

A Publication of Cotton Electric Cooperative Inc.

A Touchstone Energy® Cooperative





ANNIVERSARY • COTTON ELECTRIC COOPERATIVE • 1938-2013

November 18, 2013

NUMBER 4

Sturdy sentinels Trussing system adds strength,

longevity to Cotton Electric poles

By Karen Kaley

If the utility poles supporting Cotton Elec-safe, consistent delivery of power. tric lines all stood within a few feet of each other, southwest Oklahoma would have a yellow pine forest. Instead, more than 100,000 poles are spread out along 5,128 miles.

Some are close to each other, some are far apart. The size and placement of a pole depends upon each wooden sentinel's job. Many are along roadways, supporting spans of about 150 feet. Some are in wide open spaces and easy to access.

Some have held their spot for so long that the open space they first inhabited has changed dramatically as trees and outbuildings have hemmed them in.

Cotton Electric employees visit the poles often for a variety of reasons. Linemen carrying out their normal duties should see each pole in their district at least once a year. They are always on the lookout for problems.

For the third year, Cotton Electric has contracted with Osmose Utilities Services to take a methodical and closer look at poles on the system. It is a long-term inventory project to collect data about location and condition of every pole on the system.

Cotton Electric's Vice President of Operations and Engineering Mike Ottinger said

this type of inspection is conducted to ensure

"A pole's integrity can change for a variety of reasons and the only way to know if they are in good shape is to have someone go out and inspect them," Ottinger said.

Osmose inspectors are pounding, poking and visually inspecting thousands of poles along lines in Stephens County this year. The inspections will move west over the next few years.

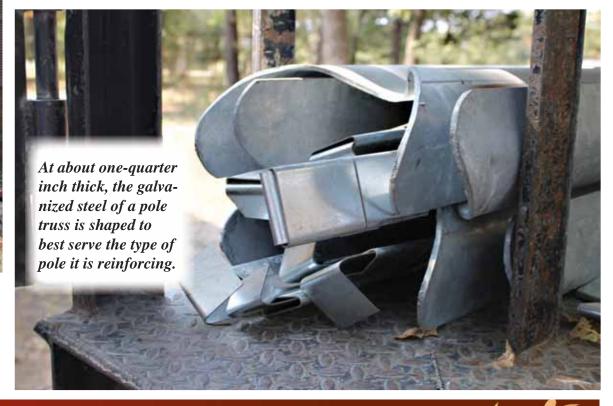
The inspectors check an entire pole with a special focus on the two most likely spots for damage: the top 18 inches and the 12 inches above and below ground level.

The inspector makes an assessment of the pole's condition and documents the findings. If the pole does not meet industry standards, it is flagged for replacement or, in certain cases, restoration.

Pole restoration is a decades-old practice that is new to Cotton Electric. Restoration methods have evolved over the past 30 years that will work in the co-op's favor.

A service also provided by Osmose, this option helps Cotton Electric carry out its mission to provide reliable service at an affordable price.

See Restoration, Page 8



Osmose employees Thomas Smith and Glen Johnson position an air drop hammer and winch they will use to drive a galvanized metal truss into the ground. Cotton Electric identified this meter pole as a good candidate for restoration because the close proximity of buildings made it prohibitive to bring a digger truck in to replace it.

At this time of Thanksgiving, we pause to count our blessings: The freedom of this great country in which we live and its opportunity for achievement.

The friendship and confidence you have shown in us. For all of these things, we are deeply thankful. Our best wishes for a Happy Thanksgiving.

The Board of Trustees and Employees of Cotton Electric Cooperative

Power Cost Adjustment Calculated

The power cost adjustment applied to bills mailed after Nov. 1 is (\$0.00047) per kWh and \$0.00527 per kWh for bills mailed after Dec. 1.

On a member's average bill of 1500 kilowatt hours (kWh), this will amount to a credit of $\frac{11}{12}$ \$0.71 on his or her No- 13 vember bill and a charge of \$7.90 on the December bill.

October 2013 Temperature Extremes

Day High Low Avg. Day High Low 92 58 75 60 43 16 90 78 17 74 39 66 93 71 82 18 58 38 90 77 63 19 32 66 45 57 20 35 69 73 76 43 60 21 67 82 43 22 37 81 23 84 43 85 40 24 86 52 69 68 47 57 72 25 67 42 86 89 64 26 71 51 82 27 70 76 63 70 28 70 53 29 75 67 71 81 30 78 66 Source: srh.noaa.gov/oun/

Average Daily High: 68 Average Daily Low: 42

Did You Know?

Cotton Electric offices will be closed Thurs-48 day, Nov. 28, and Friday, 49 Nov. 29, for the Thanksgiving holiday. Emer-59 gency calls will be an-63 swered at 580-875-3351 58 or 800-522-3520. 55

The December issue of 62 The Current will be de-75 livered on or about Dec. 16, 2013.

Contact Us

Do you have a story idea for The Current or do you need to place an ad? If so, let us know.

We can be reached 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

Expectations, faith bring about trust

I've worked at Cotton Electric Cooperative a lot longer than I want to admit. I tell people who ask, that I was truly blessed when life's path took me to the cooperative. The company I work for is a finan-

cially sound, stable employer. I have about 14,113 bosses (membership) but they are all rural folks who live in southwest Oklahoma – that's hard to beat. When you are employed by a special company, time flies. From my very first day it was

evident this cooperative expected and was going to require results. I was given a chance to earn a wage and learn about the cooperative and its values.

Improving the quality of life in our area is why the cooperative was formed. This purpose hasn't changed. I discovered this aspiration was accomplished because of a unique relationship that existed between the membership, board of trustees and employees. They had trust in each other -aspecial kind of trust that has to be earned. This is the reason I dedicated my career to Cotton Electric.



Warren Langford, CEO

The trust that permeates throughout this cooperative was born in 1939 when the original members invested money in an organization that didn't exist. From the beginning, members had faith and

expected great things from this organization. Because the business culture they installed was based upon excellence, certain precedents had to be set.

Since the beginning, there has never been a doubt about who's in charge. Members have always been active and are attentive to the cooperative's needs. The elected board of trustees sets guidelines and employs people like me. My job is to make sure the business operates as intended.

Your board members genuinely care about the co-op's members, its employees and each other. It is made clear that everyone be honest, direct with one another and talk straight. Problems need to be addressed for what they are and not distorted. This cooperative is operated in the spirit of "no surprises" which requires the highest level of transparency.

Cotton Electric has a long his-

tory of confronting issues head on. You are part owner of a \$100M corporation. A business of this size is bound to encounter enormous problems. You trust us to be there during ice storms and tornadoes. We trust the membership to give guidance in regard to any legislative issue or legal dispute we may encounter.

Members trust that if mistakes are made, co-op employees will make things right. If there is an error on your power bill, it will be corrected. If you are receiving poor electrical service, it's the cooperative's responsibility to improve it.

Members treat employees with respect and trust that we will do the right thing. We are expected to own up to our mistakes and not run from our responsibilities.

Members, the board of trustees and employees are all on the same team and take equal credit for the good and bad things that may happen.

The trust ingrained throughout this cooperative is based upon keeping commitments. In 1939 the cooperative was committed to delivering power to rural areas. It succeeded.

Today, our pledge is to provide quality electric power at the lowest possible rates. Our commitments to low-tech solutions, such as cutting trees, continue to pay huge dividends and haven't changed. We are committed to using more high-tech solutions, such as smart meters and automated breakers, as their use becomes justified. This will allow us to become proactive when solving distribution prob-

By making smart decisions about how your money is spent, we are able to provide very competitive electric rates.

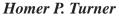
Throughout a 75-year relationship, a certain "blind trust" starts to develop. Nowhere in the original articles of incorporation, state charter or any of the board minutes does it say Cotton Electric Cooperative will strive to get better. It's just implied. Be it through need, change in technology or employee skill set, this cooperative is expected to continually improve.

