEC line workers who might be sent to work on a security light. He usually works alone, driving a truck that is not equipped with a basket. He has a telescoping tool that allows him to change light bulbs from the ground. If the job is more complicated and the situation is safe, he'll strap on his hooks and climb the pole.

There are some poles he cannot climb. A pole with a transformer, for example, has special safety requirements.

"If the bad light is on a transformer pole, it requires a two-man crew and a basket truck to make the repair," Anderson said.

He said the more information he and other linemen have before heading to a site, the better prepared they will be and the quicker the repair is carried out. If Anderson drives to a location and discovers it is a task he can't safely execute, he has to hold the work order until he can pass it to a two-man crew.

He said it helps to know what the light is or is not doing, too. When a HPS light is cycling on and off, it means the bulb is going bad.

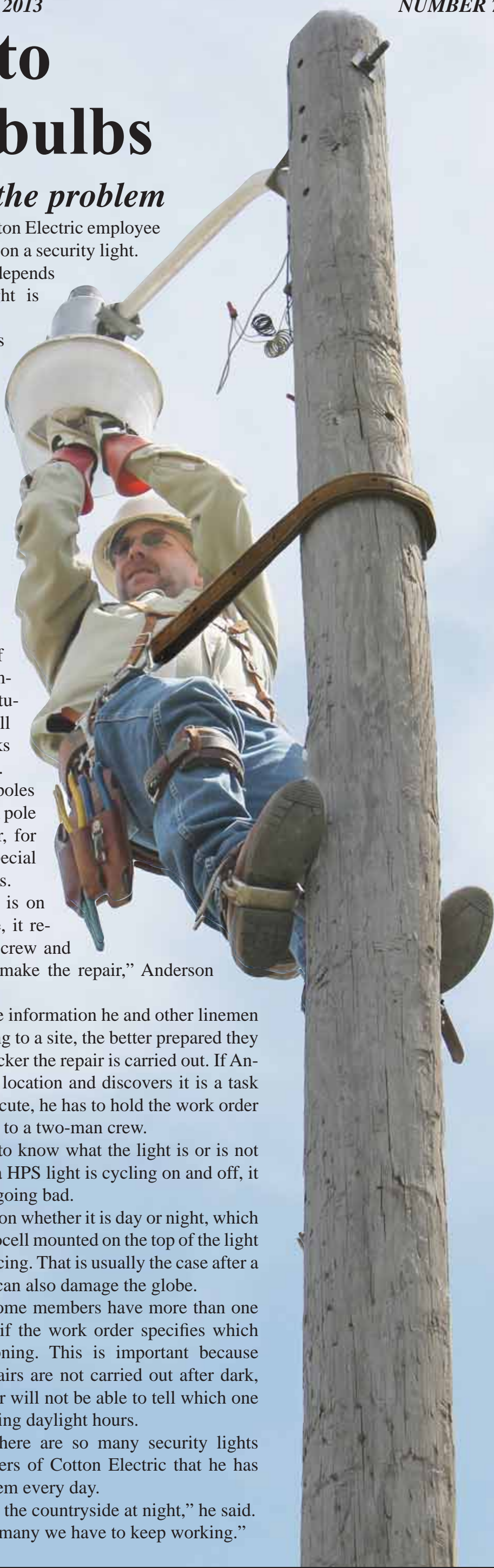
Some lights stay on whether it is day or night, which can mean the photocell mounted on the top of the light fixture needs replacing. That is usually the case after a hail storm, which can also damage the globe.

Anderson said some members have more than one light and it helps if the work order specifies which one is malfunctioning. This is important because these types of repairs are not carried out after dark, and the line worker will not be able to tell which one is not working during daylight hours.

Anderson said there are so many security lights serving the members of Cotton Electric that he has work orders for them every day.

"Just look across the countryside at night," he said.

"You'll see how many we have to keep working."



Power Cost Adjustment Calculated

The power cost adjustment now being applied to bills mailed after March 1, 2013, is (\$0.00848) per kWh.

On a member's average bill of 1500 kilowatt hours (kWh), this will amount to a **CREDIT** of **\$12.72** on the March bill.

January 2013 Temperature Extremes

Day	High	Low	Avg.	Day	High	Low	Avg.
1	35	29	32	16	50	16	33
2	45	24	35	17	59	24	42
3	47	21	34	18	61	21	41
4	45	24	35	19	65	23	44
5	52	29	41	20	66	28	47
6	57	26	42	21	47	24	36
7	51	19	35	22	62	18	40
8	52	25	39	23	69	28	49
9	52	46	49	24	48	34	41
10	56	45	51	25	51	29	40
11	73	39	56	26	55	25	40
12	58	29	44	27	75	47	61
13	36	20	28	28	80	57	69
14	40	23	32	29	69	42	56
15	39	18	29	30	50	30	40
				31	60	24	42

Source: srh.noaa.gov/oun/

Average Daily High: 55 Average Daily Low: 29

Did You Know?



Daylight Saving Time begins at 2 a.m. Sunday, March 10. Turn clocks forward one hour.

The next issue of The Current will be delivered on or about March 18.

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

From the CEO

Brand reflects power of human connections

Few people know that rural electric cooperatives are the largest electric utility network in the nation. We have more than 2.5 million miles of line in 47 states. We provide power to



Warren Langford, CEO

75 percent of our nation’s land mass and have over 42 million member-owners. There are more than 841 electric cooperatives throughout the country. Each cooperative, while similar in concept, is independent and stands alone.

Historically, a rural electric cooperative has had one of the highest customer satisfaction ratings of any utility. But despite our size and local reputation, we had a problem. There was little opportunity to share knowledge or learn from each other’s mistakes. To make matters worse, only 19 percent of the population even knew what a rural electric cooperative was. It was apparent that we needed to unite in some way so we could share resources and strive for a common goal.

In 1998, Touchstone Energy Cooperatives was formed. Touchstone was an avenue in which independent member-owned electric cooperatives could form an alliance. This alliance would be dedicated to providing reliable, high-quality electric service at competitive prices.

At first, only a handful of cooperatives participated and Cotton Electric was one of the first to join. Your board of trustees could see that a horizontal collaboration between cooperatives had value. By working together, we had a greater opportunity to improve the quality of life for everyone.

Touchstone has developed, shared and promoted ways to use energy efficiently. There are programs that teach energy conservation to school children. Homeowners and developers are taught what it takes to make a home energy efficient. If you are interested in owning a Touchstone Energy certified

home, give us a call. We have the expertise to show you how. The Co-op Connections Card program was developed around 2003 and is free to cooperative owners. By consolidating purchasing power, Touchstone members are able to save money on things like prescription drugs, automobile expenses and hotel lodging. Nationwide, the 37 million cardholders have saved \$54 million on prescription drugs alone.

Touchstone Energy Cooperatives are concerned about the environment and the price you pay for power. We believe in a well-balanced approach in the use of generating fuels. Wind, solar, natural gas, nuclear energy and coal all have their place in the fuel mix.

There were many technical and economic reasons why Touchstone Energy Cooperatives was created. But the real purpose was to expand upon the relationship between cooperatives and its members. The meaning of the word touchstone – the test of purity and quality, a standard of excellence – im-

plies the bar that measures excellence has been raised. Today, more than 740 rural electric cooperative belong to Touchstone Energy. These members acknowledge and embrace the brand’s emphasis on integrity and accountability.

