

The Current

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A Touchstone Energy® Cooperative 

75 TH ANNIVERSARY • COTTON ELECTRIC COOPERATIVE • 1938-2013

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NUMBER 6



Another new year, another light bulb efficiency deadline

By Karen Kaley

A few weeks ago, we took down that 2013 calendar and replaced it with a new one from Cotton Electric. January 1 is a day that inspires many of us to clear out much more than old calendars and make room for new things, new resolve and new outlooks.

Many individuals choose Jan. 1 as the day to begin making adjustments in daily routines that will improve the quality of his or her life. Similar to that, lawmakers often choose Jan. 1 as a day for new rules and regulations to take effect and begin improving the quality of life for everyone.

Take light bulbs, for example. Way back in 2007, President George W. Bush signed the Energy Independence and Security Act (EISA) into law. It included several Jan. 1 deadlines for general service incandescent light bulbs to become at least 28 percent more efficient in the way they use energy.

The first was in 2012, when 100-watt bulbs had to meet the new guidelines. A year later, 75-watt bulbs were required to meet the standard, and the first day of 2014 was the date for 60- and 40-watt bulbs to become more efficient.

EISA has one more deadline. By Jan. 1, 2020, light bulbs must be 70 percent more efficient than those commonly in use for the past century.

This is a misunderstood law, perceived as a ban on incandescent light bulbs but really a ban on their wastefulness. It is estimated that about only 10 percent of the energy used by a traditional

bulb actually produces light. The remaining 90 percent produces waste heat.

So, the lighting industry was required to make a better light bulb. And it has.

Consumers now have a variety of choices in lighting that are more efficient in energy use and operation. Some of the choices retain the old and familiar while some embrace new technology.

Incandescent bulbs are still around but improvements necessary to meet the EISA standards have made them more expensive. Halogen gas in the bulb helps stabilize the tungsten and use energy about 40 percent more efficiently than their predecessors.

Compact fluorescent light (CFL) bulbs have been improved in the past several years, too. Touted as the best alternative to an incandescent, the bulbs were not readily accepted by consumers. They were very expensive compared to standard bulbs and sometimes didn't last as long as they claimed they should. They were slow to reach full brightness and the light they put out was harsh.

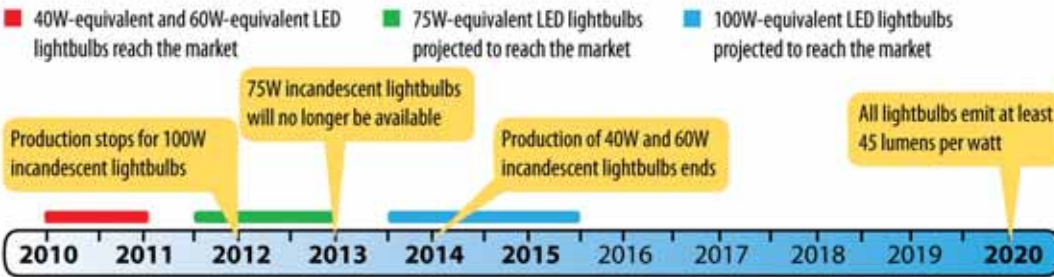
And, well, some people thought they were just plain ugly.

Getting around those problems required effort on the part of the lighting industry and the consumer. Improved bulbs are brighter quicker, sturdier and a little less expensive. Some bulbs have the swirly tubes encased in a familiar pear-shaped bulb.

See CFLs, Page 2

LEDs: A Decade of Change

By 2014, lightbulbs using between 40W to 100W must consume at least 28 percent less energy than traditional incandescents, saving Americans an estimated \$6 billion to \$10 billion in lighting costs annually. The federal Energy Independence and Security Act of 2007 also mandates that lightbulbs become 70 percent more efficient by 2020. Light-emitting diodes (LEDs) are quickly evolving to meet this challenge. Learn more: EnergySavers.gov/Lighting



Source: U.S. Department of Energy Lighting Facts Product Snapshot: LED Replacement Lamps 2011

Power Cost Adjustment Calculated

The power cost adjustment now being applied to bills mailed after Jan. 1, 2014, is \$0.000032 per kWh.

On a member's average bill of 1500 kilowatt hours (kWh), this will amount to a charge of \$0.05 on the January bill.

