

The Current

A Publication of Cotton Electric Cooperative Inc.

A Touchstone Energy® Cooperative 

75TH ANNIVERSARY • COTTON ELECTRIC COOPERATIVE • 1938-2013

VOLUME 56

January 21, 2013

NUMBER 6



Energy efficiency is just below your home

By Karen Kaley

Energy efficiency experts in southwest Oklahoma have one word for homeowners: Geothermal.

Whether it is for an existing home needing a replacement heating and cooling system or a new home that exists only in the imagination and on paper, geothermal technology and a ground source heat pump (GSHP) are worth serious consideration.

A heating and cooling system consumes more energy than any other item in the house. Many traditional systems require a great deal of energy to power mechanical methods of conditioning air.

Air source heat pumps are somewhat more efficient, drawing warm air into or out of a home. The difference in the air temperature outside and the temperature desired by those inside a home can vary greatly. During the coldest times of the year, air source heat pumps need heat strip backups to warm the frigid air.

A ground source heat pump derives its efficiency from a natural, constant factor – the temperature of the earth.

Trent Marlett, Cotton Electric’s energy efficiency adviser, explained it this way: “Geothermal systems use the earth’s temperature – which is stable, around 60 degrees – to cool or heat. That means the system will need to change air temperature by only 8 or 10 degrees – instead of 30 or 40 degrees – to make you comfortable in your home.”

The GSHP system provides efficient heating and cooling via a compression and refrigeration system

that draws heat from a series of liquid-filled tubes, or loops, which are installed underground. During the winter, the heat pump removes heat from the ground and transfers it to the interior of the home. In warmer months, heat is removed from the home and cooled by the ground. The relatively constant temperature of the earth functions as an exchange medium.

There are two types of GSHP units. A groundwater, or open-loop, system uses well or pond water, while an earth-coupled, or closed-loop, model uses a water and antifreeze solution.

Marlett said the closed-loop systems are most common in southwest Oklahoma.

“The ponds are too dry right now, anyway,” he said, referring to current drought conditions.


Marlett said GSHP systems call for 200 feet of loops per ton.

“Most residential systems in southwest Oklahoma are installing 4-ton systems that would, in turn, require four 200-foot loops.”

Closed-loop systems can be installed horizontally or vertically, depending on available space. A horizontal installation, like the one in the picture above, is less expensive but requires a large lot. The loops can be coiled and buried about 6 to 10 feet deep.

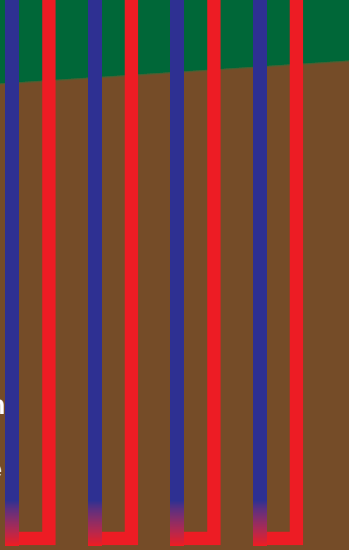
Vertical installations require a well-digger for each 200-foot hole. The wells don’t require a lot of surface space, but the heavy equipment of the well-digger must have room to do its job.

See GSHP, Page 9



How a GSHP works

A ground source heat pump requires only one air-handling unit inside the home instead of one inside and another outside like traditional heat and air systems use. In the winter time, heat is extracted from the ground and used to warm a house. The ground loop brings the absorbed heat into an evaporator, where the heat is transferred to a refrigerant, changing it from a liquid to a gas. A compressor compresses the gas, causing the temperature to rise. The condenser then transfers the heat from the hot gas to the central heating system. In the summer time, the process is reversed, and heat from the home is expelled into the ground.



Power Cost Adjustment Calculated	December 2012 Temperature Extremes								Did You Know?	Contact Us	What's Inside
The power cost adjustment now being applied to bills mailed after Feb. 1, 2013, is \$0.00910 per kWh.	Day	High	Low	Avg.	Day	High	Low	Avg.	Cotton Electric offices will be closed Feb. 18, 2013, for the President's Day holiday. Emergency calls will be answered at 580-875-3351 or 800-522-3520.	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.	Operating Stats.....2 Co-op News.....2 Community3 Co-op News..... 4-5 Recipes/Food..... 6-7 Crossword7 News 8-12 Classifieds 13-17 More news at cottonelectric.com
	1	84	48	66	16	67	35	51			
	2	79	35	57	17	57	30	44			
	3	82	57	70	18	64	26	45			
	4	69	36	53	19	66	33	50			
	5	64	30	47	20	51	21	36			
	6	73	45	59	21	64	19	42			
	7	56	36	46	22	61	21	41			
	8	53	37	45	23	57	26	42			
	9	54	31	43	24	43	28	36			
	10	43	20	32	25	37	20	29			
	11	49	13	31	26	28	15	22			
	12	58	13	36	27	36	17	27			
	13	63	24	44	28	33	19	26			
	14	59	49	54	29	46	14	30			
On a member's average bill of 1500 kilowatt hours (kWh), this will amount to a CREDIT of \$13.65 on the February bill.	15	59	43	51	30	42	19	31			
Source: srh.noaa.gov/oun/				31 45 33 39							
Average Daily High: 56				Average Daily Low: 29							

From the CEO

Past managers' comments still ring true

Editor's note: Warren Langford, current CEO for Cotton Electric Cooperative, usually shares some thoughts in this space each month. He is sitting out this time, giving his space over to a couple of former managers of the co-op.

Their comments were made at milestone moments in the co-op's history. Their words ring true, even today.

C.W. Cox

The first manager for Cotton Electric had this to say at the 10-year anniversary of the cooperative:

Electric energy is a gift of God which is like the air we breathe and the water we drink. It removes drudgery, it creates happier homes, it can give comfort to the sick and help keep us healthy.

Now, since we have worked together so long to create the vehicle to bring all of this to our homes to receive the benefit from, shouldn't you, the members and owners of the cooperative, want to protect this we now have for ourselves and our children?

This cooperative is home-owned, it is tax-paying and it is a business managed even though this sounds contrary to



C.W. Cox
CEC Manager, 1938-1948

some of the propaganda that has been distributed from time to time to make you think otherwise.

Be loyal to your business. You, as a member, will own this cooperative or at least your children will ... Remember when you pay your electric bill you are helping to pay for your business.