It has been my honor and privilege to represent you on the Touchstone Energy Cooperatives board of directors for the last three years. I am continually amazed by the quality of the programs. The passion exhibited by cooperative marketing and communication employees is surpassed only by their dedication. They know that achieving member satisfaction is easy when compared to earning member trust.

I once read that, “the purpose of a rural electric cooperative was to power farms and communities and empower members to improve the quality of their lives.” While each individual cooperative has its own mission statement, the purpose is the same for all cooperatives. We are about people, we are about you.

Plugged in kids

Website offers fun ways to ‘switch on’ youth to energy efficiency

Getting children excited about energy efficiency may seem hard — for some parents, it’s enough of a challenge to get them to do chores. But a website has been designed with young energy savers in mind. Touchstone Energy® Cooperatives, the brand “ID” of the nation’s not-for-profit, consumer-owned electric cooperatives, offers Kids Energy Zone, KidsEnergyZone.com, featuring a spunky energy efficiency mascot, CFL Charlie. The site is designed to teach children in kindergarten through fifth grade how to be Super Energy Savers in their homes.

The Kids Zone also includes interactive games, videos, activity sheets and surprises. “The website is all about engagement,” explains Jennifer Meason, vice president of marketing and subsidiary services for Cotton Electric Cooperative. “This is a way for parents to interact with children so the family can focus on energy efficiency together, and help everyone develop energy-efficient habits that will last a lifetime. Through fun activities, students and their parents learn about energy, electrical safety, and energy savings.”

For example, Lights Out! — an energy-saving game in the Kids Zone — challenges kids to speed through a virtual house, replacing traditional incandescent light bulbs with energy-efficient compact fluorescent light bulbs (CFLs) and turning off lights and appliances as fast as possible. The less energy a player uses by the time everything’s off, the better the score. “Playing the Lights Out! game and taking kids through a house with an energy-efficiency checklist, which parents can find in the Kids Zone, are great ways to work together to get good habits started,” Meason said.



CFL Charlie recommends these child-friendly energy efficiency websites:

www.kidsenergyzone.com

www.energystar.gov/kids

www.eere.energy.gov/kids

www.energyhog.org

Teachers searching for ways to help students focus on energy efficiency have several resources available. Cotton Electric provides schools with CFL Charlie Super Energy Saver kits and can lead interactive education presentations about electrical safety and energy efficiency. “Each kit accommodates a class of 30 students and includes a checklist that children can use to help guide their parents on an ‘energy efficiency expedition,’” Meason explained. “In the exercise, kids walk through the house with their parents to make sure the refrigerator door is closed, and they discuss switching out incandescent bulbs with CFLs, turning off all lights after leaving a room, and shutting off computers when not in use.” Finished checklists signed by children and parents are submitted to teachers for a certificate declaring

the student “an official Touchstone Energy Cooperatives Super Energy Saver.” Certificates carry the image and signature of CFL Charlie. “The kits also contain classroom activities such as connect-the-dots and word search games,” Meason added. “Handing out these materials provides a great way to influence household energy efficiency.” The latest addition to the kit is an educational coloring book. “As a kid growing up, I loved coloring books — it’s what kept me entertained on weeknights, road trips, anywhere,” Meason said. “The new 10-page coloring book we’ve added can keep kids entertained and educate them about energy savings at the same time.” Plug into these resources and more at KidsEnergyZone.com.

Source: Touchstone Energy® Cooperatives



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.

December 2012 Operating Stats			
	2012	2011	
Total Amount Billed	\$5,345,625	\$4,940,494	
Cost of Purchased Power	3,585,298	3,505,814	
Taxes	87,923	98,968	
Total Operating Expense Per Mile	950	934	
Average Farm and Residential Bill	155	150	
Average Farm and Residential kWh	1,648	1,563	
Total Meters Billed (farm, residential)	17,963	17,788	
Miles Energized	5,140	5,140	
Density Per Mile	3.49	3.46	
New Service Connects YTD	401	403	
Services Retired	216	248	

TheCurrent

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Community Spotlight

If you would like your community event listed in the March issue, please submit information by March 7, by calling 580-875-4255 or send an email to info@cottonelectric.com.

Fundraiser benefits Cache band

Members of the Cache High School band have been invited to march in the National Memorial Day Parade. Band parents have organized a concert, dinner and auction fundraiser to get the students to Washington, D.C.

In addition to live and silent auctions, there will be a door prize drawing for a TV. Cori Emmett and the No U Turn Band will offer entertainment, and Billy Simms barbecue will be served at the event beginning at 6 p.m. Feb. 21 in the annex building of Comanche County fairgrounds.

For information, call Bill Grimes at 580-280-9256 or email oneshot21@onlineok.com.

Magic Lantern screens classic films

Magic Lantern Film Society of Cameron University screens DVD presentations of classic films each month in the CETES Conference Center, Room B. There is no admission charge.

Each evening begins at 7:30 p.m. with episodes from the 1938 “Lone Ranger” serial.

The Feb. 22 offering is “Glory,” and the March 29 film will be “Les Trois Coleurs.”

For information about the society, or to see a schedule and synopsis of films, visit Cameron.edu/magiclantern.

LCT presents ‘Sylvia’

“Sylvia” is the third offering for the 2012-13 season of plays presented by Lawton Community Theatre. This romantic comedy features Greg and Kate and their different responses to Sylvia.

Sylvia is to Greg what a cherry-red convertible is to other men. Sylvia is to Kate what a red wine stain on a brand new linen skirt is to other women. Sylvia is the stray mutt Greg picks up in Central Park on one of his afternoon escapes from his unfulfilling job. Kate, immersed in her career, resents everything about Sylvia from her hairs on the couch to her claim on Greg’s attention.

Performances are scheduled for 8 p.m. Feb. 22, 23 and 28 and March 1 and 2. Matinees will be at 2 p.m. Feb. 24 and March 3. All performances are in the John Denney Playhouse, 1316 NW Bell Ave., Lawton.

For information, visit lct-ok.org or call 580-355-1600.

Elgin 4-H offers box supper

4-H is Sweet is a box supper fundraiser for the Elgin 4-H chapter. Beginning at 6:30 p.m. Feb. 23 in the Elgin High School cafeteria, the dinner features a loaded baked potato with all the trimmings.

A dessert auction with boxes made by 4-H members will be part of the evening’s entertainment, fun and fellowship.

For information, call Debbie Ashton at 580-529-2680 or Bobbi Yoder at 492-5307.

Square dance lessons at WMASC

Wichita Mountains Area Senior Citizens offers a variety of activities and sponsors weekly and monthly events at the Legion Building near Medicine Park.

Square dance lessons for all ages, skills and ability levels are a new feature. Star Promenaders Square Dance Club will lead the lessons from 2 to 6 p.m. for six Sundays beginning Feb. 24 and ending March 31. Anyone wanting to learn or brush up on his or her square dancing can call 580-355-3840 or 549-6277 for information and to register. Registration will also take

place on Feb. 24.

An Evening of Country Music is held the last Friday of each month. Burgers are available at 5 p.m., and traditional country played by musicians from all over southwest Oklahoma begins at 6. Donations are taken at the door.

Cecil Gardner’s famous homemade Indian tacos are featured at the Indian taco sale, held on the second Saturday of each month. Drinks and desserts are included at \$5 per plate.