December 2013 Temperature Extremes							
Day	High	Low	Avg.	Day	High	Low	Avg.
1	66	35	51	16	64	25	45
2	68	29	49	17	71	25	48
3	70	32	51	18	70	25	48
4	49	33	41	19	70	49	60
5	33	20	27	20	56	30	43
6	25	14	20	21	34	32	33
7	21	10	16	22	32	25	29
8	33	20	27	23	30	16	23
9	26	10	18	24	42	24	33
10	40	3	22	25	47	24	36
11	40	16	28	26	54	19	37
12	41	16	29	27	57	22	40
13	53	37	45	28	59	25	42
14	46	25	36	29	43	21	32
15	61	24	43	30	43	14	29
Source: srh.noaa.gov/oun/				31	55	17	36
Average Daily High: 49				Average Daily Low: 23			

Did You Know?

Cotton Electric offices will be closed Feb. 17 for the President's Day holiday.

Emergency calls will be answered at 580-875-3351 or 800-522-3520.

The February issue of The Current should arrive in mailboxes on Feb. 18, 2014.

Contact Us

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

We can be reached at 580-875-3351 or by email at info@cottonelectric.com.

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

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More news at cottonelectric.com

Community Spotlight

If you would like your community event listed in the February issue, please submit information by Feb. 4, by calling 580-875-4255 or send an email to info@cottonelectric.com.

AARP offers tax prep assistance

AARP offers free tax preparation on a first-come, first-served basis through the tax due date of April 15 at several locations in the Cotton Electric service area. No appointment is necessary but certain documents are. Taxpayers should take last year's income tax return, all W-2 and 1099 forms, information about any other income, adjustment and deduction documents, Social Security cards for each person on a return, and property taxes if he or she plans to itemize.

Trained IRS volunteers will be available from 8:30 a.m. to 12:30 p.m. Mondays and Thursdays, and from noon to 4 p.m. Wednesdays at the Center for Creative Living, 3501 Dr. Elsie Hamm Drive, Lawton. A final session will be from 8:30 a.m. to 12:30 p.m. Tuesday, April 15.

Volunteers will be on hand from 4 to 7 p.m. Mondays, 1 to 5 p.m. Wednesdays and 9 a.m. to 1 p.m. Thursdays at Lawton Public Library, 110 SW 4th Street.

The free service is available from 8:30 to 11 a.m. Mondays, Tuesdays and Wednesdays in the Duncan Public Library Annex, 2211 N. U.S. Highway 81.

Trail Dance offers variety of films

The 2014 Trail Dance Film Festival takes place at the Simmons Center, in Duncan, with secondary venues next door at the Chisholm Trail Heritage Center.

Exhibition of films for the general audience begins Jan. 24 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.

LCT presents 'Heroes'

Lawton Community Theatre presents "Heroes" at 8 p.m. Jan. 23, 24 and 25 and at 2 p.m. Jan. 26 in the John Denney Playhouse, 1316 NW Bell Avenue.

This Oklahoma premiere presentation is a comedy about three old men: an idealist, a pragmatist and a fence sitter. These aging veterans – along with a statue of a dog – find themselves residing in a military retirement home where they pass the time on their favorite isolated terrace – gossiping, joking, and generally irritating one another.

For information, visit LCT-OK.org or call 580-355-1600.

CETES hosting Global Game Jam

Cameron University's Center for Emerging Technology and Entrepreneurial Studies (CETES) will serve as a local host site for the Global Game Jam set for Jan. 24-26. The weekend of collaboration and creativity is the world's largest game jam event.

Participants will create digital, card or board games over a 48-hour period in teams formed at the Jam. From pitching an idea to a playable game uploaded on Sunday, it's a great opportunity to network, develop skills, and finish a product over a weekend. After uploading games to the Global Game Jam website, participants showcase their creations to other attendees and members of the public.

For details, visit CETES.org/game.

Geronimo hosts 'Rockin' Car Show'

Geronimo is hosting its first "Rockin' Car Show from 10 a.m. to 3 p.m. Jan. 25. The rain-or-shine event will feature a hot dog eating contest, vendors and, of course, classic vehicles.

Vehicle categories include Pre-1949, 1950-79, 1980 and up, off-road trucks, ATVs, performance cycles, America cruisers, import cruisers, car audio and Best of Show. Judging will end at 1:30 p.m. and trophies and 50/50 prize money will be awarded at 2.

For information about the event, call Geronimo City Hall at 580-353-5511.