We are proud to be called a rural electric cooperative but "being rural" is not used as an excuse. It just makes us try harder.

From the beginning, members have placed trust in each other and their cooperative. The results have been remarkable.









Eugene R. Matthews



Descendants send in old photos, messages

erative during 2013 to mark the and myself. co-op's 75th anniversary.

rent, we published as many photos as we could find of people who have served as trustees on the co-op's board of directors. We also included a list of direcdescendants.

Charles Turner mailed a photo of Homer P. Turner, along with a scan of a letter the elder Turner genia McClellan, granddaugh- Howard Bently, 1941-42 had received in May 1941. On ter of Eugene R. Matthews. He Bud Sharp, 1942-44 Cotton Electric letterhead, the served the board for about two George F. Gutshall, 1942-49 short missive said:

Dear Mr. Turner:

answers to the letter (and 1 nega- and a note explaining, "I don't Robert Fietz, 1949-56 tive answer) I would like for you know why it was taken. Maybe H.C. Brenton, 1951-53

history of Cotton Electric Coop- tee along with Mr. C.Y. Wilson other farmers."

In the August issue of The Cur- Monday evening, provided the and the years they served are: mudd (sic) does not get too deep.

> Thanking you I remain; Respectively yours,

T.H. Ketels

Turner joined the board of di- C.E. Martin, 1938-43 tors for which we had no photo. rectors in 1940 and served for R.D. Nickle, 1940-41 We heard from a couple of their about a year. Ketels served 35 C.H. Slaving, 1940-42 years, from the cooperative's be- C.Y. Wilson, 1940-41

> Another photo came from Eu- W.A. Mitchell, 1941-42 years, beginning in 1942.

She included a second photo of W.H.Hill, 1945 Having received 5 affirmative Matthews and two men in a field Jack Blair, 1949-51

We've been taking a look at the to serve on the building Commit- someone will recognize the two

We are still missing photos of I will try and be by to see you several directors. Their names R.A Taylor. 1938-40 Charles Flanagan, 1938-40 Albert A. Carter, 1938-40 Carl Carter, 1938-40 ginning in 1938, retiring in 1973. H.D. May, 1941-42 and 1945-52 H.W. Byrns, 1942-44





Warren Langford......CEO Jennifer Meason Vice President of Marketing Karen Kaley Editor Jennifer Kriz......Display Advertising Logann Pennington Classified Advertising

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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.

September 2013 Operating Stats

	-	O
	<u>2013</u>	<u>2012</u>
Total Amount Billed/Accrued	\$5,501,766	\$4,547,379
Cost of Purchased Power	3,884,762	3,276,608
Taxes	112,862	100,563
Total Operating Expense Per Mile	1,097	903
Average Farm and Residential Bill	138	121
Average Farm and Residential kWh	1,330	1,123
Total Meters Billed (farm, residentia	1) 18,113	17,889
Miles Energized	5,128	5,138
Density Per Mile	3.53	3.48
New Service Connects YTD	282	295
Services Retired	155	167



If you would like your community event listed in the December issue, please submit information by Dec. 5, by calling 580-875-4255 or send an email to info@cottonelectric.com.

Christmas Bazaar in Duncan

Crafts, baked goods, Christian articles, gifts and books are some of the goodies to be found at the Christmas Bazaar hosted by Assumption Catholic Church in Duncan. Early Christmas shoppers won't want to miss this event from 10 a.m. to 6 p.m. Nov. 23 at 711 W. Hickory Avenue.

Fall Classic returns Nov. 20-23

Touted as the "largest swine show in the world," the Fall Classic returns Nov. 20-23 to the Stephens County Fair & Expo Center. The National Swine Registry sponsors the four days of sales and shows featuring exhibitors from 27 states.

Schedule of events, entry forms and more information are available at NationalSwine.com.

Mall hosting Pop Up Gallery

Stop by the POP UP Gallery Nov. 21-23 at the Chisholm Mall in Duncan to see works by Oklahoma City metro artists. There will be a wide variety of media on display including 2D and 3D pieces as well as ceramics, photography, jewelry, printmaking, live music, literature, short films and fine crafts. Whether you like visual art, performance based art or the written word, there is something to spark your interest at the POP UP Gallery in Duncan.

Four times a year, Dreamer Concepts studios in Norman puts on a POP UP Gallery in another city in Oklahoma featuring juried exhibitions and works from local artists that are outside of the POP UP's immediate location. Artists from the POP UP's location will also be included for a rounded exhibition that lasts between three and seven days.

CTAC presents John Fullbright

Chisholm Trail Arts Council presents John Fullbright at 7:30 p.m. Nov. 22 in the Simmons Center.

A Grammy nominee for "From the Ground Up," Fullbright traverses an couple of ways. The Living Nativity extremely broad emotional and musical terrain, showing equal acuity with tender ballads and songs that make you want to drive faster with the windows rolled down.

office, 717 West Willow, or at the box mas parade at 5:30 p.m. Dec. 14. The office. Call 580-252-4160 or visit ChisholmTrailArts.com for more information.

Rising Star calf event starts Nov. 28

Stephens County Fairgrounds will host the 12th annual Rising Stars of Calf Roping, a premier event featuring more than 500 of the most talented ropers in the nation. Activities will



It's the time of year for parades, tree lightings and special musical presentations throughout the Cotton Electric service area. See a listing of Holiday Happenings on Page 3 of our special Holiday Guide.

take place Nov. 28 through Dec. 1.

Thursday opens at 8 a.m. with 13-15 Tie-Down. All-Star Calf Roping begins at 2 p.m. A Thanksgiving meal will be served all day.

Friday's activities begin at 8 a.m. with 13-15 Breakaway. The 12 and Under Tie-Down begins around 2 p.m.

Saturday starts with 12 & Under Breakaway at 8 a.m., with 16-19 Tie-Down set to begin around 2 p.m.

Cowboy Church service begins at 8:30 a.m. Sunday, and 19 & Under Girls Breakaway follows at 9 a.m.

For information, visit Rising-StarsCalfRoping.com.

Magic Lantern presents 'Thin Man'

Magic Lantern Film Society of Cameron University screens DVD presentations of classic films each month in the CETES Conference Center, Room B. Each evening begins with episodes from the 1948 Superman serial.

The Dec. 6 offering will be "The Thin Man," about married detectives attempting to find a missing inventor. William Powell, Myrna Loy and Maureen O'Sullivan star in the 1934 film.

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

Cache sets Christmas events

Cache is celebrating the season in a Trail is an open-air hayride through the story of Jesus' birth. This community favorite takes place from 6 to 10 p.m. Dec. 13-15, south of Cache.

Cache Community Improvement Tickets are available at the CTAC Association is sponsoring a Christroute begins at Cache City Park and will wind its way to C Avenue, Fourth Street, Cache Road and back to the park on Oklahoma Hwy. 115.

Call 254-554-111 for information about either event.

> **More Community Spotlight** items on Page 9



Photo of the Month



Abby Adams, 10, gives a big welcome hug to her grandmother, Patty Clark, who flew in from Dayton, Ohio, to visit family. Grandson Nic, 6, is next in line. Abby and Nic live in Cache with their parents, Cotton Electric members Kris and Chris Adams.

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







Check with your English teacher or counselor for details, or call us at 580-875-3351

June 13-19, 2014



Application period opens for Cotton Electric youth programs

Eighth-grade entries sought for Energy Camp

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

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

Winners from Cotton Electric's service area will be selected from contest participants to attend the 2014 Youth Power Energy Camp held May 27-30 east of Hinton.

At Energy Camp, which is sponsored by Oklafirst-hand the world of electric co-ops through gloves before climbing a pole and to see the camp from 60 feet above in the basket of a utility truck.