Don Dage

In 1960, CEC was noting 25 years of rural electrification. His comments on the silver jubilee:

A year is not a bit too long to celebrate the achievements of Cotton Electric Cooperative. Anniversaries and birthdays are always events when we look back, and when we check the measurements to see how



Don Dage
CEC Manager, 1949-1975

we've grown.

We've grown all right, from a small section of 109 miles of line, taking that first surge of electricity to 150 grateful original members to a map that's a maze of transmission and distribution lines taking electricity to the doorsteps of more than 8,000 farm families, ranch estates and rural industries.

We've grown, too, from a small group who were jubilant just to have electric lights and lights and radios to an eight-county clan with widely diversified interests with new ideas every week and every day about how to utilize electricity. We have electricity helping to incubate earthworms in lots of a thousand. We have electricity delivering black gold for

the nation's industrial appetite ... We have electricity teaching young students how they will be cooking in tomorrow's homes and electricity inviting industry to "move out" to rural southwest Oklahoma.

Twenty-five years ago, electricity in rural America seemed to be a miracle. Today, there seems to be no end to what this miraculous spark can do.

Yes, we've grown. But there's something else, too, when you are marking a 25th birthday. We have matured, too.

It's the maturity that helps us appreciate the accomplishments of the past, but not lean too heavily on them. We must continue to plan for the future.

Just about every farm represented here today is better off than it was 25 years ago, but few farmers are content to stop here and hope for conditions to remain the same.

It's the same with your electric co-op. Your board is making every effort to keep your system abreast of the loads you demand. Sometimes it means borrowing more money, always it means wisely managing the funds and facilities available. From the members, the directors and the employees, it will always require cooperation.

Making strides with clean-coal technology

NRECA's Cooperative Research Network works to make better use of abundant resource

Despite the recent "green" energy revolution and the explosion of natural gas drilling rigs across the American landscape, our nation's primary fuel for producing electricity is coal—as it has been for more than a century.

Electricity in the U.S. generated by coal fell from 42 percent in 2011 to 37.5 percent in 2012, largely because of low natural gas prices, the retirement of older coal-fired power plants due to new emissions regulations from the U.S. Environmental Protection Agency (EPA), and uncertainty about further regulations in the future.

But coal is far from dead. Electricity from coal is predicted to rise about 3 percent this year while natural gas's contribution will drop from 30.5 percent to 27.3 percent, according to the U.S. Energy Information Administration's (EIA) Short-Term Energy Outlook for 2013. And natural gas prices are forecasted to rise this year due to higher demand and a slowdown in production.

"Coal still has a future as a source of electricity," said Warren Langford, Cotton Electric CEO.

"Whether you are for or against the use of coal to generate electricity, the fact is that the United States remains home to the largest reserves of coal in the world. That's why electric cooperatives like Cotton Electric are fully behind efforts to explore and test clean-coal technologies."

One driver in the effort is EPA's Mercury and Air Toxics Standards rule, designed to significantly curb emissions of hazardous air pollutants, such as mercury and arsenic, from coal- and oil-fired

electric generating units 25 MW or larger by 2016. Some coal-fired generating units will be shut down, rather than retrofitted, because the needed changes would be too expensive to implement.

America's electric cooperatives and the trade association that represents them, the National Rural Electric Cooperative Association (NRECA), are exploring new approaches to burn coal more cleanly. NRECA's Cooperative Research Network (CRN) recently completed a demonstration of an innovative new multi-pollutant control system that shows promise for helping coal-fired power plants meet stringent emissions standards advanced by EPA. Even better, the technologies tested do so at a fraction of the cost of traditional measures.

The demonstration, conducted in July 2012 at a power plant owned and operated by Arizona Electric Power Cooperative, a generation and transmission co-op (G&T) based in Benson, Ariz., was sponsored by CRN along with a coalition of 10 G&Ts and other industry organizations. Results showed that by combining mercury controls — which were successfully tested by CRN in November 2011 at a plant operated by San Miguel Electric Cooperative, a G&T in Jourdanton, Texas — with trona, a naturally occurring mineral similar to baking soda, significant emissions reductions were achieved.

In addition, the tested technologies cut the cost of meeting new environmental rules by a factor of five to 10.

"Results for these full-scale power plants were very encouraging," notes John Hewa Jr., NRECA

vice president of engineering, research & technical services. "But they were based on limited-duration runs. To verify long-term performance, the results need to be confirmed with extended trials."

"We're supportive of the multi-pollutant control technologies being studied by CRN because they can show us how to best use one of our most abundant natural resources, coal, and keep rates low for our members," Langford concluded.

"Cotton Electric is proud to support innovations that will allow electric co-ops to continue to provide safe, affordable, reliable and environmentally responsible power for our members."

Sources: Cooperative Research Network, U.S. Energy Information Administration



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.

November 2012 Operating Stats			
	2012	2011	
Total Amount Billed	\$4,340,922	\$4,711,275	
Cost of Purchased Power	3,085,384	3,171,907	
Taxes	86,280	84,671	
Total Operating Expense Per Mile	874	761	
Average Farm and Residential Bill	111	134	
Average Farm and Residential kWh	988	1,251	
Total Meters Billed (farm, residential)	17,979	17,775	
Miles Energized	5,141	5,139	
Density Per Mile	3.50	3.46	
New Service Connects YTD	364	367	
Services Retired	195	226	

TheCurrent

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

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Jennifer Kriz.....Display Advertising
Logann Pennington.....Classified Advertising

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“Cotton Electric Current” (USPS #134-020)
is published monthly by: Cotton Electric Co-op,
226 North Broadway, Walters, OK 73572
Periodicals Postage paid at
Wichita Falls, Texas 76307-9998

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

Community Spotlight

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

Trail Dance returns for eighth year

The 2013 Trail Dance Film Festival takes place at the Simmons Center, 800 Chisholm Trail Parkway, Duncan, with secondary venues at the Chisholm Trail Heritage Center, 1000 Chisholm Trail Parkway.

Exhibition of films for the general audience begins Jan. 25 and continues throughout the following day, leading up to the Grand Awards Ceremony. The ceremony will recognize the films that stood out to festival judges. There is also an opportunity for members of the audience to vote on their favorites.

Tickets for the Trail Dance Film Festival can be purchased at the Simmons Center or at the event. Admission to the awards show is free.

For information, call Anthony Foreman, 580-467-8519 or visit TrailDanceFilmFestival.com.

Rocketeers plan monthly launch

Weather permitting, Red River Rocketeers will have their monthly launching at noon Jan. 26 in a field near the intersection of 74th Street and Bois d’Arc Avenue just outside Duncan.