A dance is held on the first and third Fridays. Doors open at 6:30 p.m., dancing begins at 7.

All activities are held in the Legion Building on Wildhorse Road near Medicine Park. From U.S. Highway 44, take Exit 45 to Oklahoma Highway 49. Traveling east, bear right onto Wildhorse. The building is on the right.

DRH offers triathlon for beginners

Duncan Regional Hospital’s Health Foundation is sponsoring “Give it a Tri,” and sprint triathlon set for Feb. 24 at the Simmons Center.

With divisions for adult and youth individuals and teams, this is an opportunity to try the combination swimming, bicycle riding and running event. Lengths of each leg vary according to age.

For information about fees and registration, visit DRHHealthFoundation.org.

CU music department concerts set

Cameron University’s music department has several concerts scheduled.

Works by English composers William Byrd and Edward Elgar will be featured on Feb. 26 at a joint concert of Cameron University’s Centennial Singers and a guest choir from Lawton High School.

On Feb. 28, the Jazz Festival will feature saxophonist Dr. Michael Cox.

“The Three Pianists” will include Jerry Wong, Thomas Labé and Hyunsoon Whang on March 1.

The CU Concert Band will perform along with the guest band from Cache High School on March 14.

All events begin at 7:30 p.m. in University Theatre.

Barbershoppers mark 50 years

Southwest Pride is preparing “Barbershop and the Golden Years” for its 50th annual barbershop shows March 1 at the Simmons Center in Duncan and March 2 at McMahon Auditorium in Lawton. Both shows begin at 7:30 p.m.

Advance tickets can be purchased at Scott’s House of Flowers and Sheridan Road Veterinary Clinic in Lawton, and Simmons Center in Duncan.

For information, call Bill Penn at 580-355-8781 or visit SWPrideChorus.com.

Jakes Shoot free event for youth

Young people interested in learning about the sport of shooting will be the guests of Stephens County Strutters during the National Wild Turkey Federation chapter’s spring Jakes Shoot at Duncan Gun Club. Beginning at 8 a.m. on March 9, planned activities include trap shooting, BB and pellet gun target shooting and lunch.

Open to all youth under age 18, the event is free of charge. Participants will also receive a NWTF Jakes membership.

Adults can compete in a turkey shoot and wolf chase. There is a \$5 fee for adult lunches.

The event will also feature five gun drawings.

For information and directions to the club, call Jason Brewer at 580-606-0888.

More community news on Page 4

Photo of the Month

Shawna Cogburn submitted the winning photo in our February “Sweethearts” contest. The photo got the most votes from among 12 entries on the Cotton Electric Facebook page. She said her son, Kaden, 6, loves to dress up in his cowboy gear. “He is adorable and makes the best Sweetheart.” His parents, Shawna and Buddy, are Cotton Electric members and live in Kingfisher.

The theme for the March contest is “Going Green.” Enter your “best shot” in our Photo of the Month contest on Facebook. Entries can also 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.



DLHC Coggins Clinic set for March 2

Duncan Lake Horse Club is having its annual Coggins Clinic from 10 a.m. to 2 p.m. March 2 at Duncan Lake Pavilion. In addition to Coggins testing, other vaccines including Eastern/Western, tetanus, West Nile, flu/rhino and rabies will be offered.

Coggins testing will be \$15 per horse. The clinic, conducted by Dr.

Connie McLemore of Countryside Veterinary, is open to the public with no limit on the number of horses. Rain date will be March 9.

Other DLHC activities that day for members include the annual Chili Cook Off at 6 p.m., monthly meeting at 6:30 at the Pavilion.

New members are encouraged to attend these events. Annual dues are \$12 for an individual and \$15 for a family.

For information, call 580-475-7190.

IN 1752, BENJAMIN FRANKLIN
DISCOVERED ELECTRICITY IN A FIELD.
IN 1938, WE WERE CALLED UPON TO
GET IT THERE.



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TH ANNIVERSARY

TOGETHERWESAVE.COM

Williams represents Cotton Electric at annual Leadership Summit in OKC



Leadership Summit participant Emalee Williams, a senior at Marlow High School, received a \$250 scholarship during the event.

High school senior Emalee Williams represented Cotton Electric Cooperative at the 13th annual Touchstone Energy Leadership Summit held Jan. 19 at Express Events Center in Oklahoma City. She was among 30 students from across the state selected to participate in the event sponsored by CEC and other Touchstone Energy cooperatives in Oklahoma.

Emalee was chosen from the finalists participating in Cotton Electric’s 2012 Youth Tour essay contest. She attends Marlow High School and is the daughter of Dee and Shannon Williams.

During the summit, students had the opportunity to hear Rhett Laubach, Kelly Barnes and Sarah Reasnor, all nationally-known speakers and Oklahoma natives. They presented topics to encourage and inspire the students



to reach within and find their inner leader.

In addition to leaving the workshop energized with new communications tools and greater leadership knowledge, each teen in attendance took home a \$250 college scholarship.

At the conclusion of the action-packed leadership training, students and their families were treated to an Oklahoma City Barons hockey game at Chesapeake Energy Arena. The Barons beat the San Antonio Rampage, with a final score of 2-1.

Tickets, tables available for cancer benefit

Volunteers are selling tickets and table sponsorships for the 4th annual Comanche County Boots & Bling Ball benefiting the American Cancer Society. Cocktails will be served at 6:30 p.m. with dinner and entertainment following at 7 p.m. April 13 at the Medicine Park Music Hall.

This gala event with a Western flair is a fun way for the people of Comanche County to work together in the fight against cancer. Each contribution helps fund the battle against cancer by support-



ing the society’s research, education, and advocacy programs, as well as its patient services.

The event will include live and silent auctions, entertainment by the East Cache Creek Band, dancing, games, prizes and more.

Items offered during the live auction include furniture, vacation packages, OU and OSU memorabilia and much more. Guests can also play a mug slide, rope toss and other games – all offering great prizes.

Tickets are \$40 per person and table sponsorships are \$360 for a table of 10. Tickets and sponsorships should be purchased before April 1 by contacting Carly Douglas at 580-678-1799 or by commenting on the Comanche County Boots & Bling Facebook page.

DLT sponsoring showcase of local talent

Duncan Little Theatre has a great lineup for “We’ve Got Talent,” a showcase for people of all ages and specialties. Performances are set for 7 p.m. March 9 in the Simmons Center.

For information about registering as an individual or group, call Gina Flesher at 580-467-0299.

CTAC dance features return of Texas Gypsies

Texas Gypsies return to Duncan at 7 p.m. March 15 in the Simmons Center. The band’s eclectic mix will provide toe-tapping tunes for a first-time dance presented by the Chisholm Trail Arts Council.

The Texas Gypsies is an award-winning band known for its mix of blues, Western swing, rockabilly and classic rock. Patrons can dance or take a seat to listen to the band.

Tickets can be purchased at the Simmons Center or at ChisholmTrailArts.com.

Heart to Heart bazaar set for early April

Children outgrow clothes quickly. Replacements can be expensive. That’s where the Heart to Heart Consignment Bazaar comes in. The spring sale will be April 4-6 at Stephens County fairgrounds.

The semi-annual event is a great place to buy and sell gently-used items while supporting a cause. Consignors can find information about selling items at HannahsHearts.org.