Plus, students will set up and run their own cooperative business.

Activities will include nature hikes, games and at Canyon Camp near Red Rock Canyon, south- other outings with other students representing cooperatives from across Oklahoma.

Contest information will be distributed to area homa's electric cooperatives, students learn English teachers soon. Students should ask for contest rules and entry forms, or contact Trent demonstrations by electric crews. There will be Marlett at Cotton Electric Cooperative at 580opportunities to put on a lineman's work belt and 875-3351 or by email at info@cottonelectric.

The deadline for entry is Jan. 10, 2014.

Essay contest open to area high school juniors

The annual Rural Electric Youth Tour kicks off in November with a preliminary essay contest. This year's topic, "The Seven Cooperative Principles," will be the key focus for all submissions.

Each year, students in Cotton Electric's service territory are eligible to compete in the preliminary rounds of the competihigh school juniors in the Cotton Electric service area. Students and their families do not have to be Cotton Electric members.

three rounds and starts with the essay contest. Area juniors may submit an essay of approximately 600 words to the Cotton Elec- D.C. For a week in June, they included in the packets, students tric headquarters.

move to the second round, which includes a personal interview with the student. The question-and-answer meeting portunity to learn about govern- Electric essay contest is a good is conducted at the cooperative ment, the cooperative form of way to help develop creative headquarters in Walters.

guests of Cotton Electric. The ronment of the nation's capital format. As they speak before erative organizations.



tion. The contest is open to all judges and banquet guests, the test rules and regulations, entry final four winners will be determined.

spring, with the date and loca- lish teachers. The contest is broken into tion to be announced.

winners will receive an all-expense paid trip to Washington, will join 1,500 students and fol-Writers of the top 25 essays low state-planned itineraries, congressional delegation.

The students will have an opbusiness and the business of ru-The top 10 of those finalists ral electrification. The students advance to the banquet, where will become more familiar with they and their parents will be the historical and political envifinalists will be required to re- through visits to monuments, cite their essay in a speech-type government offices and coop-

Trent Marlett, contest coordinator for Cotton Electric, said Youth Tour is a week of handson learning for students.

"Youth Tour gives high school students an opportunity to learn first-hand what it is like to be involved in politics, community development and today's social issues," Marlett said.

Information packets with conforms, cooperative information and basic details of the contest The banquet is held in the will be distributed to area Eng-

The registration deadline for Cotton Electric Youth Tour entering the contest is Jan. 10,

In addition to the information are encouraged to use other sources of information found at including time with Oklahoma's the local library or from the In-

> "Preparing for the Cotton writing skills that are important for all high school students, especially those planning to attend college," Marlett said.

> For more information regarding the essay contest, call Marlett at 580-875-3351 or email info@cottonelectric.com.



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Lawton teachers among 59 nominated for SKIE award

Two Lawton educators are among be announce next month.

SKIE nominee Meagan Armstrong Council, and PTA. has taught seventh-grade geography at MacArthur Middle School for five years. Armstrong keeps students engaged through authentic experiences such as showing them pictures from her own personal travels and breaking them into brainstorming groups to discuss, problem-solve and teach themselves from materials she provides.

When she isn't teaching, Armstrong sponsors a variety of school clubs and committees, representing her school for Professional Oklahoma Educators or working part-time as a customer service associate at Morgan Stanley.

SKIE nominee Amy Gilpen has been a teacher for 10 years, serving the past six as MacArthur Middle School's physical education teacher. Gilpen recognizes the importance of physical education in boosting students' classroom achievement, illustrating muscular functions through YouTube videos and ensuring that students understand the importance of healthy living beyond their school environment.

When she isn't teaching, Gilpen en-59 nominees for the SKIE Award to joys working with the American Heart Association, Lawton Area Reading

> Oklahoma's Touchstone Energy Cooperatives, in partnership with the University of Oklahoma's K20 Center and the Jeannine Rainbolt College of Education, are recognizing outstanding educators from across the state who are innovative and use technology in their teaching to create learning opportunities designed to enhance student success. Touchstone Energy Cooperatives have donated \$90,000 to endow the Supporting K20 Innovative Educators (SKIE) Award, which will provide six \$500 grants to regional winners in the annual competition.

Regional winners become eligible for the state-wide award, which garners an additional \$1,500 for the teacher and a \$2,500 grant for the school at which the winner teaches. Award winners will be recognized Dec. 3 at the K20 Center's Innovative Learning Institute (ILI), a one-day professional development and networking conference at the Norman Embassy Suites Conference Center.



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Download CECF grant applications at cottonelectric.com. Deadline for third-quarter 2013 grant applications is Nov. 20.

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



October Students of the Month at Walters Elementary School celebrate a \$145 CECF grant that will be used to purchase incentives for the program.

Youth programs benefit from CECF grants

By Karen Kaley

Oklahoma. By supporting efforts to provide ma- to be as independent as possible in today's world." terials, equipment and opportunities for learning, Cotton Electric's membership invests in its young noted can be very difficult. people and its future.

counties in the Cotton Electric service area shows that about 24 percent of the population is 18 or under. Coincidentally, about 24 percent of total funds distributed by the Cotton Electric Charitable Foundation (CECF) has gone to schools and youth organizations.

To be more precise, of the \$699,082 in grants issued since CECF's beginning in 2004, \$93,023 has been awarded to organizations benefiting youth als. and \$72,216 has gone for materials and projects at schools.

Up contribute less than \$1 each month, but that small change is making a big difference. The funds are pooled and administered by the CECF board of directors. The board meets quarterly to consider grant applications.

Over the past nine years, the foundation has issued 304 grants and nearly one-third have gone to schools and organizations benefiting youth. Of the eight grants awarded in the third quarter of 2013, half went to youth-related purposes.

In one case, a small grant has big goals. Carla Thomas, a counselor at Walters Elementary School, wrote in her grant application that the funds would be used to purchase awards to recognize pre-K through fifth-grade students of the month.

She said, "This program will encourage and reinforce positive behavior, good character traits, citizenship, academic excellence and effort."

Her grant was approved for the full amount requested: \$145.

Another teacher in Walters requested and received \$1,500. Krystal Edgmon said the funds would be used to purchase a camera, laminator, two durable iPad covers and items to make hands-on task baskets. The grant will also cover entry fees and other expenses associated with Special Olympics.

Young people are an important part of southwest strives to give "every opportunity to our students

The aim is to prepare students for life, which she

Helping young people handle the difficult mo-A quick look at demographic figures for the eight ments in life was the motivation behind a grant request from Marcia Frazier, director of Teen Court Inc. The organization offers an opportunity for troubled young people to connect positively with adults and youth from their community.

> Educational efforts at Teen Court include a "Faulty Thinking" curriculum that helps clients between the ages of 10 and 18 develop conflict resolution skills. A \$1,875 CECF grant will pay for teaching materi-

A project spearheaded by Meaghan Johnson, a teacher at Central High Elementary School, has Participants in Cotton Electric's Operation Round been partially funded with a \$5,000 CECF grant. She hopes to purchase enough iPads and accesso-

Edgmon said the Tri-County Interlocal Co-op ries to help each student in her class prepare for state testing.

She said the Oklahoma Core Curriculum Test is administered online. Having the technology in advance will give her time to introduce it to the students and have them comfortable with it by the time testing begins in spring 2014.

In all, CECF has issued 36 grants to school projects, from accelerated reading incentives at Indiahoma to books for Big Pasture to band equipment at Bray-Doyle to a manikin for health training of medical students in Duncan.

The 61 grants to youth programs have helped with improvements at Camp Lu-Jo in Comanche County and Camp E-Ko-Wah in Stephens County. Throughout the Cotton Electric service area, grant monies have filled Food 4 Kids backpacks; helped with equipment purchases in playgrounds and parks; and provided support for projects targeting underprivileged or troubled youth.