The launches are free and open to anyone interested in the hobby of model rocketry. No rocket is required, just come and enjoy the fun.

For information, visit rrrocketeers.homestead.com or call Bill Leyrer at 580-656-4781.

CU@SC features concert, artwork

Patrons can peruse artwork by Cameron University students before attending a concert by Dr. Hynsoon Whang on Feb. 1 at the Simmons Center. The first CU@SC event of 2013 begins at 6:30 p.m. and there is no fee to admire the art exhibit in the lobby.

Tickets for the 7:30 p.m. concert are available at the box office.

Bethel plans ground hog supper

Bethel Methodist Church will host the fourth annual Groundhog Day Breakfast for Supper from 5 to 8 p.m. Feb. 2. The church is east of Lawton at the intersection of Oklahoma Hwy. 7 and Bethel Road.

The meal is free but the church will accept donations to support projects throughout the year.

4-H orientations set for Feb. 4

Orientations for volunteers and parents who are new to the Comanche County 4-H family are scheduled for 6 p.m. Feb. 4 at the Extension office, 611 SW C Avenue in Lawton.

This is an opportunity to learn about the local 4-H chapters and take the first steps to becoming a certified volunteer.

For information, call the Extension office at 580-355-1176.

Blue Moon performances scheduled

“Circle Mirror Transformation,” an award-winning play by Annie Baker, is the next show from Blue Moon Productions. Performances are set for 8 p.m. Feb. 7-9 and 2 p.m. Feb. 10 at Goodwill Adult Daycare Center, 923 NW Hilltop Drive in Lawton.

Through a series of scenes from an acting class at a community center in the fictional small town of Shirley, Vt., there are whimsical moments that ultimately prove to be quite revealing of the lives of the characters. The play received the 2010 Obie Award for Best New American Play.

For ticket information, visit BlueMoonLawton.org.

Magic Lantern screens classics

Magic Lantern Film Society of Cameron University screens DVD presen-

tations 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. 8 offering is “Casablanca,” and the Feb. 22 film will be “Glory.”

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

Horse fair features cowdog clinic

The annual Oklahoma Horse Fair will be Feb. 8-10 at the Stephens County Fair & Expo Center.

A ranch bronc riding event for 25 top cowboys is new for 2013. The working cowdog clinic has been expanded and will include an open trial and a select prospect/finished dog auction. Chisholm Trail Ranch Rodeo begins at 7 p.m. Feb. 8 and 9.

This three-day celebration of horses features pony and miniature horse sales, clinics and demonstrations, Western ranch horse stakes and sale, and Western trade show.

For additional information, call Gary Lohman, 405-226-0630.

DLT presents ‘Back to the 80s’

Duncan Little Theatre presents “Back to the 80s,” a musical reminiscence of a man about to turn 30 who graduated from high school in 1989. Performances are set for 7:30 p.m. Feb. 15, 16, 22 and 23 in the Simmons Center in Duncan.

The hero of the musical narrates this look back at his 17-year-old self and classmates from his high school days. The story is enhanced by songs from the time, including “Let’s Hear it For the Boy,” and “Love Shack.”

Tickets are available at the door. For information, see duncanlittletheatre.com or call 580-252-8331.

LPO offers valentine special

“I Do! I Do!” is a special valentine’s treat presented by the Lawton Philharmonic Orchestra at 7 p.m. Feb. 16 in McMahon Memorial Auditorium, 801 NW Ferris Avenue in Lawton.

Jan Stratton and Troy Hamilton are featured in this story of a marriage from the wedding day through the next 50 years, all lovingly portrayed to the strains of a tuneful, charming score.

The orchestra will not be performing at this event.

For information, visit LawtonPhil.com or call 580-531-5043.

Honor guard offers free service

Seeing a need in the area, several military veterans formed an honor guard five years ago to provide services at funerals for all military veterans. The guard is made up of veterans from all branches of the armed forces and three veterans’ organizations.

The uniformed guard furnishes a 21-gun salute, plays taps and folds a flag for presentation to the family. The guard travels anywhere in Stephens, Cotton, Comanche and Jefferson counties, and has made special trips into Grady and Carter counties.

There is no charge for the service.

For information about joining the guard or securing its services, call L.D. Williams at 580-439-8244.

‘Sylvia’ is next LCT offering

“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.

Photo of the Month



Debbe Whitehead of Walters submitted the winning photo in our January contest. She said it is “Something New” for her husband, Roy, to walk in the bed of a creek that is usually full of water. His companion, first and only great-grandaughter Makena Reynolds, 19 months, is also “Something New” after being blessed with five grandsons! Makena’s parents are Ryan Reynolds and Courtney Byrd of Mansfield, Texas.

The theme for February’s contest is “Sweethearts.” 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.

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.

CTAC hosts Texas Gypsies

Texas Gypsies return to Duncan at 7 p.m. March 15 in the Simmons Cen-

ter. The band’s eclectic mix will provide toe-tapping tunes for a first-time dance presented by the Chisholm Trail Arts Council.

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. This show is intended for adults.

Tickets are available at the Simmons Center or at ChisholmTrailArts.com.

COTTON
ELECTRIC CO-OP
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These poles stand for something. They bring us reliable, affordable electricity.

They also carry a vision that began back before the second world war. These poles rose above the dust of the Great Depression, through blood, sweat, and tears. Cooperatives brought light to darkness, and electrified this country.

Power would no longer be confined to the big city limits. Lines stretched out to farms, ranches and schoolhouses. Appliances came to life. Factories sprouted up. America spread her wings.

But these poles didn't just appear out of thin air. These poles are pillars that were founded on principle by people with principles. Neighbors banded together, and communities came together to share ownership of the electricity that would advance everyone.

Today, these poles are yours. They come to you with a history. And they come to you with a responsibility.

It's up to all of us to take care of what we have and use only what we need. It's the cooperative way. It also happens to be the right thing to do.

By using electricity wisely, we can continue to build on a dream that started decades ago. And we can ensure that the spirit on which it was built continues for generations to come. Reliable, affordable electricity, for all.

1938 ...

... 2013

75

YEARS



Among the hundreds of items offered at American Scents – Made in USA are Sol-mate Socks. Produced in Vermont, the thick socks follow a color scheme but aren’t exact matches. Shop owner Deana Adair shows off a children’s set, consisting of two pairs and a spare.

American Scents specializes in goods produced exclusively in U.S.