CU brings art, music to SC

An art exhibit featuring the work of Cameron University students will open at 6:30 p.m. Jan. 30 in the lobby of the Simmons Center Convention Center in Duncan. The exhibit is free and will extend through Feb. 28.

Opening night will also feature a piano recital by Dr. Thomas Labé at 7:30 p.m. in the Simmons Center Theatre. The concert is also free to Cameron students, faculty, and staff with a valid Cameron ID. Regular ticket prices are \$10 for adults, and \$5 for seniors, military, and non-Cameron students.

Bethel plans ground hog supper

Bethel Methodist Church plans to serve up ground hog (sausage) a day early this year. The sixth annual Groundhog Day Breakfast for Supper is set for 5 to 8 p.m. Feb. 1. 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.

Oklahoma Horse Fair begins Feb. 7

The annual Oklahoma Horse Fair will be Feb. 7-9 at the Stephens County Fair & Expo Center.

This three-day celebration of horses features a horse, pony and mule sale, Western trade show, a ranch rodeo, ranch bronc riding and a colt starting challenge. A schedule and details about the events can be found at OK-HorseFair.com.

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

'Peter Pan' coming to McMahon

Tickets are still available for the evening performance of "Peter Pan" on Feb. 7 at McMahon Memorial Auditorium in Lawton. The 6:30 p.m. presentation for the entire family has a special general admission ticket rate of \$3.

Presented by the City of Lawton and the Lawton Arts & Humanities Council, the production of this classic tale encourages children to let their imaginations take flight.

Tickets can be purchased at the box office or by calling 580-581-3472.

Blue Moon offers dinner, one-acts

Dinner and an Evening of One-Acts are offered by Blue Moon Productions on Feb. 7, 8, 14 and 15 at Goodwill Adult Daycare Center Auditorium, 923 NW Hilltop Drive in Lawton.

First up is "Lone Star" by James McLure. Jack Hunsucker directs the hilarious and poignant look at Vietnam-era life in a small west Texas town. Next is "Walter Cronkite is Dead" by Joe Calarco. This comedy features two women from opposite sides of the political aisle stranded in an airport together.

Reservations for the 7 p.m. dinner buffet must be made at least 48 hours in advance by calling 580-591-6730 or visiting BlueMoonLawton.org. Walk-ins are welcome for the performances that begin at 8 p.m.

DLT presents 'Fiddler on the Roof'

Duncan Little Theatre presents "Fiddler on the Roof," a rich historical

Photo of the Month



Katherine Troutman, 8, always laughs when horses tickle her hands. She is the daughter of Cotton Electric members Ben and Carmen Troutman of Rush Springs.

This photo is one of 15 submitted for the January contest, "That's Funny." All are on Cotton Electric's Facebook page.

Enter your "best shot" in our Photo of the Month contest. Theme for February is "Love." 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.

musical set in the little village of Anat-evka, Russia. Tevye, a poor dairyman, tries to instill in his five daughters the traditions of his tight-knit Jewish community in the face of changing social mores and the growing anti-Semitism of Czarist Russia.

Performances are set for 7:30 p.m. Feb. 14, 14, 21 and 22 in the Simmons Center in Duncan. A matinee will be at 2 p.m. Feb. 15.

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

Indiahoma 1st Baptist notes anniversary

Members of Indianhoma First Baptist Church will celebrate its 70th anniversary during worship service at 10:45 a.m. Feb. 23. Roy Jaye of Hutchinson, Kan., formerly of Indianhoma, will be a special guest speaker.

Lunch will be provided at the church before an afternoon service at 1:30 featuring special music and testimony time. A reception will follow.

Pastor Les Banks invites everyone to join this celebration of 70 years of faith family and friends.

More Community Spotlight on Page 4

EVERY MEMBER HAS A VOICE. EVEN THE ONES WHO CAN'T YET SPEAK.

As an electric co-op member, your household has a say in how the co-op is run. Which helps you care for an even bigger family – your community. Learn more about the power of your co-op membership at TogetherWeSave.com.

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Scholarship offered for Youth Tour alums

By Derrill Holly

A scholarship program for former Electric Cooperative Youth Tour participants aims to strengthen their commitments to the seven cooperative principles and prepare them for leadership roles in their communities.

Youth Tour alumni who've completed their first year of college or received the equivalent credits can now apply for the Glenn English National Cooperative Leadership Foundation scholarship. More than 5,000 former youth tour participants dating back to 2009 are eligible to apply for the scholarship.