A portion of sale proceeds go to Hannah’s Hearts, an organization established to help families with children in health crisis.

Expo features Made in Oklahoma products

Organizers promise a fun-filled day at the Made In Oklahoma and Agritourism Expo set to begin at 12:30 p.m. March 26 at Chisholm Trail Heritage Center, 1000 Chisholm Trail Parkway in Duncan.

Planned exhibitions include information about

agritourism venues in the area and vendors offering samples and selling or taking orders for their products. Admission is free.

For exhibitor information, contact Julie Fitzgerald at 405-522-5560 or Julie.Fitzgerald@ag.ok.gov.

Empire plans all-school renuion

Alumni from all classes are encouraged to attend an all-school reunion at Empire school in Stephens County. The event begins at 5 p.m. March 30 in the school cafeteria.

Announcements will be mailed to last known addresses by March 1. Alumni can update information by contacting Lois Love at 580-252-0022 or love@cableone.net or Bobby Saalfrank at 580-656-7065 or bobbysaalfrank@att.net.

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The truck carrying seedlings for the annual sale won't be hard to find on March 11 in Walters.

Conservation seedling sale returning ODA foresters plan stops in Medicine Park, Walters

In a state known for the wind sweeping down the plain, there is an economical way to manage the effects of the wind while enhancing a property's wildlife habitat. All it takes is a few hours of the landowner's time to plant tree seedlings purchased from the Oklahoma Department of Agriculture, Food and Forestry (ODA).

At 88 cents or less per tree or shrub seedling, the annual conservation tree seedling sale offers one of the best bargains around.

A refrigerated semi-truck full of seedlings will be in the Cotton Electric service area on March 11. From 8:30 a.m. to noon, it will be parked at the J.A. Manning Hatchery off of Oklahoma Highway 49 in Medicine Park. It will then travel to Walters to continue the sale from 1:30 to 4:30 p.m. in the Cotton Electric Community Room, 226 N. Broadway.

The low-cost seedlings are available through the ODA Forestry Division to aid landowners in good land management. Some examples of uses for conservation trees include establishing windbreaks, curbing erosion, protecting watersheds and riparian areas, livestock protection, improving wildlife habitat, timber production, Christmas trees and firewood plantations.

Kevin Keys, a forester with ODA, said, "It is remarkable how



a few well-placed trees will improve a site.

"Oaks, persimmon, pecan, plums, lilac and Osage orange can improve wildlife habitat. Osage orange, Arizona cypress, Scotch pine, shumard oak, and arborvitae are a few of the species that can provide an effective, attractive farmstead or field windbreak."

Trees can help with energy conservation. Keys pointed out that a properly placed and maintained windbreak can reduce home-heating costs in the winter by up to 30 percent.

Windbreaks also dramatically increase soil moisture available to crops and help reduce soil erosion caused by wind. Properly planted black locust seedlings can sig-

nificantly reduce the growth of an eroding gully or stream cutbank, as well as provide wildlife habitat and firewood potential.

Pecan and black walnut seedlings are available for timber and nut production.

The species mentioned above are just a sampling of the trees that will be available at the sale. Seedlings are sold on a first-come, first-served basis. This may limit the variety of choices available.

There is a minimum purchase of 100 bare-root forest tree seedlings in bundles of 50. Prices of the seedlings vary according to the variety of trees. Discounts apply for larger quantities purchased.

A state forester will be on hand to provide information and make recommendations about the type of tree to choose, planting and care. For information about the sale or any other forestry-related matter, call Keys at 580-223-3973.

Because trees and power lines don't mix, Cotton Electric employees will also offer planting guides to help prevent problems in the future.

To keep from damaging underground lines, call 1-800-522-OKIE (6543) at least 48 hours before digging. This free service will mark the location of lines. Location requests can also be made at callokies.com.

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Public Auction

Saturday, March 9, 2013 10:00AM
Route 3 - Box 53 C, Duncan, Oklahoma
26.89 ACRE FARM
(See Directions Below)

Gary Criswell Auction Service & Real Estate, Inc. has been commissioned to offer at Public Auction a 26.89 Acre Farm (Real Property) and Personal Property of the Living Estate of Frank and Shirley A. Yakesch.

Real Property consists of a nice 3 Bedroom 1997 Elliott Mobile Home (approximately 1,307 square feet) with a Large Living Room, Dining Area with Kitchen, Built-In Appliances, a Utility Room and 2 Full Bath (Also included with home is a Propane Tank - 250 Gallon).

Additional Improvements include a Detached 2 Car Carport (18'x20'), a Sheet Metal Shop (20'x30') with a 8'x10' Overhead Door, a Phipps Storm Shelter (6'x8'), a number of Out Buildings that may be used for Shop Tools or Storage and a Nice Pond. Real Property is Fenced and Cross-fenced, all situated on 26.89 Acres.

Also included with Real Property: Accommodations (ie. Water Well, Utilities, Septic Tank and Out Buildings) for Mobile Home on Northeast corner of said Real Property.

Personal Property Includes: 1994 Ford F-150 - Crew Cab Automatic with Air, 1992 Ford F-150 Custom - Automatic with Air, 1990 PONTIAC 6000-LE (needs repair), 2003 ROVER - Yerk Dog - Model 34800 - 2 Wheel Drive.

Farm Equipment Includes: MASSEY-FERGUSON MF-175 Tractor with Front-End Loader, SpeeCo - Auger - 9", Stock Trailer - Enclosed with Dual Axles (16 foot), JOHN DEERE - 506 Brush Hog, Rototiller - Rear Tine (4 foot), ANGLE Blade - 6', Grain Drill - 11 Row, Midland Mfg. Pasture Drill, Disc Plow - 4', Trailer - 2 Wheel - 65'x108", Hay Spike, Hay Rake - 10' and Hay Ring - 8' (2).

Lawn Equipment and Shop Tools: GRAVELLY Lawn Mower with Turning Plow and Rototiller, WEED EATER Riding Lawn Mower - 16.5 HP - 42 Hydro, CRAFTSMAN - WEED TRIMMER (2), Garden Way Electric Sprayer, AMF Rototiller - Front Tine, CUMMINGS - Portable Shop Hoist (1-1/2 Ton), LINCOLN - Arc Welder - AC/DC - Model No. AC 255/DC -210/C - Gasoline mounted on 2-Wheel Trailer. LINCOLN WELDER AC-225-S, Acetylene Torch with Bottles, DeWalt - VS Reciprocating Saw, KHD-12 - Drill - 1/2", Variety of Hand Tools and Power Tools.

Miscellaneous: HONDA Motorcycle - 750 FOUR (needs repair), MAYRATH Chain Hoist (1-1/2 Ton), Cattle Guard - 16'x15', HERITAGE Piano with Stool, Quasar Color Television - 24", Magnovox Color Television - 24" with Remote, Computer Station - Oak, Computer with Gateway Monitor, HP ScanJet 2300C, HP - Deskjet Printer, Aluminum Extension Ladder - 20', Variety of Oils, Antifreeze and Grease.

Directions: On New Highway 7 East, go to the end of 4 Lane, go 2.3 miles East on Highway 7 Turn North; Follow Gravel Road to Home and Auction Site (Auction Site 1-1/2 miles West of Midway Truckstop on Highway 7). Please watch for Auction Signs.