By Karen Kaley

Customers stepping into one of the newer shops at Elk Plaza in Duncan will find a feast for the senses. In addition to a cheerful greeting from store proprietor Deana Adair, American Scents – Made in USA offers gifts in a riot of colors, flavors and textures and, boy, does it smell wonderful in there.

The offerings will also appeal to a customer’s sense of support for small businesses and any concern he or she may have for the American economy and workforce. That’s because every item – every scented candle, wall hanging, bar of soap, herb packet, jar of salsa or honey and piece of saltwater taffy – was made in the U.S.A. and many are made in Oklahoma.

Adair said her customers are pleasantly surprised when they see the variety of selections offered at American Scents. She said many will look around and ask, “This is all made in the U.S.A.?”

She said the question is usually asked because of quantity and quality.

The mistaken assumption that there aren’t many American-made products may come from experiences similar to Adair’s a couple of years ago. She was looking for an American-made gift for a friend. She was disappointed to discover that “only one in 20 things that I looked at carried a ‘Made in USA’ label.”

Around the same time, Adair had been considering opening a new store, continuing her long

American Scents
Made in USA
10% discount

career as a Duncan retailer. The gift search gave her an idea for the theme of her new venture.

“I did some research, looked to see what American-made products were out there that could be offered in a store,” she said.

She found that there is a wide selection.

“There was tons of awesome stuff. I had no trouble finding a variety of things to offer.”

In fact, she said, “If I had twice the space, I could fill it.”

So, quantity is not a problem. Quality isn’t, either.

“If you look hard enough, you can find plenty of American-made goods. Most of them are handcrafted and very well-made,” Adair said.

To assure quality, Adair ordered samples of products and inspected them. If the item met her standards or professional workmanship, affordability and 100-percent produced in America, she ordered retail quantities.

The result is a store packed with affordable items that would make a suitable gift for any occasion, products that people buy for themselves and a way to have an impact on fellow Americans.

“Most of the companies I buy from are small and from all across America,” Adair said.

She said she speaks directly to the people who own those businesses.

“They are excited that there is a store in America that is selling their stuff.”

She went on to point out the value of supporting American small businesses.

“If my store takes off and does great, then those little companies (I buy from) can hire an extra person. The more I buy from them, the more people they can employ.”

Small businesses are an important part of the American economy. According to the U.S. Small Business Administration, small businesses make up more than 99.7 percent of all employers, employing about 50 percent of all private sector workers.

Supporting small businesses is at the core of the Co-op Connections Card program. American Scents – Made in USA is one of more than 50 locally-owned small businesses in the Cotton Electric service area participating in the program.

By presenting a Co-op Connections Card, Cotton Electric members can get a 10 percent discounts on purchases at American Scents.

With Valentine’s Day just around the corner, this is a great way to save some money on a gift for your honey and American-made products.

The hard part will be making a choice.

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David Break, staking engineer for Cotton Electric, points out the best way to get power from here to there during a visit with co-op member Stanley McCuiston.

Details make or break a line’s path

By Karen Kaley

Thinking back on his first days as a staking engineer, David Break said, “I didn’t realize what all it took to put all the right information together so everything works well.”

Break has been a staking engineer for six of the nearly 17 years he has worked for Cotton Electric. He spent his first year on the job as a meter reader, then worked as a lineman for a decade. That is a great foundation for work as an engineer, but it’s just the start.

On any given day, there are numerous adjustments made to the cooperative’s plant. If an adjustment requires building new line or moving an existing service, the staking engineers will visit the site, get the lay of the land and develop a plan.

In doing so, they have to consider the big picture while paying close attention to details.

Break said it all usually starts with someone calling the co-op, needing a line built or moved. The caller is directed to the engineering department and an appointment is set up for Break or one of his colleagues to travel to the site in question.

It is the engineer’s job to design a path that works well for both parties. Break said that has to be done in person.

“It just doesn’t work, trying to arrange it over the phone.”

The engineer drives to any point within the Cotton Electric service area to meet with the member and stake out a path. Break said he likes to arrive a few minutes ahead



Employee Spotlight David Break

of time and look things over.

“I try to get to the site early so I can visualize the best situation for the co-op.”

Drawing on his experience as a line worker, Break will look for a way to build the line that will make it easy to maintain.

For example, “Instead of taking off across a pasture, I may look for a way to follow a road for easy access. I like to design a job so it would be easy to work on in the middle of the night.”

Break explained that easy access benefits the member, not just the co-op and linemen.

“Easy access means shorter outages.”

Continuing with the pasture versus roadway example, he said, “A member would be out of power considerably longer if a pole goes down in the middle of a pasture and we had to drag vehicles and equipment in and out of there with bulldozers.”

Break said he also listens to what the member has in mind and together they come to an agreement.

“Members usually go

with our advice, once I explain some of the reasons for wanting to approach a job in a certain way. But, sometimes I have to work with them to come up with a good compromise, to make it best for both parties.”

He’ll also talk to the member about the cost of any construction of line. He said that sometimes will make a difference in how and where a line is built.

When Break and the member come to an agreement about the path of the line, he drives stakes in the ground and collects precise information about their placement using global-positioning devices.

Then he goes back to the co-op headquarters in Walters, enters the information in a computer program and develops a list of materials needed to build the line. The program helps distribute the information to the construction, billing and dispatch departments, and it all has to mesh properly.

Break learned to pull all those details together in a couple of ways.

He earned his staking engineer certification

through a three-year training program, but he credits his supervisor, Jeff Hart, with making it understandable.

“Jeff is an old football player and I’m a former athlete, so he was able to explain things in a way that made sense to me. We spoke each other’s language.”

Athletics are still a favorite pastime for Break, who played basketball and baseball when he attended Cyril High School. Now he “keeps clock” for the basketball team at Sterling High School, where his wife, Tisha, works.

The couple has two sons, Colten, 21, who lives north of Sterling, and Caleb, 17, a junior at Sterling High School.

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Winter Root
Vegetable and Ham Soup

Soup's on!

Stock up on soup essentials and keep warm on chilly days

(Family Features) Few things warm your body and soul quite like a bowl of hot and hearty soup on a chilly day. Don't be left out in the cold this winter. Make sure you have a pantry stocked with the right ingredients to make a delicious, comforting soup any time your taste buds desire. Here's what you need:

Grains and Legumes

Grains, pastas and legumes are a must. They offer filling fiber along with great taste and texture.