"Each year, the foundation will present a \$10,000 award to a student who has previously participated in the NRECA's Electric Cooperative Youth Tour," said NRECA CEO Jo Ann Emerson.

Named for former NRECA

CEO Glenn English, who led the organization from 1994 until his retirement in early 2013, the foundation oversees an endowment created in his honor.

"Glenn loved the Youth Tour program, and felt strongly that a portion of his legacy be dedicated to assisting students," Emerson said. "He believed the Youth Tour program was a great way of nurturing the next generation of leadership for the nation's cooperatives."

Members of the foundation's board voted unanimously in December 2013 to present an annual scholarship to a Youth Tour alumnus pursuing his or her first undergraduate degree. The recipient will be selected from among applicants sponsored by local electric cooperatives who have demonstrated commitments to their communities and the seven

cooperative principles.

"This scholarship is designed to support students who want to make a real difference," said Curtis Nolan, president of the NRECA board and chairman of the foundation board. "The selection of our awardees will be from among those most committed to the future of their rural communities."

Applications will be accepted from January through March. As part of the application, students must include a link to a video testimonial explaining how they have demonstrated one of the seven cooperative principles. The application can be found on the Youth Tour portal of NRECA.coop.

Derrill Holly is a staff writer for ECT.coop, a news site for the National Rural Electric Cooperative Association.

Community Spotlight

Barbershoppers plan 51st show

Southwest Pride is preparing "Barbershop Squires with Knightly Desires" for its 51st annual barbershop shows Feb. 28 at the Simmons Center in Duncan and March 1 at McMahon Auditorium in Lawton. Both shows begin at 7:30 p.m.

The 2014 presentation is an action-packed musical comedy riddled with nonsensical history.

Advance tickets can be purchased at Scott's House of Flowers and Sheridan Road Veterinary Clinic in Lawton, and Simmons Center or R&S Drugs in Duncan.

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

LPO presents Broadway Baritone Favorites

Broadway Baritone Favorites is a bonus musical event in the Lawton Philharmonic Orchestra 2013-14 season. Enjoy the music of Broadway featuring Maestro Jon Kalbfleisch and baritone Bob McDonald. McDonald enjoys a diverse career across many artistic disciplines, including musical theatre, opera, and the concert stage, as well as his job as baritone, announcer and senior producer for The United States Army Chorus.

Performance begins at 8 p.m. Feb. 15 in McMahon Memorial Auditorium, 801 NW Ferris Avenue. For information or to purchase tickets, visit LawtonPhil.com.

DRH offers 'Give it a Tri' triathlon

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

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

For information, visit DRHHealthFoundation.org.

Auditions set for LCT production

"Don't Dress for Dinner," by Marc Camoletti, is a fast-paced farce about

a man's foolproof plan to spend the weekend out of town away from the wife. All bets are off as his best friend wrecks his alibi and his wife shows up unannounced.

Auditions for the next Lawton Community Theatre production begin at 7 p.m. Feb. 24 and 25 in John Denney Playhouse, 1316 NW Bell Avenue. Performances are April 4-6 and 10-13.

Walters pantry open twice monthly

Walters Community Food Pantry is open from 8 a.m. to 10 a.m. on the second and fourth Saturdays of each month. The pantry is in the old City Hall, 131 1/2 W. California Street.

Magic Lantern screens Allen films

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.

A double feature of Woody Allen films begins at 6:30 p.m. Feb. 14. The first film, released in 1977, features Diane Keaton in "Annie Hall." Mia Farrow, Jeff Daniels and Danny Aiello star in the second feature, "The Purple Rose of Cairo," from 1985.

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.

Marlow Knights of Columbus plans fish fry

Fish, fries, slaw, beans, dessert and drinks are on the menu from 5:30 to 7:30 p.m. every Friday from March 7 through April 11 at the annual Lenten Fish Fry sponsored by the Knights of Columbus, Council 5168. All are welcome to dine at the Marlow Catholic Church at 4th & Comanche under the blue roof or take a great meal home.

Meals are \$9 for adults and children under 12 eat free. All proceeds go to community projects serving children and those less fortunate.

The Knights also offer a spaghetti lunch from 11 a.m. to 1 p.m. on the first Friday of every month.