Terms of Sale: 10% Earnest Money on Real Property on the day of Sale. Balance due at closing upon delivery of Title and Deed. Personal Property - Cash, Personal or Company Check accepted. Positive I.D. required. Buyers Must provide Auction Company a copy of Sales Tax Permit to avoid Sales Tax.

Preview of Real Property and Personal Property will be held Friday afternoon, March 8, 2013 from 1:00 pm to 6:00 pm. Announcements made day of sale supersede all other advertisements. Please plan to attend this Public Auction.

Auctioneer's Note: This is a nice home place with a number of Improvements and Pond (approximately 2 years old). This is a Large Auction. The Real Property will be offered "As-Is - Where-Is". The Living Estate of Frank and Shirley A. Yakesch reserves the right to accept or reject the final bid. Stephens County Abstract Company will serve as the Closing Agent on the Real Estate.

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Windy and cold or warm and sunny, weather extremes will cause a spike in your power bill. To avoid major weather-related impacts on your utility pocketbook, adjust the thermostat down during cold months and up during warm months. Take advantage of moderate spring days to inspect your home, inside and out, for places cold air can enter during winter and conditioned air can escape in summer.

Weather extremes bring higher energy consumption

By Trent Marlett

As Cotton Electric’s Energy Efficiency Coordinator, there are many instances when I look at members’ energy use histories. One member may want to know ways to save on his or her power bill while another wants to know where all the energy was used and why energy consumption is so high.

In either case, the first thing I look at is the monthly power use history, going back as long as the member has been at a particular location. I also look at daily readings. I look for patterns in consumption and check for irregularities.

I have learned that you can almost always bet the farm on high energy use directly corresponding with the weather. When I look at a member’s daily use and see a spike on a particular day, I compare it to National Weather Service daily data, looking at the high and low temperatures. High energy consumption always follows how cold or hot the weather has been.

Another thing I have noticed is that lowest energy use is in the spring and the fall. The reason for that is also the weather.

Before I got into this line of work, I thought my electric use should be the same throughout the year as long as I didn’t make any changes in things like the settings

Simple Savings

on the thermostat and other ways I used electricity. I have learned that is just not the case at all.

The weather is one of the biggest contributors to fluctuations in energy consumption.

If I were to set my thermostat at 72 degrees, never touch it for an entire year and not make any changes in my household and day-to-day routines, the fall and springtime months still would be times of lowest energy use and summer and winter would be highest.

The reason for this is simple: The temperature difference between what I want it to be inside my house and what it is outside. It is much easier to warm a home up to 72 degrees when the temperature outside is 65 degrees than when it is 40 degrees.

In other words, the heating system has to run longer and work harder to keep a home 32 degrees warmer than it is outdoors than it does to keep the temperature only 7 degrees warmer.

In the winter, outdoor temperatures are coldest during the night – while

we are asleep. We don’t realize how much our heating system works to keep the house nice and warm.

So, what are some little changes we can make to offset seasonal rises in energy consumption? Here are three measures that don’t cost a thing and provide instant savings.

Open window coverings in winter and close them in the summer. When the sun shines in the winter, our homes can actually collect a lot of the heat. In the summer, we can block a lot of heat out. We can save around \$35 a year simply by drawing the shades. That doesn’t sound like a lot until you remember it doesn’t cost a penny to reap that savings.

Turn the water heater temperature down to 120 degrees and save around \$73 a year. Again, not a lot of money by itself, but it doesn’t cost anything to change.

Set thermostats down a degree or two in the winter and up a degree or two in the summer. This tip is most important, because heating and cooling accounts for the most energy con-

sumed in our homes. Changing the thermostat just one degree could save around \$82 a year. For every degree you can tolerate with the aid of fleece clothing and blankets in the winter and ceiling fans and cold drinks in the summer, you can save 3 to 5 percent on your power bill.

Remember, the weather in Oklahoma is always changing and plays a significant role in your household energy consumption. To save energy, make simple changes that follow the weather.

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75TH ANNIVERSARY

In this 1966 photo, John Thompson, left, representing Westinghouse Electric Supply Company, shows some of the features of mercury vapor lighting to Mrs. Clarence Phillips of Geronimo and Don Dage, Cotton Electric manager from 1949 to 1975. Some 50 years later, Cotton Electric is phasing out the MVL in favor of high-pressure sodium lights. See story, Page One.



Speaking of mercury vapor lights ...

During Cotton Electric's early years, "the electric" was new-fangled and, while rural Oklahomans were grateful for the labor-saving devices it powered, they sometimes had to be convinced to adopt some of the other electric conveniences.

For example, the bold lettering of the top headline of the first issue of The Current read: Special Sale Offers Members Yard Lights At

Wholesale Prices, With Free Installation.

A second headline said: Flood Lights For Pole or Building Installations on Sale to Coop Members on Easy Payment Terms; No Down Payment Will Be Required For Standard Type of Light Installation.

The accompanying article listed three types of installation: on a building, on a meter pole with a switch on the pole or

on a pole with the switch in the house.

Members could pay out the cost of installation by paying an additional dollar on their power bills for a year. Yes, \$12 covered the cost of installing a mercury vapor light on a pole.

The co-op agreed to maintain the lights for five years after installation, but the member had to pay for replacement bulbs.

That first issue was

published in September 1957 and every issue for many years after included articles and advertisements promoting the benefits and economy of having flood lights installed.

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View website for complete listing and pictures (items added daily). Everything must be on site by Thursday, Feb. 21 before 6 p.m. Preview on Friday, Feb. 22.

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OPEN 88



There’s always room for Ashley Shortt’s family, no matter how much paperwork she generates for the billing department at Cotton Electric.

Shortt works on tall stack

By Karen Kaley

When Ashley Shortt says she has a ton of paperwork to her credit, she isn’t kidding.

She has worked as a customer service representative and billing clerk for Cotton Electric Cooperative since 2002. In that time, she has keyed in thousands of power bill payments and issued numerous receipts at the drive-thru window at CEC headquarters in Walters. She has generated meter reports and issued work orders. She has set members up with new accounts and converted existing accounts from one form of payment to another.

Until very recently, each and every transaction generated at least one, sometimes many, sheets of paper. It is safe to say that in the course of 10-plus years, Ashley has gone through the 400 reams of ordinary paper necessary to add up to 2,000 pounds or 1 ton.

The list of tasks she performs is quite extensive.

“The job is different on a daily basis,” she said, and she’s always ready for any day’s set of tasks.

One of the larger projects she has been working on in recent months involves many other co-op employees. The effort to exchange more than 17,000 one-way communicating meters with two-way meters is known as the meter change-out at the co-op. It requires quite a bit of paperwork that starts and ends with Ashley and her colleagues in the billing department.

There are planned dates for crews of co-op employees to work on changing out meters. The day before, Ashley helps prepare the stacks of work orders for each meter that needs changing in a targeted area.

A work order will list a lot of information about each location, including the identifying number for the existing meter. At each change-out, the final reading of the old meter and the identifying number of the new meter are recorded by hand on the work order, along with notes about any other actions taken.

The stack of work orders are returned to Ashley, who transfers the handwritten information to the co-op’s computer system so each account is billed properly.

If the amount of paperwork involved in the meter change-out seems a bit mind-boggling, consider this: It is the second time in Ashley’s tenure with the co-op that such a project has taken place.