- Brown rice
- Long-grain rice
- Rigatoni
- Small pastas such as orzo or ditalini
- Farfalle
- Egg noodles
- Canned beans such as pinto, black, cannellini/white kidney,

Hearty Pasta Fagiole with Ham

Serves: 6

- 2 cups leftover Smithfield ham, diced
- 2 tablespoons olive oil
- 2 16-ounce cans white kidney beans, drained and rinsed
- 1 large tomato, diced
- 4 large garlic cloves, minced
- 1/4 teaspoon ground black pepper
- 2 tablespoons fresh chopped parsley
- 2 cups ditalini or tubetini pasta, cooked
- 2 cups chicken broth
- Grated Parmesan cheese

In 3-quart saucepan over medium heat, in hot oil, cook garlic, about 3 minutes, until softened. Add white kidney beans, tomato, chicken broth, ham and pepper; over high heat, heat to boil-



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ing. Reduce heat to low; simmer, uncovered, 15 minutes, stirring occasionally. To serve, stir in parsley. Serve with grated Parmesan cheese.



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- and lentils
- Couscous
 - Quinoa or barley

Vegetables

Adding two or three vegetables to a recipe brings color, flavor and vitamins to your soup.

- Roasted peppers
- Canned corn
- Canned tomatoes
- Dried mushrooms
- Onions
- Carrots
- Celery

Broths and Stocks

For an inexpensive way to season your soup, make your own stock and freeze it for whenever you need it. You can also buy broth at the grocery store and save in your pantry until needed. Either way, make sure to keep a variety on hand for different

- kinds of soup.
- Low-sodium chicken broth or stock
 - Beef broth or stock
 - Vegetable broth or stock
 - Soup bases, such as turkey, chicken or beef

Proteins

Make sure to hold onto your leftovers. Ham, bacon, turkey, chicken, beef and sausage can all be great flavor additions. These two soup recipes will help you enjoy every last bite of your remaining Smithfield ham and its rich, smoky flavor.

Stock up

Stock up on soup essentials today so you can enjoy the perfect soup any time you want. You can find more recipes and tips like these at www.smithfield.com.

Hearty Pasta Fagiole with Ham

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Winter Root Vegetable and Ham Soup

Serves: 6

- 2 cups leftover Smithfield ham, chopped
- 2 tablespoons olive oil
- 1 large leek, chopped
- 4 cups diced butternut squash
- 2 medium carrots, peeled and diced
- 2 large Yukon gold potatoes, peeled and diced
- 1 large parsnip, peeled and diced
- 1 large garlic clove, minced
- 1 1/2 teaspoons ground cumin
- 1/8 teaspoon ground black pepper
- 2 cups chopped escarole
- 3 cups vegetable broth

In medium saucepan, heat olive oil over medium heat. Add leeks and garlic; cook, stirring occasionally, until soft, about 5 minutes. Stir in cumin; cook 1 minute until fragrant. Stir in broth, butternut squash, carrots, potatoes, parsnip, Smithfield ham and pepper. Over high heat, heat to boiling; reduce heat to low; cover and simmer 15 minutes until vegetables are almost tender, stirring occasionally. Add escarole; cook 5 minutes longer.



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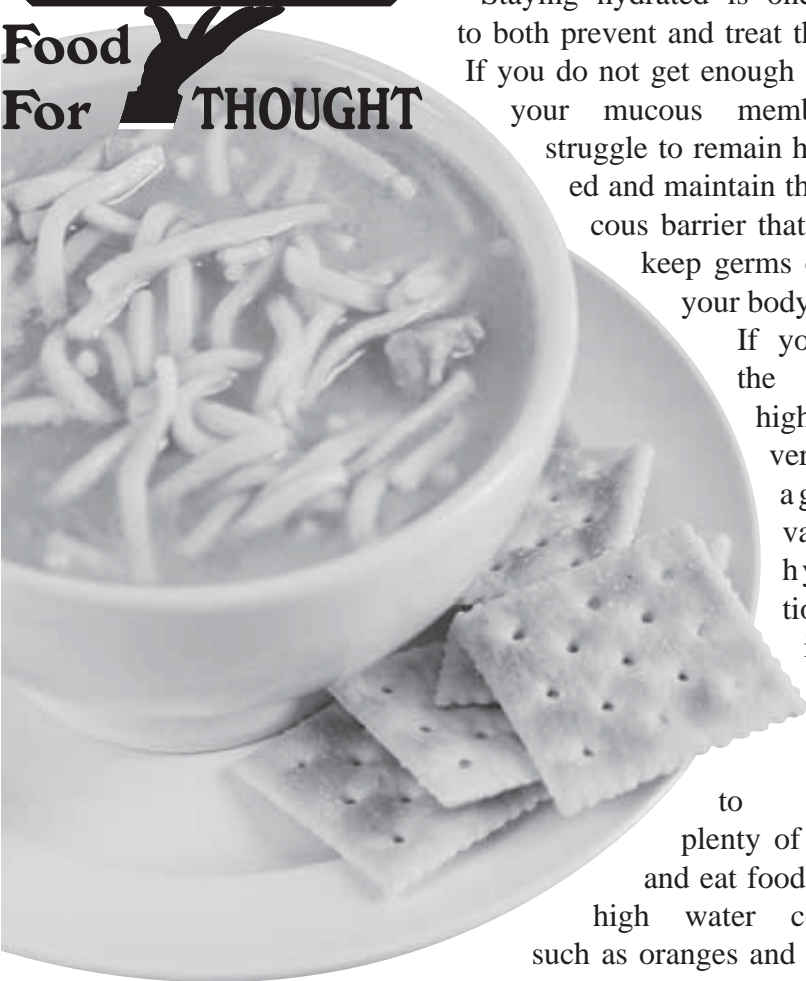
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Food can help you fight the flu



Kim Bandelier, MPH, RD, LD

Food For THOUGHT



You have gotten the flu shot, stocked up on hand sanitizer, and sanitized your house and office with antibacterial wipes. Other than getting plenty of rest and possibly hibernating until all the germs have gone, what can you do to ward off the flu? And, if you happen to get it anyway, what can you do to get better faster? Here are some food-focused tips to help you fight the flu or ease the symptoms if you get it.

Staying hydrated is one way to both prevent and treat the flu. If you do not get enough fluids, your mucous membranes struggle to remain hydrated and maintain the mucous barrier that helps keep germs out of your body.

If you get the flu, high fevers can aggravate dehydration, so it is important to drink plenty of fluids and eat foods with high water content such as oranges and broth-

based soups. Hot liquids can help ease a stuffy head and keep your body hydrated.