Third-grade students at Central High School and their principal, LeAnn Johnson, far left, and teacher Meaghan Johnson, offer a big thumbs up for the \$5,000 Cotton Electric Charitable Foundation grant issued to help with purchase of iPads and accessories to be used in the classroom.



Schoolchildren learned home safety tips when the fire safety house sponsored by Cotton County Farm Bureau paid visits in October to Temple, Walters and Big Pasture. Micah Martin, an Oklahoma Farm Bureau safety adviser, talked about fire hazards with classes such as the Pre-K group at Walters Elementary School

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Have You Started Taking Your RMDs?

Throughout your career, you have least the minimum been working hard to save in one or more retirement accounts. Then, once you retire, you'll have some new decisions to make. But one choice has already been made for you: the age at which you must start taking withdraw-als, or "distributions." It's a good idea to familiarize yourself with these distribution rules because they can have a big impact on your retirement income. And you may even want to take action before the end of the year.

Here, in a nutshell, is the story: Once you reach age 70½, you must begin taking taxable withdrawals — known as "required minimum distributions," or RMDS — from your traditional IRA and most other retirement plans, such as a 401(k) plan, a 403(b) plan or a 457(b) plan. A Roth IRA, however, is not subject to RMDs.

If you turned 701/2 in 2013, you may want to take your first RMD no later than Dec. 31. You could wait until April 1, 2014, to take your initial distribution, but you'd then have to take your next one by Dec. 31, 2014 - and two distributions in one year could have a sizable impact on your taxes. After you've taken your first RMD, you'll have to take one by Dec.31 of each calendar year for the rest of your life - or until your account balance is zero.

These minimum distributions are calculated annually based on your age, account balance at the end of the previous year, marital status and spouse's age. If you do not meet the annual minimum distribution, you may be subject to a 50% penalty on your underpayment, plus ordinary income tax as the funds

are withdrawn. Of course, while you have to take at

distribution from your retirement plans, you can always take more — but should you? There's no one "right answer" for everyone. Obviously, if



Financial Advisor

you need the money, you may have to go beyond the minimum when taking distributions. But if you have enough income from other sources — such as investments in other accounts, Social Security and even earnings from a parttime job — you may want to stick with the minimum distributions and leave your retirement accounts as intact as possible for as long as possible, thereby allowing them to potentially continue growing on a tax-deferred basis.

Whatever your decision, you'll want to allow sufficient time to determine the size and timing of your RMDs, because if you have several retirement accounts, you may need to make some choices. For example, if you have more than one IRA, you can add the RMDS and take the combined distribution amount from any one — or more — of your IRAs. And if you have more than one 401(k), you must calculate your RMDs separately for each plan. To help ensure you're doing things "by the book," consult with your tax and financial advisors before you start taking your RMDs.

You work hard to build your retirement plans. So, when it's time to start tapping into them, you'll want to make the right moves.

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Long-term volunteers needed

Cancer Prevention Study-3 expected to last 20 years

Caring people in the Cotton Electric service area are known for enthusiastic participation in activities designed to raise funds for cancer research. Now, area resiresearch itself.

The American Can-(CPS-3) having the potential to change the face of canronmental and genetic factors that cause or prevent cancer.

Men and women bein CPS-3. CPS-3 plans to enroll a diverse population of 300,000 people across the United States.

online at www.cancer- every few years for at studyok.org to schedule least 20 years. an enrollment appointment at one of three lo- diagnosed with cancer ies (CPS-I, and CPS-II) cations in Lawton. Time struggle to answer the have played a major role lives and improve the slots are from 5 to 7:30 question, 'What caused in understanding cancer p.m. Nov. 21 at Cancer my cancer?' In many Centers of Southwest cases, we don't know Oklahoma; 7 to 9:30 the answer," said Alpa cantly to the scientific tion or to enroll into a.m. Nov. 22 at South- V. Patel, Ph.D., principal basis and development CPS-3, visit www.canwestern Medical Center; investigator of CPS-3. and 8 to 10:30 a.m. Nov. 23 at Fort Sill Army better understand what tions. Those studies con-



to complete.

To enroll in the study, waist small blood sample.

Upon completion of come involved." tween the ages of 30 and this process, the soci-65 who have never been ety will send periodic diagnosed with cancer follow-up surveys to are needed to participate update information and annual newsletters with study updates and results. The follow-up sur-Local residents can go are expected to be sent unteer participants.

"Many

Base. The in-person en- factors cause cancer, and firmed the link between 5888.

dents have an opportu- rollment process takes once we know that, we nity to participate in the approximately an hour can be better equipped to prevent cancer."

Dr. Patel added, "Our cer Society describes individuals will be asked previous cancer preven- CPS-II, began in 1982 the Cancer Prevention to read and sign an in-tion studies have been as formed consent form; instrumental in helping changes in lifestyle and complete a comprehen- us identify some of the sive survey packet that major factors that can cer for future genera- asks for information on affect cancer risk. CPStions. CPS-3 will help lifestyle, behavioral, and 3 holds the best hope researchers better under- other factors related to of identifying new and stand the lifestyle, envi- health; have his or her emerging cancer risks, circumference and we can only do this measured; and give a if members of the community are willing to be- produce benefits for de-

> Researchers will use the data from CPS-3 to every few years to fill build on evidence from out a survey - and poa series of American Cancer Society studies that began in the 1950s that collectively have veys of various lengths involved millions of vol-

Study and previous Canindividuals cer Prevention Studprevention and risk, and have contributed signifiof public health guide- cerstudyok.org, "CPS-3 will help us lines and recommenda- cps3@cancer org,

cigarette smoking and lung cancer, demonstrated the link between larger waist size and increased death rates from cancer and other causes, and showed the considerable impact of air pollution on heart and lung conditions.

The current study, and is still ongoing. But in the understanding of cancer in the more than two decades since its launch make it important to begin a new study.

The voluntary, longterm commitment by participants is what will cades to come.

"Taking an hour or so tentially save someone from being diagnosed with cancer in the future – is a commitment that thousands of volunteer participants have already The Hammond-Horn made. We're looking for more like-minded individuals to join this effort that we know will save outlook for future generations," Dr. Patel said.

> For more informacall toll-free 1-888-604-

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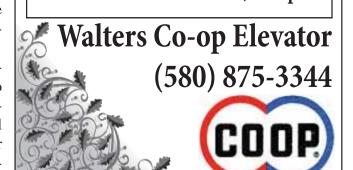


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Bryce Hooper, left, director of marketing and economic development for Cotton Electric Cooperative, presents a \$500 Sharing Success check from CoBank to Lane Hooton, COO of Cancer Centers of Southwest Oklahoma. Cotton Electric was a sponsor for October's Spirit of Survival activities and applied for the matching grant from CoBank.



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for all ages, from 8 to 88 years young, at 7 pm

•8 am to 3 pm Sunday with Cowboy church from 8 am - 9 am followed by another day of revolver competition

Cowboy Christmas will have everything you need as gifts for the upcoming holidays, from cowboy food, horse tack, western decor and furniture, trucks, horse trailers, western clothes and jewelry, too much to mention. So bring your wish list and shop in one convenient, under one roof, and warm place.

Admission is only \$5 per person, per day. Concession stand available. "Like" us at: "Revolvers and Rhinestones" Mounted Cowboy Shooting/Cowboy Christmas Facebook page. るったしゅうなしゅうなしゅう女しゅう女しゅうか。

Life's curve balls no problem for Marlett

By Karen Kaley

Life has pitched a few change-ups and curve balls in Trent Marlett's direction, but he's a versatile player who manages to connect, sometimes even knocking it out of the park.