Paper shuffling isn’t her only responsibility. Ashley’s phone rings many times throughout the day. She



Employee Spotlight

Ashley Shortt

is one of many who answer members’ questions about their bills. She said frequency of calls follow the rhythms of the co-op’s four billing cycles.

She pointed out that weather fluctuations often drive the phone calls, too. Ashley has become well-practiced at explaining how temperature extremes will mean a home’s largest consumer of energy – the heating and air-conditioning system – will have to work more frequently, which leads to a higher power bill.

Not all calls are high bill complaints. “We also get calls if a member’s bill is too low,” Ashley explained.

Most traditional accounts require a deposit when first established. If the member has no late payments for 12 consecutive months, the deposit is automatically applied to the bill.

“There will be a credit and they wonder if someone else’s money has been applied to their account,” Ashley said.

“Those calls usually end with a big thank you.”

At the end of work days filled with numbers, papers and phone calls, Ashley goes home to a particularly understanding family. She said she can’t remember a time when she wasn’t friends with Bobby Shortt, who began working for the co-op a couple of years after Ashley did. They grew up as neighbors and as co-workers their life-long friendship became a romance. Eventually they were married.

Their common workplace makes them uncommonly appreciative of the work done by each other. Ashley turns to Bobby when she has a question about something on a work order and he has counted on her support when his work as a lineman meant long hours away from their family, sometimes in the middle of the night.

They share a deep love for their children, Crue, 9, and Creed, 4.

The family is very active. Ashley mentioned how much she enjoyed watching Crue and her nephews play summer ball and said she is eager for the new season to start because Creed will be old enough for T-ball.

By the time he takes his first swing, the meter change-out project should be nearly complete at the co-op and Ashley will have made a good start on her second ton of paperwork.

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Power Shop provides solutions

By Karen Kaley

Adulthood can be a challenge for anyone. After the age of 21, most people expect to find and secure a job, support themselves and provide for their own entertainment.

But what if a person is a challenged adult? What if a person arrives at the age of 21 with developmental disabilities because of a circumstance at birth or a serious illness or traumatic injury at some other point during his or her life?

What if that person has all the same expectations and desires to perform meaningful work in order to earn a wage, pay the bills and live independently? What if he or she can't quite figure out how to do all of that?

In Stephens County, the answer to all those "what ifs" is quite simple: Power Shop.

Established in 1980, Power Shop provides vocational and residential support for people with developmental disabilities. That is a simple mission statement for what has grown into a complex organization that uses innovation and creativity to serve not only challenged adults but the local and state community as well.

The level of disability varies, but all people supported by Power Shop meet certain criteria.

Executive Director Tammy Loyd said, "All of our clients have a developmental disability and an IQ below 72. Whatever caused that has to have started before they were 21 years old.

"Some cases are very mild, some are very profound. All have a diagnosis of some extent of mental retardation, a term that's going away."

Loyd has been with Power Shop for 16 years. In that time, the terms and phrases used for the people served by Power Shop have changed a few times. For her, they have always been clients.

Power Shop is best known for providing or securing meaningful work for challenged adults, but training is the foundation of the service provided for its clients. The training covers everything from how to apply for a job, how to perform the tasks required at that job and how to



Download CECF grant applications at cottonelectric.com.

Deadline for first-quarter 2013 grant applications is Feb. 28.



T.J. Vandagriff, an employee at Power Print, pulls a freshly screen-printed shirt from the press to transfer it to a dryer.

keep the job.

Clients may have jobs in the community, which Loyd says has many positives for all involved.

"For the individual, the job, the vocation, the paycheck is the most important thing to them. But for the community as a whole, the interaction between people who have disabilities and people who don't is probably the most important thing we do."

This side-by-side situation fosters understanding and acceptance.

"As a result, Power Shop is considered an integral part of our community," she said.

The employer reaps a benefit.

"We have enclaves in places such as Halliburton and Cameron Measurement Systems. Our clients assemble products, use drill presses and, hand drills, work on packaging ... there's a wide variety of things we can do.

"The benefit to an employer is that our clients can take care of necessary but repetitive jobs, which frees other employees to work on more productive tasks."

Power Shop also provides work in sheltered environments. Power Print and Power Shred are businesses run by the non-profit United Way agency.

Power Print is a screen printing operation that has grown considerably since it was established in 2000.

"We originally thought our clients would just do packaging and assembly

work," Loyd said.

"They have surprised us over the years. Now they do everything from pulling ink to product packaging. We have our first client who does graphic design."

Power Print has expanded recently. In addition to emblazoning T-shirts and tote bags with screen-printed designs, it can put a company logo on promotional products and advertising items.

At Power Shred, supervised clients feed office paper into an industrial shredder. Loyd said the tasks are carried out by people who have more significant disabilities.

"Most of them can't read, but they can feed sensitive documents through a shredder."

She pointed out the paychecks earned by Power Shop clients have a broad impact.

"It reduces the need for welfare. The clients pay taxes. It keeps money circulating in our state's economy."

Power Shop support goes beyond the workplace.

"The residential program provides staff in three homes where three people with disabilities live as roommates," Loyd explained.

"We take them home, supervise medication and make sure things are OK. We also provide transportation to activities like bowling or a local play."

The Power Shop administrative office, Power Print and Power Shred occupy buildings in the



2100 block of Beech in Duncan. The 48 staff members and 71 clients are in and around the buildings most business days.

While staff members are trained regularly and know how to use an automated external defibrillator (AED) at other locations, there wasn't an AED at Power Shop and money to purchase one just wasn't in the budget.

That is why Loyd turned to Cotton Electric Charitable Foundation. A CECF grant for \$1,500 was issued in December, and Power Shop is now equipped with an AED and accessories.

Which means Cotton Electric members, through contributions to Operation Round Up, have provided an answer to one of the "what if" questions faced by staff and clients at Power Shop.



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Since the program began in 1964, Cotton Electric Cooperative has sent 144 high school juniors on the Rural Electric Youth Tour, a week-long expense-paid trip to Washington, D.C. The 2013 trip will be the 50th anniversary of the event. Time for a reunion! Oklahoma Association of Electric Cooperatives coordinates the trip each year and is planning a 50th anniversary bash for July 20, 2013, in Oklahoma City. We need help collecting updated contact information for the alumni so we can send them an invitation. If you went on Youth Tour or have current information for anyone who did, please call us at 580-875-3351 or email info@cottonelectric.com.

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CESI staff includes, clockwise from lower left, Eric Woods, COO Jennifer Meason, Cotton Electric CEO Warren Langford, Scott Stoll, Buck Calfy, Tracy Lindsey, Brady Stapp, Karen Holt, Ryan Noland, Angie Garza and Shelley Sehr. Glendel Cole, not pictured, is also a CESI employee.

2012 a million-dollar year for CESI

Safety is the first priority at Cotton Electric Services, Inc. It is the primary reason the CESI test lab exists.

Finishing the year with a good sales record is important, too. Final tallies for 2012 show sales were above the \$1 million mark at the for-profit subsidiary of Cotton Electric Cooperative.

Jennifer Meason, chief operating officer for CESI, said annual sales figures beyond \$1 million have been reached three times in the company’s 28-year history, and that 2012 was the second-highest year for total sales.

The lab tested a total of 80,512 items for 405 customers during 2012. That’s a 2.5 percent increase over the number of items tested in 2011.