Don't worry about getting too much sodium or too many calories from liquids like juice. It's more important to stay hydrated than count calories if you are sick.

Getting plenty of vitamins and minerals from a healthy diet is essential to build and maintain a strong immune system. The cells that fight infection require nutrients from your blood to function, particularly vitamins A, C, D, E, B6 and thiamin, and minerals like zinc, selenium, and iron.

Getting these nutrients from foods rather than supplements is best because you benefit from all the other immune-building nutrients found in fruits, vegetables, lean meats, whole grains and low-fat dairy.

When you go to the store to stock up on over-the-counter cold and flu medicines, make sure you put a few of these flu-fighting foods in your grocery cart: broth-based soup, oranges, bananas, skim milk, yogurt, whole-grain breads, carrots, sweet potatoes, lean beef or chicken, tomatoes, nuts and nut butters, and leafy greens.

Feeding a cold or flu properly can assist in a speedy recovery and help you ward off other germs you may encounter.

Oklahoma Living celebrates anniversary with cookbook

OKLAHOMA CITY – Oklahoma Living magazine is compiling a cookbook as part of the publication's 65th anniversary celebration. The cookbook, which will include reader-submitted recipes along with historic recipes from the magazine's archives, will be approximately 160 pages, full color and hardbound.

Readers are invited to participate in the historic Oklahoma cookbook by submitting their favorite recipes.

“Our readers are so valuable to us, and we’re

thrilled to invite them to take part in this special opportunity as we celebrate six and a half decades of publishing our magazine,” said Anna Politano, Oklahoma Living managing editor.

Recipes can be submitted online at <http://ok-living.coop/contests/?page=submitrecipe> or by mail to Oklahoma Living magazine, P.O. Box 54309, Oklahoma City, OK 73154-1309. The deadline for submission is Feb. 15.

The cookbook will be available for purchase in fall 2013, just in time for Christmas gift giving.

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

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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

31. Greek hell

37. Herbal teas

38. Struck a golf ball

40. Dash

41. Removes writing

42. Coal laborers

43. Old world, new

45. Mental representation

46. Someone who bites

47. Greek god of war

48. Albanian word for snow

49. Resounded

50. Solo racing sled

51. Gull suborder

52. Crimefighter Elliot

56. Albanian monetary unit

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Video challenge focuses on geothermal technology

Through the use of video and social media, junior and senior high school students have a unique opportunity to showcase their creativity and compete for close to \$60,000 in scholarship money and grants. The Go Go Geo Scholarship Video Challenge was launched in schools in January. Information is available via the contest website, GoGoGeoChallenge.com/.

Touchstone Energy® Cooperatives are sponsors for this event, with geothermal manufacturers, including ClimateMaster, Bosch and WaterFurnace, as co-sponsors. Cotton Electric Cooperative is a member of this Touchstone Energy Cooperative alliance.

Eligible students will be challenged to use their creativity in the production of a one- to three-minute video.

Seven message themes have been created for the contest, with each having a geothermal significance. Information on the contest website will offer participants a general understanding of each theme.

The Challenge will begin with a regional competition, which will divide contestants into five regions, based on ZIP code. The top winner from each region will advance to the final competition where even more scholarship dollars are available. In the final level

of competition, the five winners will meet with judges in Oklahoma City for the final scoring and winner announcement. Any high school junior or senior residing in Oklahoma or within the service territory of the four New Mexico cooperatives served by Western Farmers Electric Cooperative (WFEC) is eligible to participate. A list of eligible ZIP codes will be posted on the contest website. For team entries, scholarship funds will be distributed equally, if their entry is desig-

nated as the winner. Teams are limited to three members.

“The Touchstone Energy Cooperatives are excited to be partnering on this exciting project for high school juniors and seniors,” commented Mark Faulkenberry, WFEC’s manager of marketing and communication.

“This contest could not come at a better time, considering potential pressures of rising utility costs in the near future. The advancement of geothermal technology is quickly making this option very viable for many homeowners, who may be interested in making a change before rates increase.”

WFEC serves as the regional partner for the state’s Touchstone Energy Cooperatives.



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FOR YOUR SCHOOL

NEARLY
\$ 60,000
IN SCHOLARSHIPS
AND GRANTS WILL
BE GIVEN

GSHP costs offset by credits, rebates

Continued from Page One

In either case, installing a GSHP is going to be more expensive than a traditional heat and air system, but Marlett pointed out there are ways to offset the cost. “This is the most important decision to make when building a house. Don’t be distracted by cosmetics. Make less expensive choices on materials, be thrifty in cosmetics, make little changes that will add up,” he advised. He said good choices today are an investment in the long-term, and can make a significant difference in how much it will cost to heat and cool the home. According to the U.S. Department of Energy,

geothermal heat pumps offer energy savings between 30 percent and 60 percent annually when compared to conventional baseboard or radiant heating systems. Federal tax credits and rebates also help cut costs. Both have specific requirements. A federal tax credit equal to 30 percent of the cost for materials and installation, with no limit on total project expenses, applies to geothermal heat pumps through Dec. 31, 2016. A list of requirements can be found at energystar.gov/taxcredits. Cotton Electric rebate requirements for 2013 are explained below. A higher rebate is avail-

able for GSHP installations that include a desuperheater, which Marlett said can provide a big bonus: Free hot water in the summer. “A desuperheater dumps heat to the water heater,” he explained. That means “a homeowner can turn off power to the water heater in the summer.” “That is important because an electric water heater is the second-largest power consumer in a home. Remember, the largest is the heat and air system.” It’s a big decision, a big expense, but the most efficient heat and air system available comes down to one word: geothermal.

Rebate standards for 2013 announced

Cotton Electric has announced standards for the 2013 Rebate Program for the purchase and installation of energy-efficient ground source or air source heat pumps. A total of \$200,000 in rebate funds is available on a first-come, first-served basis. Once rebate funds have been exhausted, the program will end for the year. Members should note that the minimum standards for ground source heat pumps (GSHP) are divided into two tiers for 2013. The amount of rebate is determined by the size of each unit, its Energy Efficiency Rating (EER) and Coefficient of Performance (COP).

Qualifying units with a desuperheater – energy-saving devices in a heat pump that recycle waste heat from the home to heat water – can receive a rebate of \$525 per ton installed if the unit meets the minimum specifications in Tier 1 or \$650 per ton installed for meeting Tier 2 specifications.