Marlett has found himself in several new situations over the past several years, some quite unexpected. He's found a way to make each one work and he's still smiling.

One of those change-ups was where he played baseball. Marlett played a year at Texarkana College before the folks at Oklahoma City University lured him away. He had a fine career there, playing either second or third base and hitting .269.

He finished school with a degree in criminal justice and had no trouble landing a job with the police department in Eufaula. It took Marlett only a year to decide police work was not for him. He looked for a change that would take the Walters native closer to home.

He entered the electrical utility field, taking a position with Western Farmers Electric Cooperative that eventually had him based in Comanche. He felt more suited for the apprentice lineman position, but he was still trying to make it home.

A couple of years passed and eventually an opening came up on Cotton Electric's right-of-way crew. Marlett was familiar with the work from summertime stints while attending Walters High School.

He took the job and was happy to make it home. "I always had it in my mind to work at Cotton," he said.

"Working on the brush crew was my outdoors and, at the end of the day, I felt like I had really done something."

He had another plan in mind, too. "I wanted to build a house on my

grandmother's land, just a bit south and west of Walters."



Trent Marlett's smiling face has helped illustrate topics in his Simple Savings column during the past two years.

He got the house started, got busy working, and another opportunity was pitched. Marlett read the description for Energy Efficiency Coordinator when Cotton Electric posted the job and thought it sounded like something ter he built his house. he wanted to do.

helping co-op members find ways to make their homes more energy efficient. He describes it as a member relations job that requires a bit of problem solving.

"The job is more than I imagined," idea of a good job. I liked working he said. "It got more and more interesting as I went through some pretty in-depth training and learned a lot made a difference. about building science."

> Marlett can go to a member's home now, and look at all the different elements that play a role in energy use.

"It's a bit like playing detective," he said, "trying to figure out ways to improve power use or find a problem."

That training makes him think of an irony. It came just a couple months af-

He applied for and landed the job of I would have done so many things dif-

"If I could redo only one thing, it would be the insulation. I would use spray foam instead of fiberglass bat-

He learned he had missed an insulating opportunity, but has made a lot of the winner. He shares his cozy home, other changes in his home that have big enough for two, expandable if

He shares his new knowledge through his monthly column, Simple and curve balls in his direction, but Savings. Writing a column for The he's swung and connected, sometimes Current was also a surprise, but he's even knocking it out of the park.

stepped up to the plate every month for more than two years.

Marlett said he didn't realize how rewarding his job as Energy Efficiency Coordinator would be.

"We really can help our members with this service. I will monitor some member accounts after I have worked with them, and I can see the difference, I can watch their bills go down."

Marlett was feeling like life was pretty good. He'd built his bachelor pad, had a job he liked in the town where he grew up.

And then, he met Kendi.

"She turned my world upside down." Marlett describes their meeting as a fluke. A mutual friend suggested their acquaintance through Facebook.

"I would be the last person who believed in meeting someone over the Internet. I was always skeptical about that, thought it was an unlikely way to meet."

Their virtual friendship blossomed quickly.

"We started talking on the phone and it was like talking to myself," he said.

"I went from being a very content bachelor to wanting to completely change in a very short amount of time. I wasn't even looking ... I mean I had built a man cave and I was ready to change that overnight."

Marlett waited a whole six months "If I had that training a year earlier, before asking her to marry him and, six months later, she did just that. Kendi shares his love of the outdoors and they have hiked and camped locations on the east and west coasts. They go to Rangers games and cheer the team.

> But it's Trent Marlett who feels like needed. His job that suits him well.

Life has pitched a few change-ups

Switch direction of ceiling fan blades as seasons change

By Trent Marlett

My columns are all about simple savings. I look for ways that will not only save members energy, but also are simple enough that anyone can put into practice and won't cost an arm and a leg. While some bigger investments will have a much greater impact on energy consumption, a person implementing simple, low-cost measures can see it all add up significantly.

ergy and improve comfort in the home, few changes are as easy and beneficial as using ceiling fans.

Most ceiling fans come with a little switch on the parts of our home and the ceiling. base that changes the direction of the fan blades. The best direction for fan blades to spin is determined by the seasons.

In the summer months, the fan blades are moving counterclockwise and thus pushing cool air directly across our skin, cooling us off. With colder temperatures upon us, it's time to make sure the blades on the ceiling fan are turning clockwise to pull air up toward the ceiling, which pushes warmer air down along the walls.



When it comes to easy, low-cost ways to save en- our homes all the time. One of them is that warm air rises. Another is known as the "stack effect," which refers to the pressure difference between the lower

> At the ceiling, there is a higher pressure. The presair to rise even faster than it already does.

> Think of an open fireplace. The opening is low to the ground and the chimney is higher than the home. The stack effect causes the smoke created from the fire to pull up to the highest part of the chimney instead of coming back into our homes.

The stack effect also comes into play when using a clockwise-spinning ceiling fan in the winter. The There are some laws of science demonstrated in warm air produced by our central heating systems

is naturally rising and constantly having to replace itself. Fan blades moving clockwise pull denser, cooler air upward and push warm air off the ceiling, moving it around to the walls and down to where we are, making the room much more comfortable.

So, how can this save energy? Well, the fan should be running on low speed so we don't have the chilling effect it produces in the summer. When a fan is on low speed, it uses less energy than a single incandescent light bulb.

Here comes the big saver: By making a room feel more comfortable with warm air from the ceiling, we can lower thermostats a few degrees. According to the U.S. Department of Energy, we can expect an sure difference causes air to rise and causing warm energy savings of 3 to 5 percent for every degree a thermostat is lowered in the wintertime. The DOE recommends 68 degrees as a target setting.

> Now remember, the ceiling fan will cool or warm only people, not the room, so turn the fan off in unoccupied rooms.

> Changing the direction of a ceiling fan means we can save energy by lowering our thermostats during winter and still stay warm. Carrying out this tip is very simple. I'm a big fan.

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A worker tightly wraps galvanized bands around the pole and truss as part of the restoration.

Restoration adds many years to pole life

Continued from Page One

for Osmose, a pole restored by adding a truss will bring it back to or beyond its original strength pumped into the holes. Harris and can add as much as 25 years to the life of a pole. A strong pole means reliable service.

ed out the cost of restoration, or might be inside the pole. trussing, is a fraction of the cost of replacing the pole. At one-third able.

Restoration of a flagged pole and half will be below. begins with another, more increw will use a hammer to strike the pole up and down, listening for solid sounds and hollow spots. for the same thing.

sess a pole's condition by gaug- is wave-shaped. This brings the ing resistance to the drill and observing the color of the wood, the consistency of sawdust and what information on their website. fibers coming out look like.

According to Rex Harris, di- time," he said. "An experienced rector of business development workman could almost smell if there is decay in the wood."

said it will fill voids and cracks with an insecticide and fungicide to eliminate wood decay, ants, Both Harris and Ottinger point- termites and other insects that are wrapped around the pole and

on the pole 5 feet above ground to one-half the cost, this method level. When they finish driving helps the co-op keep rates afford- the 10-foot-long truss into the ground, half will be above ground nized spray paint seals the bands

The truss itself is the result of depth inspection. Members of the years of study and science. At about 1/4 inch thick, the galvanized steel is shaped to best lineman and district supervisor serve the type of pole it is rein-Numerous holes are drilled to test forcing. Distribution poles like Cotton Electric's generally use Harris said the workmen can as- what Osmose calls a C2 truss that shear center closer to the pole, resulting in less twist, according to

The truss is positioned right up this solution."

"They get pretty good over against the pole to offer the most support and pounded into the ground using an air drop hammer. Depending on the hardness of the A liquid internal treatment is soil and whether there are rocks, the loud machinery can force the truss 5 feet down in as few as 15 minutes or as many as 30.