Meason cited a couple of reasons for the positive numbers.

“CESI does well when our customers do well. An upswing in activity driven by growth in the energy sector and increased demand for contractors are a few of the reasons our business increased in 2012.”

Established in 1984, CESI specializes in testing, and selling special safety equipment to electric providers nationwide. Six full-time and three part-time employees use state-of-the-art cleaning and dielectric testing procedures to ensure personal protective equipment is up to national standards.

Attention to detail is essential. “Our job is to identify the tiniest of flaws in order to ensure the safety of each piece of equipment,” Meason said.

CESI tests items used every day by line workers, such as new and used gloves, blankets, sleeves, line hose, hot sticks, jumpers, grounding chains, hoods, bell and elbow covers and other protective equipment. The staff cleans then scrutinizes each item for visual signs of wear and tear before subjecting them to electrical testing.

The testing facility has exceeded the strictest standards established by the National Association of Independent Laboratories and maintains its NAIL accreditation for protective equipment testing.

If items do not pass the tests and must be discarded, CESI serves as a supplier for replacements. An on-site warehouse holds an extensive inventory of products in an effort to provide customers with materials they need at an affordable cost.


Meason said excellent customer service is another reason the lab is doing well. For example, a number of customers have come to depend on the monthly visits from a CESI representative who picks up equipment to be tested and drops off items that have passed inspection.

There are two routes, one to the west and another to the south of the headquarters in Walters. The rep travels nearly 3,000 miles each month to service the routes.

The entire staff at CESI is dedicated to providing top-quality service.

“We know their lives depend on the quality of products and services we provide,” Meason said.

“We focus on quality and safety throughout the sales and testing process, and our staff does an excellent job of taking care of our customers.”



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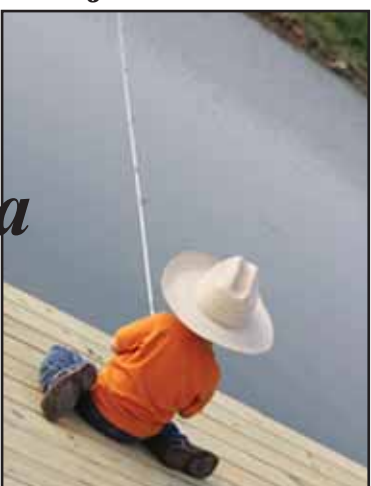
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Bud Pawless points out the details in one of the many prints offered at Medicine Creek Gallery.

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Storyteller

Western artwork tells the tale of Pawless’ passion

By Karen Kaley

“Every piece of art ought to have a story,” Bud Pawless said as he took a visitor through Medicine Creek Gallery.

The cozy building with a turquoise-colored door at 206 East Lake in Medicine Park is full of stories because it is full of Western artwork, mostly from Pawless’ hand.

The not-too-big, not-too-small space serves double duty as a gallery and studio, with just enough room to showcase the bronze sculptures, oil paintings, charcoal drawings and prints Pawless has completed and a few that are works in progress. He invites visitors to look around, help themselves and encourages them to ask questions.

Then come the stories. Raised in southern California, Pawless’ personal art story started in a far different place along a different path. Hot rods were a large part of the culture and some of his early creativity involved using an air brush to paint the fast vehicles on T-shirts.

He studied at Laguna Beach School of Art for a time before his parents decided to return to Oklahoma. Pawless continued his art education at Cameron University.

The move also reconnected the family with the cattle business, and Pawless did his fair share of work with cowboys on ranches.

Then Pawless made a fateful trip to the National Cowboy Hall of Fame in Oklahoma City. It was the early ‘60s, and the young man was overwhelmed and impressed by the Western art on display.

“Being involved in the cattle business, it kinda hit home with me,” he said.

“I decided right then to go into Western art and I’ve been there ever since.”

Well, almost.

Pawless chuckled and said, “I tell people that I made my living in banking but my career has always been an artist.”

His artistic pursuits took him to Santa Fe, N.M., and back to Texas. Banking put food on the table for his family, and art fed his soul.

He retired from banking in 2010 and he and his wife, Mary, moved from Saint Jo to a spot north of Lake Lawtonka so they could be near their daughter and son-in-law, Kelly and Bill Elledge of Elgin.

He secured the spot in Medicine Park in November 2011, and after the structure was rebuilt, he opened his gallery/studio in May 2012. “At first, I thought the place would be too small to hold everything, but we had a great summer,” Pawless said.

“Tourism is quite healthy in Medicine Park. Most of my customers have been from Texas and other parts of the state.”

Some of the customers are from the Cotton Electric service area. Pawless offers a 10 percent discount to those who present a Co-op Connections Card.

The gallery is open from 1 to 5 p.m. on Fridays and Sundays and 11 a.m. to 5 p.m. on Saturdays. Pawless is there on other days, working, and

will happily take calls at 940-736-6843 to make appointments to meet visitors.

It doesn’t take long for browsers to discover that the figures Pawless has formed in oil-based clay for bronze casting and the scenes painted in bold oils are from first-hand experiences.

A twisted clay colt still in the early stages of sculpting will eventually have a rider.

“This is going to be a cowboy breaking a colt,” Pawless explained.

“It will be kind of a train wreck when it’s finished ... most colts are.”

A canvas sits off to one side, drying a bit before Pawless will add detail. In the meantime, he works at his easel on another. He pointed to the figures with a calf down for branding.


“That’s George on the right, Brandon on the left.”

He talked about helping his friends with the task and said, “I call this one ‘Day’s Work.’”

The people and places Pawless sculpts, paints and draws are more than just an image in his mind’s eye, they are part of his life experience.




They are part of his story.

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Auctioneers note: Several “like new” farm equipment items to be sold. Many miscellaneous shop tools and items too numerous to mention. All items must sell.

Partial list of items to be sold include the following:

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Makes 8 servings

- 1 tablespoon oil
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- 2 cups sliced onions
- 4 cloves garlic, chopped
- 1 green bell pepper, sliced
- 4 large celery stalks, cut into 2-inch pieces
- 8 medium carrots
- 4 large baking potatoes (about 2 pounds), cut into eighths
- 1 28-ounce can whole tomatoes
- 1 15-ounce can tomato sauce
- 1 tablespoon soy sauce
- 1 teaspoon Worcestershire sauce
- 1 cup fat-free beef stock (double strength)
- 1 tablespoon dried basil
- Salt and pepper to taste

Preheat oven to 350°F.
Heat oil in skillet. On medium-high heat, sear meat cubes in skillet until browned on all sides.
In a separate bowl, combine canned tomatoes, tomato sauce, soy sauce, Worcestershire sauce, beef stock, basil, salt and pepper. Mix thoroughly. Pour mixture over meat and vegetables in roasting pan.
Cover and bake for 45 minutes. Reduce heat to 250°F and bake for 2 hours or until meat is very tender to the fork. Baste occasionally.

Nutritional analysis, per serving: Calories 260 (15% from fat); fat 4.5g (sat 1.6g); protein 31.9g; carb 26.5g; fiber 8.8g; chol 51mg; iron 13.2mg; sodium 547mg.

Source: Laura’s Lean Beef

Lean beef has a place in heart-healthy diets



(Family Features) These days, many people are re-evaluating their diets to lower cholesterol and fat. They’re looking closely at foods to eliminate or cut back. One item that shouldn’t be on the chopping block is lean beef.