If a desuperheater is not installed, members can receive rebates of \$225 or \$375 per ton installed by meeting the specifications in Tier 1 or 2. Specifications for each tier are: Tier 1 – Minimum specifications for closed loop installations are 15.9 EER and 3.3 COP. For open loop, 18.0 EER and 3.6 COP. Tier 2 – Minimum specifications for closed loop installations are 18.5 EER and 3.6 COP. For open loop, 20.2 EER and 4.0 COP. Cotton Electric plans

to offer a rebate for members replacing an existing GSHP system with a more efficient GSHP system in 2013. Specifications and dollar amounts will be finalized soon and announced in a future edition of The Current. To qualify for an air source heat pump rebate (ASHP), members must install a unit with a minimum Seasonal Energy Efficiency Ratio (SEER) rating of 16, EER of 13.4 or greater and a Heating Seasonal Performance Factor (HSPF) of 8.5 or greater to receive a rebate of \$150 per ton.

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Water heater rebates also available




Cotton Electric offers a rebate when members purchase and install certain energy-efficient water heaters. Water heaters should have a minimum 40-gallon capacity and an energy factor of .93 or greater. Replacing an existing electric water heater with one that meets these specifications can get a \$50 rebate. There is a maximum of one rebate allowed per unit every five years. The rebate goes up to \$200 if the water heater is installed in a new home or is an additional heater added in a home expansion project. Collecting the rebate requires proof of purchase dated after Jan. 1, 2013, and an inspection by Cotton Electric. To arrange an inspection or for information to make sure your purchase is eligible, call 580-875-3351 or 800-522-3520. Members in the Duncan area should call 580-255-5065.

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Don't let Valentine's Day gifts shock others in neighborhood

Want to show your valentine how much you care by delivering a heart-shaped “I Love You” balloon to his or her office or home? Hang on tight.

Mylar balloons, constructed of metalized nylon so they're extra-shiny and easy to mold into fun shapes for parties and special occasions, are powerful conductors of electricity. If you let one slip from your grip while you're outside, you'll not only lose your balloon, you could cause a power outage or even an injury.

If one of these festive party decorations floats into power lines or lands on an electrical substation, its metal coating could short out a circuit and leave your neighborhood in the dark, or it could cause an electrical fire that damages the equipment.

And, if the balloon you're carrying is attached to a metallic ribbon and happens to brush an overhead line or another charged piece of equipment, it could shock or even electrocute you.

The Energy Education Council says the balloons are even dangerous indoors if they come into contact with an exposed wire.

So, even though Mylar balloons are popular because they hold their helium for so long, the council advises parents to puncture, deflate and dispose of the balloons after the party's over instead of letting them float around the house or yard until they lose their shape.

And, of course, if your balloon gets tangled in a power line, call your electric cooperative to report it. Never get close enough to a live wire to try to dislodge the item yourself.



Bald and golden eagles are subjects of “In Search of Eagles,” guided tours of the Wichita Mountains Wildlife Refuge.

Tours search for eagles on refuge

The Wichita Mountains Wildlife Refuge is inviting the public to view our majestic national symbol. The refuge will be conducting “In Search of Eagles” interpretive programs for the public during January and February. The dates for the programs include Jan. 26 and 27 and Feb. 2, 3, 9 and 10.

Interpreters from the Association of the Friends of the Wichitas will take participants by bus into the Special Use Area, where they will search for bald and golden eagles. The programs will help visitors understand eagle behavior and identify features of the birds. Binoculars are recommended for accurate identification and viewing.

Reservations are required and can be made by calling the Visitor Center at 580-429-2151 between 8 a.m. and 4:30 p.m. There will be a \$5 per person reservation fee collected at the time of check-in. Because of the length of the program, all participants must be at least 8 years of age. Wheelchair access is available if requested at time of reservation.

Tour participants will meet at the Refuge Visitor Center at the intersection of Highways 49 and 115. Visitors may obtain a refuge leaflet and map from one of the dispensers at each of the five entrances. All tours will depart promptly at 1:30 p.m. and will last approximately 2 1/2 to 3 hours.

Reservations will be retained until 10 minutes prior to departure on each date. After that time, stand-bys will be accepted. If the bus seating capacity is filled after accepting stand-bys, late arrivals with reservations will not be able to participate. In case of inclement weather, tours may be modified or canceled.

The refuge's public interpretive program is intended for individuals and family groups of six people or less. Only one family's reservation will be accepted per telephone call. Group tours are not available.

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- Rt. 3 Box 317, Walters. Country living. REDUCED: \$176,000. Hulen area home and two acres. 2,083 sf, 4 bedrooms, 2 baths, 2-car garage, 30 x 60 shop, RV covered parking with concrete pad. Constructed in 1996. Brick, steel roof, well & rural water. Directions: Hwy. 65, 1 mile S of Hulen, West side of Hwy 65.

Land, Commercial, Hunting

- 335 Acres (per county), hunting/recreational. SW S13 T4S R11W (160 ac) & SE S14 T4S R11W (150 ac), Cotton County and all land lying North of Cache Creek in the NE S23 T4S R11W. Estimated at 25 acres per county records. East & West Cache meet in S13, Land in S13 & 14 are WRP. Land lying in NW S23 is not in WRP. Excellent hunting, wildlife, fishing. Offered at 800/acre, Surface only. Directions: From Hwy 70 & 5B junction Go I N., 1 E., 1 N. to property. Portion of land not in WRP is not subject to building restrictions
- 160 Acres - \$160,000 or \$250,000 with all minerals. Lot 6-7 & E1/2 SW S6 T4S R10W, Cotton County. From Walters - 5 miles south on Hwy. 5, then 2 miles east, then 3 miles south, then 1/2 mile west. 49.75 acres cultivation w/ bal in grass, hunting, grazing & minerals.
- 73.66 Acres: \$1,100/acre, E2 NE S23 T2S R12W, Cotton County. From 144/Walters exit, go west less than 1 mile to Copeland Road, then north 1/2 mile to property. Walters Schools, 6" water line, underground electric, city water but not in city limits, 3 fire hydrants, all grass, dry creek, wildlife.

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Indiahoma Elementary School was among the recipients of CECF grant in the fourth quarter of 2012. The students gathered to show their thanks for Cotton Electric members' contribution to their Accelerated Reader program.