Once in place, galvanized bands truss. A crystalized fumigant is Next, the workers mark a spot inserted into drilled holes to add another degree of long-term internal decay protection.

> A silver or brown coat of galvaand completes the job. The pole is strong and should stand another 20 or more years.

> Norman Condit, a longtime for the eastern portion of Cotton Electric, observed a truss installation recently. The truss eliminated the need to replace a pole in a spot inaccessible for the co-op's digger truck.

> "You know," he said, "as an old-school lineman, I approve of



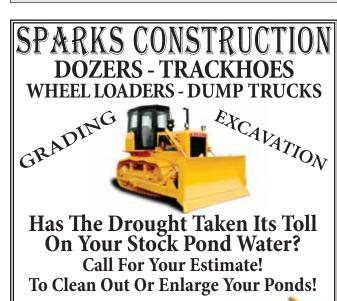
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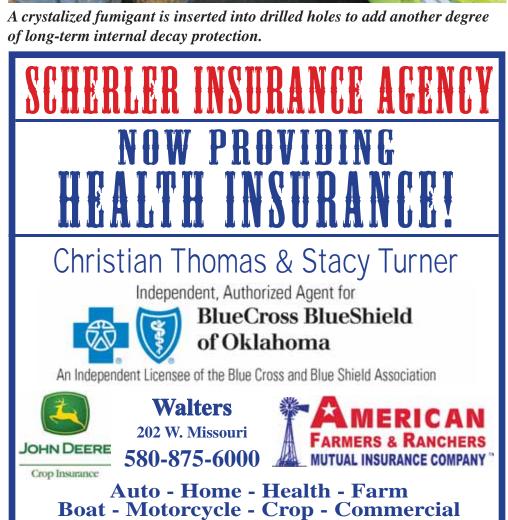


Ricky Sparks

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Community Spotlight



Dahlia Club hosting Christmas home tours

Walters Dahlia Garden Club is making plans for a Christmas Home Tour set for Dec. 14. This is the second year the group has hosted the event, which begins at 2 p.m. and ends at 7.

The tour features five homes in Cotton Country. Maps will be available at the first stop on the tour, Beauty Lounge Salon and Spa, 608 E. Missouri in Walters. There will be refreshments and a bake sale.

Tickets are \$10 in advance and \$12 at the door. Tickets can be purchased at the Beauty Lounge, Buzzin' Around Flowers or from any Dahlia Garden Club member.

For information, call tour chairman MaryAnn Holman at 580-875-3720 or club president Melanie Spence at 580-483-9712.

Kiwanis Christmas tree sale moves to Kiddieland

Duncan Kiwanis Christmas tree and stand sales are moving to Kiddieland in Fuqua Park. Trees range from \$10 to \$95. Sales begin Nov. 26. Hours are 2 to 7 p.m. Mondays through Thursdays; 2 to 8 p.m. Fridays and Saturdays; and 1 to 5 p.m. Sun-

Kiddieland rides will not be running during the sale.

Mounted shooting event set for Dec. 13 & 14

Revolvers & Rhinestones, a cowboy mounted shooting event and gift show, is set to run from noon to 10 p.m. Dec. 13 and from 10 a.m. to 10 p.m. Dec. 14 and 15 at the Stephens County Fair & Expo Center in Duncan.

Cowboy mounted shooting is a fast-growing

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equestrian sport that combines elements of exhibition shooting with the skills of barrel racing, pole bending and reining, while using two .45 caliber single-action revolvers loaded with black-powder blanks. The object is to shoot 10 balloon targets while riding through a variety of challenging courses. It's a timed sport, where the competitor who rides the fastest with the least amount of missed tar-

For information, visit www.cmsaevents.com.

Rocketeer launches are open to public

Red River Rocketeers (RRR) has a new launch location. Wolfe Field is in the Bray area, southeast of Clear Creek Lake. A map to the site is posted on the regularly-updated RRR website, RRRocketeers. homestead.com.

RRR, a sport model rocketry club based in Duncan, hosts rocket launches when the weather permits. Launches are planned for noon on the second Saturdays of winter months. All RRR launches are open to the public. No model rocket is required. Rockets are available for newcomers to launch.

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- 39. Animal companions
- 40. Firth of Clyde city & river 42. Korean writer Mo-
- 44. 007's creator Flem-
- ming 45. Ursine animal
- 47. Voyage
- 49. Pageant title
- 54. A woman's undergarment
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- 56. Anarchic
- 58. Gun dog
- 59. Coat of wool
- 60. These (old Eng-
- 61. Somalian shilling

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- 1. Birds of prey
- 2. Fastest land animal
- 3. Judge's moniker (abbr.) 4. Part of Uttar
- Pradesh 5. Italian crooner
- Perry 6. Syringe

town

- 7. Articles fit to eat
- 8. Replace spent bul-
- lets
- 9. International metal
- polish
- 10. New Mexico artist

- 11. Elf (Brit.)

- 18. Br. children's au-
- 26. Gulf of, Aegean
- Sea inlet
- 29. Leguminous fruit
- 31. Large tub
- 33. Member of U.S.

- 12. Glowing gas element
- 14. Break suddenly
- 15. Blue colored
- thor Blyton 20. Limicoline bird
- 24. Burn plants
- 27. Clysters
- Navy 35. Having physical

- sensation 36. Colors clothes
 - 38. Plural of 33 down
 - 39. Grouped by twos 41. Fence bar

 - 43. Cherry brandy 44. Pixies
 - 46. Canadian flyers 48. Emit coherent radiation
 - 50. Lot
 - 51. Area units
 - 52. Russian space sta-
 - 53. Tools for holes 57. 5th sign of the
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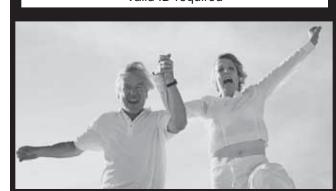
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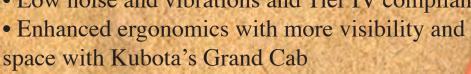
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oticians

Ashley Bain is one of two technicians offering services such as CT scans at Lawton Imaging Center.

Lawton Imaging Center offers patients another choice in service providers

By Karen Kaley

You have a choice.

When you need a look inside to see if that bone is broken, if that pain in your abdomen is gallstones, if your leg pain is from a blood clot, if that unborn child has a twin, you have a choice about where to go to have most radiologic procedures.

One of the newest places is the Lawton Imaging Center, an independent diagnostic facility. Parking is just a SW B Avenue.

Lawton Imaging Center: Quality and variety of service, easy access, less paperwork, quick appointment scheduling and result turnaround, and affordability.

Appointments at Lawton Imaging Center are easy to set up by calling 580-699-7571. You'll likely talk with Office Manager Letha Clark. She can schedule your procedure for a time ent a Co-op Connections Card and get that works for you, usually within a a 10 percent discount on the balance day or two.

Appointments aren't always necessary. Technologists Ashley Bain and Cassie High welcome walk-ins needing a quick X-ray.

wide variety of services beyond Xrays. It performs general and vascular ultrasounds, bone density testing, in 24 hours." CT (computerized tomography) scans with and without contrast and will offer MRI (magnetic resonance imaging) in coming months. Procedures offered include fine needle aspirations mission accredited. and biopsies.

doctor's order. For example, they offer and affordable rates are all great reaa no-contrast CT chest screening for smokers for \$180 when paid in cash.



_awton Imaging Center

10% discount on balance after insurance or 10% discount on self-pay prices

Because Lawton Imaging Cenfew steps from the front door at 1105 ter is independent, most fees will be less than what a large medical facil-There are many reasons to choose ity would charge. A person wanting to manage his or her health care costs can call and get price quotes. The facility accepts most insurance plans and offers a low-cost fee structure for patients paying in cash.