It may be surprising, but lean and extra-lean beef are nutrient-rich sources of protein that complement a low-fat diet. In fact, a study in the American Journal of Clinical Nutrition found that a healthy lean diet that includes lean beef as well as fruit, whole grains, vegetables and nuts, showed similar effects on cardiovascular disease as a similar diet without lean beef. In the study, people using either diet showed a reduction in LDL cholesterol compared to those eating the typical healthy American diet.

Mitzi Dulan, a nationally recognized nutrition and wellness expert and team sports nutritionist for the Kansas City Royals, understands that lean meat is an essential part of a healthy diet. “Lean and extra-lean beef have tremendous nutritional benefits and provide more bang for your buck to healthy diets,” Dulan said.

“Adding lean beef into meals is a quick and easy way to inject necessary protein in your diet, in a low-

fat, heart healthy way.”
Dulan recommends several considerations for using lean beef in a healthy diet:

◆ Look for beef that is “lean,” which by USDA definition contains less than 10g of fat, 4.5g or less of saturated fat, and less than 95mg of cholesterol per serving. “Extra lean” contains less than 5g of fat, 2g of saturated fat and 95mg of cholesterol per serving. Brands such as Laura’s Lean Beef are excellent options.

◆ Lean beef can be easily substituted into many favorite and time-honored meals to make versions that are delicious and lower in fat and cholesterol. Whether making chili in the cold winter months or burgers for summer grilling, lean beef is a quick fix for healthier meals.

◆ Lean beef is an excellent source of protein, which provides fuel for the body, helps maintain a stable blood sugar level and takes longer to digest, helping to reduce cravings. While the benefits are real, those looking to obtain a healthy diet must, as with anything, remain mindful of portion control.

For more tips and recipes using lean beef, visit www.laurasleanbeef.com.

ACROSS

1. Afraid feeling

5. Cause to be embarrassed

10. A group of hunting animals

14. At some prior time

15. Papier-___, art material

16. Disney’s “___ and Stitch”

17. College army

18. Essential oil from flowers

19. Solo vocal piece

20. “Bodyguard’s” female star

23. Liz’s 3rd husband Mike

24. A weapons emplacement

25. Vast desert in N Africa

28. Fasten by sewing

32. Organic compound

33. Cooper’s Hawk (abbr.)

34. Immerse in a liquid

35. A beatnik’s abode

36. Utter sounds

38. Used esp. of dry vegetation

39. Live in

42. Metric linear units

44. Indian frock

46. Stand for a coffin

47. The Great Emancipator

53. Brown coat mixed with gray or white

54. Lightly fry

55. New Yorker film critic Pauline

57. European sea eagle

58. Lasiocampidae

59. Another name for Irish Gaelic

60. Droops

61. Clairvoyants

62. Phonograph record

DOWN

1. On behalf of

2. Enough (archaic)

3. Adrenocorticotropin

4. Public recitation

5. “Gunsmoke” actress Blake

6. Waited with ___ breath

7. ___-Breaky Heart

8. Sacco and Vanzetti artist Ben

9. Those who inspire others

10. Capable of being shaped

11. Cardinal compass point (Scot.)

12. TV advertising award

13. Zen Buddhist riddle

21. Hill (Celtic)

22. Universal standard time

25. Passover feast and ceremony

26. Zanzibar copal

27. NE Arizona pueblo people

29. Pith helmet

30. Small trout-like fish

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Challenge yourself during February

Heart disease remains the number one killer of adults in the United States. Every February, multiple agencies and organizations reach out to the public through promotions and campaigns to raise awareness about heart disease and promote steps to a healthier heart and vascular system.

Preventing and treating heart disease is a multi-step process, including regular check-ups with a doctor, physical activity, healthy eating, avoiding tobacco, and maintaining a healthy weight. During February 2013, challenge yourself to work on at least one of these steps.

It is hard to know what to work on if you do not know the current state of your heart and vascular system. If you have never been screened for heart disease or are not sure if you have ever been screened, make an appointment with your primary care physician to get some basic testing done. For most people, this will include a complete physical and the following: a lipid panel, which is a blood test for total cholesterol, LDL cholesterol, HDL cholesterol and triglycerides; a fasting blood glucose test to detect your risk for diabetes; and a resting echocardiogram or ECG.

Your physician may perform other tests, depending on your family history of heart disease. As part of every office visit, you should have your height, weight and blood pressure measured, and you should have some type of discussion of family history of disease.

Avoiding tobacco is pretty straightforward; it increases your risk of heart disease independent of other factors and can also harm those around you. If you use tobacco, seek help to stop. It may not be easy, but it is the best thing you can do for yourself and your loved ones.

Maintaining a healthy weight, being physi-

February is American heart Month



Kim Bandelier, MPH, RD, LD

Food For THOUGHT

cally active, and eating healthy go hand-in-hand.

For physical activity, the American Heart Association recommends the following: at least 150 minutes per week of moderate exercise, during which your heart rate is elevated and you may break a sweat, but you can still carry on a conversation; or 75 minutes per week of vigorous exercise that elevates your heart rate, makes you sweat, and it is difficult to talk.

As little as 30 minutes of exercise each day can help prevent chronic disease, and exercise can be accomplished in smaller increments. The most important thing is to get up and move every day above and beyond getting out of bed, getting dressed, and getting into your car.

Calories-in must equal calories-out to prevent weight gain. To lose weight, calories-out must be more than calories-in. There are some other factors that may impact your weight, with medication and hormones being the most likely weight saboteurs, but achieving the appropriate calorie balance is key.

There are hundreds of calorie calculators out there to estimate how many calories you need to maintain or lose weight, but because it is Heart Month, check out the following link: <http://www.heart.org/>

fatsandsodiumexplorer/explorer.html. Fill out the information and, at the end, you will get a calorie recommendation. To lose weight (one pound per week), most people will need to subtract 500 calories from what this tool recommends.

This calorie recommendation is an estimate. If you find that you are not losing weight and you know you are accurately tracking your calorie intake, you may need to adjust your calorie goal.

When considering heart health, calories are only one part of the pictures. The type of food that contributes calories to your diet impacts your heart health. A heart-healthy diet consists of lots of vegetables and fruits, sources of lean protein, fatty fish and other sources of healthy unsaturated fats, small portions of whole grains and lean meats consumed within your calorie recommendation.

Specifically, the American Heart Association recommends the following for an adult consuming 2000 calories per day: at least 4.5 cups of fruits and vegetables per day; at least 3.5 ounces of fatty fish twice a week; at least three 1-ounce-equivalent servings of fiber-rich whole grains per day; at least 4 servings of nuts, legumes, or seeds per week; no more than 1500 mg of sodium per day; no more than 450 calories per week from sugar-sweetened beverages such as regular sodas and bottled beverages, juices with added sugars, milk products with added sugars or any liquid that you add sugar to; no more than 2 servings of processed meats per week such as bacon, lunch meat, jerky, salami, etc.; limit saturated fat, specifically less than

7 percent of your total calories from saturated fat.

Considering these guidelines for heart healthy eating, how does your diet compare? The American Heart Association has a tool that can help you figure out what you need to work on; visit www.mylifecheck.heart.org and click on Get Your Assessment.

In celebration of February 2013, how will you challenge yourself? Whether it is a small step or a giant leap, show your heart some love this month.

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