2012 sucessful for ORU, CECF

Cotton Electric members have made Operation Round Up and the Cotton Electric Charitable Foundation (CECF) a success through a simple act of generosity: Their monthly power bill is rounded up to the nearest dollar. The extra bit of change, never more than 99 cents, is pooled with the rounded-up amounts from over 12,500 members. Those pennies, nickels, dimes and quarters really add up. Since its beginning in 2004, CECF has distributed more than \$640,000 to assist the needs of some 225 organizations and individuals in the Cotton Electric service area.

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

- Volunteer Fire Departments \$205,439.00
- Communities \$114,096.55
- Services \$77,196.55
- Youth \$71,648.11
- Schools \$63,371.26
- Individual \$44,250.00
- Public Safety \$40,699.00
- Seniors \$23,599.00
- Total \$640,299.47



2012 grant recipients include:

- Big Pasture Public Schools
Cache Masonic Lodge
Chattanooga Public Schools
Chisholm Trail Heritage Center
Christian Helping Hands
Christians Concerned
Comanche Academic Team
Corum Volunteer Fire Department
Cotton County Department of Human Services
Cotton County Sheriff
Devol Volunteer Fire Department
Duncan Foursquare Gospel Church
Edgewater Park Volunteer Fire Department
Elgin Rodeo Association
First United Methodist Church of Cache
Friends of Elgin Community Library
Girl Scouts of Western Oklahoma
Grandfield Ambulance Service
Grandfield Senior Citizens Center
Great Plains Improvement Foundation
Hulen Volunteer Fire Department
- Indiahoma Elementary School
Jefferson County Hospital
Marlow Head Start
Meers Volunteer Fire Department
Porter Hill Volunteer Fire Department
Power Shop, Inc.
Prevent Blindness Oklahoma
Randlett Volunteer Fire Department
Roadback, Inc.
Specialized Alternatives for Families and Youth
Sterling Elementary School
Temple Area Food Pantry
Town of Chattanooga
Velma Community Outreach Center
Teen Court
Temple Chamber of Commerce
Temple Volunteer Fire Dept.
Town of Faxon
Town of Medicine Park
Walters Chamber of Commerce
Walters Rotary Club
Wichita Mountain Estates Volunteer Fire Department
Women's Haven

Download CECF grant applications at CottonElectric.com. Deadline for first-quarter 2013 grant applications is Feb. 28.

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Heat pump thermostats can do the rest of the work

By Trent Marlett

A couple summers ago, I wrote about the benefits of programmable thermostats. They are great money-saving devices. Their main function is to lower or raise the temperature in your unoccupied house so the HVAC system isn't working all the time.

What makes programmable thermostats so nice is convenience. You program the desired temperatures, and the thermostat does the rest.

If you don't have a programmable thermostat, you can still save energy and money. There is no single thing we do in our homes that has a greater impact on our energy use than how we operate our thermostats. You can install the most efficient state-of-the-art HVAC system, but if you set the thermostat to 80 degrees in 20-degree weather, you're going to use a lot of energy.

It all comes down to behavior. Now, I'm not telling anyone to be uncomfortable in his or her own home, but I'd like to point out that the U.S. Department of Energy says that there is a 3 to 5 percent increase in energy consumed for every degree a thermostat is set above 68 in the winter and every degree below 78 in the summer. Heating and cooling is the largest consumer of energy, and a 3 to 5 percent increase has a big impact.

Quite often, I go on energy audits and find that the way a member is operating the thermostat is the main – and sometimes only – reason for high energy consumption. For example, I have seen a heat pump's thermostat set on Emergency Heat when the temperature outside was in the 50s. Heat pumps aren't designed to run on emergency heat unless the weather is very cold.

Most electric central heating and cooling systems have heat strips, heating elements that come on during weather extremes. Something to remember about heat strips is that most consume 5,000 watts each!

The size of the HVAC system determines how many heat strips are required. Usually, there is one heat strip per ton of air. So, for a three-ton system, there are three heat strips.

If the thermostat calls for all three heat strips to turn on, 15,000 watts of energy are consumed.

\$imple Savings

When we multiply 15,000 watts, or 15 kW, by the number of hours each day the system runs, it really adds up.

So, how can we keep heat strips from all firing at once and firing less often?

Almost all thermostats have settings of Heat, Emergency Heat, Auxiliary Heat, Cool and Off. Most heat pumps should be set on Heat or Heat Pump. In those modes, the heat pump doesn't need heat strips and won't use them unless the thermostat setting requires emergency or auxiliary heat.

Heat pumps are very efficient because, during normal operation, they are not generating heat but merely moving it from one place to another.

Heat strips may fire off when the thermostat recognizes a big enough difference between the actual temperature in the home and the desired temperature setting. Most thermostats are calibrated to use heat strips if there is a 3-degree difference.

For example, if it is 65 degrees in my home and I change the thermostat setting to 68 degrees, the heat strips will come on to make up the difference.

The way to stop that extra energy use is simple. Bump up the temperature setting by only 2 degrees at a time. Let the heat pump do its job of gradually heating up the home.

Sometimes, Auxiliary Heat is unavoidable. The Auxiliary Heat mode will come on when heat strips are used to make up big temperature differences or it's very cold outside and the heat pump can't handle it by itself.

The Emergency Heat mode on a heat pump thermostat will completely disable the pump and use only heat strips to heat the house. The only time this should happen is when the weather is very cold and the heat pump is running

non-stop and cannot warm up the house or if there is freezing rain and the outside unit could potentially freeze up.

So, what about that Fan button on most thermostats? The fan will usually have two settings, Auto and Run or On. The fan setting should almost always be Auto.

The fan is its own system. Even if the heat pump isn't running, the fan always runs and moves air. When it runs, you are paying to run an extra motor aside from the heat pump.

The only time you might need to turn the fan to On is when the weather is really nice, the heat pump hasn't run for a while and the house is getting stuffy. Even then, you should switch it to Run or On long enough to move some air, then switch it back over to Auto.

In summary, a heat pump's thermostat setting should almost always be Heat instead of Emergency Heat to keep those 5,000-watt heat strips from firing off. Changing thermostat settings two degrees at a time and gradually heating the house will also keep heat strips from coming on.

The only time to put a thermostat on Emergency Heat is when the weather is so cold that the heat pump is running non-stop and cannot achieve the desired temperature in the house or if there is a long period of freezing rain and you need to keep the motor from freezing up.

Keep the fan on Auto and don't pay to run two motors, one of which is running all the time.

And remember, the DOE recommends 68 degrees as the most efficient setting in the winter. This will keep heat strip use to a minimum and keeps the heat pump from running all the time, too. Remember, for every degree above 68 in the winter, you raise energy consumption by 3 to 5 percent.

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