> Bain said, "There are no hidden costs. The price includes the radiologist's interpretation."

> Cotton Electric members can presremaining after insurance or an additional 10 percent discount on already reduced self-pay prices.

Bain said most clients like the ease of service Lawton Imaging Center of-Lawton Imaging Center offers a fers. She said most patients are in and out quickly. A local radiologist reads the scans and has a results report with-

Bain said the 1.5 Tesla MRI will be a mobile machine coming from a large provider of advanced diagnostic imaging. She said it will be Joint Com-

High-quality equipment, experi-Some procedures don't require a enced professionals, ease of access sons to choose Lawton Imaging Center for radiologic services.



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Take a hard look at your diet. Compare

your typical breakfast,

lunch, and dinner to

MyPlate. Are you mak-

ing half of your plate

comes easier to do.

Prediabetes: Are you at risk?

November is American Diabetes Month. According to the American Diabetes Association, 8.3 percent of the U.S. population – children and adults - have diabetes. An even larger percentage -25 percent – have prediabetes, where blood sugar is higher than normal but not high enough to be classified as diabetes.

Prediabetes is fully understood this time, but there are things you can do to keep your blood sugars

in check and prevent prediabetes from be- corn, and peas? Do you keep your grain coming type 2 diabetes.

The only consistent symptom of prediabetes is darkening of the skin, often in the neck, elbow, knees, armpits, and knuckles. This condition is called acanthosis nigricans. Often, there are no symptoms of pre-

If you are overweight, not physically active, age 45 or older, had gestational diabetes or have polycystic ovarian syndrome, sleep less than six hours a night or more than nine hours a night, have high blood pressure or cholesterol, or are of a certain race - including African American, American Indian, Hispanic, Asian-American or Pacific Islander – you should talk to your doctor about your risks for prediabetes. Your doctor can administer tests to determine if you have prediabetes.

If you are diagnosed with prediabetes, lifestyle changes are key to keeping your blood sugars in check and preventing the progression to type 2 diabetes.

physical activity at least five days a week, cal activity. even if you are on your feet at your job. If you do not have a regular exercise routine, start with a goal that is achievable and work up to five days or more a week for lifestyle changes to keep your health on at least 30 minutes per day. If you can't track, and encouraging any relatives who





full of vegetables and fruit? Are you eating a variety of vegetables or just focusing on starchy veggies like potatoes,

portion sizes in check? Grains should be only a quarter of your plate.

Do you choose lean meats and limit the portion size to a quarter of your plate?

How often do you eat away from home and what foods do you choose when you are dining out? Do you snack even when you are not hungry? Do you skip meals?

Taking your diet seriously and making permanent diet changes can keep prediabetes from becoming type 2 diabetes. For more information on MyPlate, visit www. myplate.gov.

If you are diagnosed with prediabetes, steer clear of "diabetic foods." Stick to following healthy eating guidelines and being physically active. Diabetic foods are generally highly processed and contain other ingredients that may not impact diabetes but could negatively impact heart health. They can also be expensive.

It is better to spend your money on fruits and vegetables, whole grains, lean protein, Get an average of 30 to 60 minutes of fat-free dairy, and opportunities for physi-

Celebrate American Diabetes Month by visiting your doctor if you meet any of the prediabetes risk criteria, implementing dedicate a consecutive 30 minutes, break it meet the criteria to get checked out, too.



Breakfast Favorite Cameron Freeman, Teen Leaders

Breakfast Omelet

- 1 pkg. refrigerated crescent rolls or biscuits
- 4 eggs
- 1 lb. sausage
- 3/4 C. milk
- salt and pepper to taste
- 2 C. Cheddar cheese grated

Brown sausage and drain. Press crescent rolls into bottom of 8- by 11-inch pan, sealing creases to form bottom crust. Top with drained crumbled sausage. Sprinkle with Cheddar cheese. Pour egg mixture evenly over all. Bake at 425 degrees for 20-25 minutes or until center sets. Let stand a few minutes before cutting.



Brownies & Cookies Braiden Poston, Bray-Doyle

Tuxedo Brownies

- 1 brownie mix
- 1/4 C. powdered sugar
- 1 block cream cheese

Mix brownie mix according to box and place in mini-cupcake pan. Bake at 325 degrees for 14 minutes. When done press top to make dent. When cool place mix of cream cheese and powdered sugar on indention and place fruit of your choice on top.

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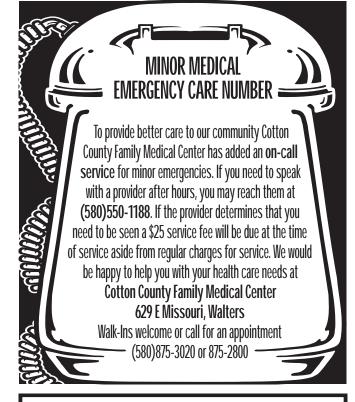
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4-H Cook Off yields plenty of winners



Cherokee Barnes, Bray-Doyle

2 lb. ground meat

1 lg. onion, diced

Salt and pepper

4 T. butter

Appetizer

The 30th annual Stephens and measuring spoons. County Cook Off was held the first Monday in November. Par- in 14 categories and the top eight ticipants included 56 4-H'ers and 18 5- to 8-year-old-Cloverbuds. The young cooks prepared recipes for judging on taste and appearance. Awards were presented First-place winners received a Women. monogrammed apron and second- and third-place winners re- from the 2013 competition. More ceived kitchen items. Cloverbud will be publishsed in the Decemparticipants received a certificate ber issue.

4-H members submitted recipes are chosen for the final competition. Cloverbuds bring one of their favorite recipes to the final competition.

All awards are sponsored by to the top three in each category. Stephens County Farm Bureau

Here are some of the top recipes





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Form meat into 12 or so miniature patties and salt and pepper them on both sides. Melt the butter in a skillet over medium-high heat and cook the patties until just about done in the middle, approximately 3-4 minutes per side. Remove the patties from the skillet and set aside. Drain off all but 2 tablespoons of grease, then return the skillet to the stove. Throw the diced onions in the skillet and stir to cook about Reduce the heat to low and place the patties in the bun. Serves: 6

Spicy BBQ Sliders

1 C. barbecue sauce

12 whole slider buns

or dinner rolls, split

1/4 C. jarred jalapeno slices

barbecue sauce, turning to coat. Allow the patties to simmer in the sauce until everything is hot and bubbly. Place the patties on individual buns and be sure to spoon extra sauce with the jalapenos over the top 3 minutes. Stir in jalapenos and the barbecue sauce. of each one before topping with the other half of the



Bread Katelyn Mullica, Bray-Doyle

Blueberry Lemon Bread

1/2 C. butter

1 1/2 C. sugar

2 t. baking powder

1/2 t. salt

2 eggs

2 C. flour 1/2 C. milk

1 1/2 C. blueberries, fresh or frozen

1/4 C. lemon juice

1/3 C. white sugar

Heat oven to 350°F. Beat together butter and sugar. Add baking powder and salt, mix well. Add eggs one at a time and stir well. Add flour and milk alternately to other ingredients.

Stir blueberries in gently and bake immediately

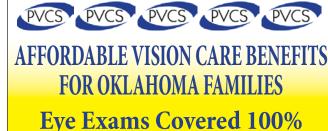
for about 1 hour.

Makes one or two loaves.

When bread has finished baking, prick top with fork. Mix lemon juice and sugar and brush on top. Delicious served warm with ice cream.







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Dips Daly Newsom, Comanche

Buffalo Chicken Dip

8 oz. pkg. cream cheese, softened 1/2 C. crumbled Bleu cheese or Mozzarella, shredded

1/2 C. Bleu cheese or Ranch dressing Two 12.5 oz. cans premium white chicken breast, drained

1/2 C. any flavor Franks red hot sauce

Heat oven to 350 degrees. Place cream cheese into deep baking dish. Stir until smooth. Mix in salad dressing, hot sauce and cheese. Stir in chicken. Bake 2 minutes or until mixture is heated through. Stir. Yield: 4 cups



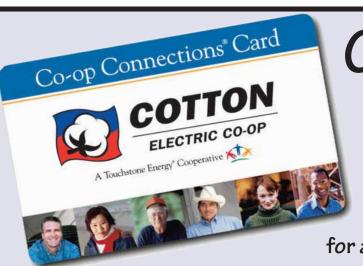


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2 Cajuns in the Kitchen

\$1 off daily lunch special or free dessert with dinner meal. Located at the Comanche Livestock Barn off old Hwy 81. 439-6845; ok2cajuns@yahoo.com; Tues+Sun 10:30-2:30, Wed 10:30-7, Thurs 7-7, Fri-Sat 10:30-2:30 & 5-9

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Cotton Electric Co-op members get extra relief by presenting their Co-op Connections Card when getting prescriptions filled at participating pharmacies.

In 2012, members used their cards for discounts on 2,381 prescriptions not covered by insurance. A total of \$71,964.29 was discounted for an average savings of \$30.22 per use.

The card is free to all members and can be obtained by calling 580-875-3351.

To find a participating pharmacy, call Member Services at 800-800-7616 or visit www.locateproviders.com. Type 22203 into the Group field and click 'log in' to start your search.



Cotton Electric seeks addresses for returned capital credit checks

to \$300,000 were issued recently to members listed here were returned people and businesses listed here.

A refund of capital credits demonstrates how a not-for-profit electric cooperative works. Annually, money over and above the cost of operations and other necessary expenses and reserves is declared margins. When the board of trustees determines that a portion of those margins can be refunded, members who contributed to those margins receive a share.

A share of the capital credits was allocated among active and inactive the latest known valid address for **MEMBER'S IDENTITY.**

Capital credit checks amounting the member. Checks addressed to to the cooperative because of incorrect or insufficient addresses.

> Cotton Electric Cooperative needs help finding the people listed here. If you see a name on the list that you recognize and if you have information about a current address, please call 580-875-3351 or e-mail info@ cottonelectric.com.

TO CLAIM A CAPITAL CREDIT CHECK, WE RE-**QUIRE A SOCIAL SECURITY** members and a check was mailed to **NUMBER TO VERIFY THE**

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Mullen, Joel A

Oakes, William J O'Dell, Jim E Odom, Leetie Orourke, Keenan Owens, Johnny Oxford, Lula

Palmer, C J Palmer, Jason Parris, Michael W Parrish, Chuck H Patterson, Tommy D Payne, Susan P Pemberton, Billy G Perkins, D Perrette, Mary E Petroff, Tonya Pettijohn, Cliff L Philpot, Lee Phillips, Beth Pickens, Larry Pickett, timothy J Pierce, Verlin Pilger, Chris K Pinnick, Kenneth R Pirtle, Duane Plumlee, Jarrod T Pollock, Patricia D Poolaw, Bruce D Porter, James W Potts, Jeff D Powell, Iris J Powers, Homer Provence, Christine Pryor, Curtis E

Quisenberry, Michelle R

Ragan, Johnnie Rainey, Douglas A Randolph, W H Ray, Charles Ray, Jody Reavis, Bill Redway, Jamie Reeves, Della Reynolds, Sam Richardson, Paris Richmond, Torrie B Ricken, Joerg Ridings, Denielle Ridley, Billy Riggs, Floyd H Rivers, David Roberts, Christina Roberts, Gregory C Robertson, Charles Robinette, Matthew L Robinson, Brenda J Robinson, Loretta Rogers, Leonard Rogers, Paul Rollins, Elsie Romero, David Rose, Grady Rowe, John D Rowley, Tom M Rozell, Martha J Russell, Susan A

Rutherford, Paul E Sr S Saathoff, Danyell Salvo, James E Sanders, Keith Sanders, Mary K Sanner, J Santiago, Daniel Saurman, James G Sawyers, M Schrantz, John Schrick, Robert W Schulenberg, R L Seargent, J W Sears, Eldon W Sears, Robert H Seay, R E Seida, Bill Seybold, Mary Sides, Jeffrey T Sheets, William T Sheive, Rhonda L Shelby, John Shelton, Roy E Shewmaker, James L Shilling, Douglas Shirley, Kay Sifford, Nancy L Simmons, Byron R Simmons, John D Singleton, Debbie Slawson, Donald C Sloan, Eddie Smart, Curtis H Smith, Charles H Smith, Emma Smith, JR Smith, Kasey Smith, Scott Smith, Tommy D

Spence, Glenn Spencer, Thomas E Spivey-Ellis, Edith Springstun, John B Stafford, Julie K Staggs, Coy Staubach, Yvonne L Steele, Curley E Steele, William Stringfellow, Beverly Stroud, George R Stubblefield, Kelly Suman, Sonnie E Swallow, Robert Sweat, Lynda S Sweat, Weldon Swinson, Jason E

Talbott, Julie Tarrant, Mickey A Tate, Lloyd A Taylor, Ava C Taylor, Kevin W Taylor, Robert L Taylor, Ross Taylor, Russell Teakell, Teddy Terrazas, Alfonso Terrell, A Teter, Hayden Teters, James C Thode, Alan R Thomas, Charles Thomas, Cherie Thomas, Greg Thornber, Edward P Thorp, T C Tidwell, J L Tinsley, Ralph T Trammell, Theresa Travis, Truman C Trent, Jesse L Trussler, Floyd M Tsoodle, Vernon Tuck, Ladora Turner, A Turner, Brad W Turner, Jesse Tyboroski, Casmir S Tyler, Danny H Tyler, W

Van Lenten, Stacie Vandenberg, Robert V Vann, Miriam Vanschepen, Joe D Jr Venegas, Moises

Tyson, Daphne

W Waddle, Alice Wagner, Larry Walters, Jennifer Warner, Sharman Watkins, Evan C Watson, Norman A Webb, Christoph Webb, John Wenninger, Cheryl L Whatley, Larry Whitaker, Mark D White, Alice M White, Fred White, Loyd E Whybark, Christine Wick, Megan Wiggins, Michael Wiley, Michael E Williams, Jimmy D Williamson, Mike Wilson, Debra J Wilt, William B Witherington, J Witt, Ruth Wollam, S Wolverton, Cleo Womack, Allen Wood, Billie C Wood, James F Woods, Barbara Woods, Carl Workman, Hannelore S

Yates, Marilyn R Young, Bill Youngblood, Fred

Worsham, Mike

Wyatt, Richard D

Wortham, W

Z Zacharias, Roy Zyks, John

Businesses

To claim a capital credit check for a business, we require a Federal ID number.

Smith. Essie

Snow, Gerald C

Solomon, Bobby J

Solomon, Stan G

Speer, Burl D

Speer, Paul G

Bruton Construction Co C P C Operations Cactus Operating Co Comanche Shooters Supply Cowboy Creek Golf Club Inc Direct Staffing Solutions Duncan Energy Inc D-X Mid Continent Pipeline Co Dye Oil Co. Exteriors Of Duncan Family Christian Church

First Bank & Trust

G & G Cattle Co Galaxy American Communications **Gatlin Dairy Great Plains Improv** Foundation Greenfield Downs Inc Hadson Petroleum Co Hamstead Ford Motor Co Haydock and Provence Irving Energy Services Magellan Pipeline Company

L.P. Masonic Lodge #235 Mid Continent Pipe Co Myers Equip Co **NEG Micon** Richardson Welding Inc Robinowitz Oil Co Seminole Trans & Gathering Sledge Real Estate Inc The Bullpen Tidewater Oil Co Waco Petro, LLC Williams Field Service