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QUALIFICATION CRITERIA

You may qualify for a free LDCT lung screening if you fall into one of these categories:

Category 1

- You are between 55 and 74 years of age
- You are currently a smoker or have quit in the last 15 years
- You have a 30+ pack-year* history of smoking

Category 2

- You are between 50 and 74 years old
- You have a 20+ pack-year* history of smoking
- You have one additional lung cancer risk factor (not to include secondhand smoke exposure)

*pack-years are calculated by multiplying the number of packs a day you smoke by the number of years you have smoked.

Example: 2 packs a day for 15 years = 30 pack-years

Call to schedule a screening
1-877-231-4440 to see if you qualify.

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ESTATE AUCTION

Friday, February 7th, 10 am

Sale Location: 401 E. Oklahoma, Walters, Ok 73572

David Schumpert, CPA Walters and personal representative for the William (Tommy) Meyer Estate has commissioned High's Auction & Real Estate to liquidate the following described real & personal property at public auction.

Real Estate: 401 E. Oklahoma, Walters, Ok 73572

Lots 18-19 Block 3, East Side Addition

- Corner lot, close proximity to community park
- Year constructed: 1954
- 1529 SF, 3 bedroom, 1 1/2 bathrooms
- Central heat, updated furnace, storm cellar accessed from interior of home
- Covered patio, hardwood floors
- 1 car garage
- Assessed Value: \$42,537 : Estimated Taxes: \$413

Terms: 10% of purchase price day of sale w/bal. due at closing. Closing to be held w/in 30 days.

Personal property to be sold:

- 1994 Chevy Silverado 1500 2WD Extended cab 220,163 miles VIN: 2GCEC19K0R1233725
- 2003 Suzuki VL800 intruder Volusia Limited w/ saddle bags, backrest, windshield VIN: JS1V554A442104043 VL800
- 12' aluminum fishing boat
- Poulan Pro Riding Mower 42" 18.5 HP
- Pickup camper shell
- See website for additional items not listed

Personal property will sell first followed by real estate. All personal property to be paid for day of sale.

Announcements day of sale supersede all previous advertising. All items sold as is where is with no warranties. No financing contingencies.

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Contact High's Auction & Real Estate Service for all of your real estate needs. See website for all upcoming auctions and private listings.

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Cotton Electric's Co-op Connections Card puts value where you need it: your wallet

Cotton Electric's commitment to you goes beyond providing safe, reliable, and affordable electricity.

We're always looking for ways to provide value to our members and our community, especially during tough economic times. Cotton Electric's Co-op Connections Card is a money-saving tool we're proud to offer our membership. The card connects you with discounts on everything from hotel stays to prescription drugs.

Looking for a deal on windshield repair? How about a discount on monogramming or screen printing?

A wide variety of merchants throughout our community accepts the card, including Gene Burk Auto Glass in Lawton, Shane Burk Glass and Mirror in Duncan, GT Designz and Rose's Custom in Duncan, Ringtail USA near Comanche, and Horse Sense Trading Post near Walters all offer discounts on personalized items. Be sure to present the card to receive your discount.

We hope local businesses participating in the Co-op Connections program benefit from increased traffic from Cotton Electric members. Businesses can sign up for the program at no cost. For a complete list of all participating businesses in our area, see

Can't find your Co-op Connections Card? No problem!
Just give us a call at 580-875-3351 and we'll send you a new one.

page 12 or log on to our website, CottonElectric.com and follow the Co-op Connections Card link.

The card also gives you access to online savings at more than 95 national retailers like Barnes&Noble.com, Hertz Rental Cars, Best Western hotels and ProFlowers.com. You can check out these great national discounts at www.connections.coop.

One of the most valuable features of the Co-op Connections Card is the pharmacy discount. While it is not insurance, the discount can mean savings of 10 to 60 percent on prescription drugs. The logo and information on the back of your card are recognized at more than 60,000 national, regional, and local pharmacies.

The pharmacy discount has been widely used by members of Touchstone Energy co-ops across the country, resulting in combined

savings of nearly \$20 million on prescriptions. In the Cotton Electric service area, members have saved more than \$523,000 since the co-op first offered the discount in 2008. In the past month, Cotton Electric members have saved \$2,578 at the pharmacy just by showing their card.

Many local independent pharmacies such as Cotton County Drug in Walters and Ken's Rx in Lawton accept the card. It can be used at more than 60,000 locations including national and regional pharmacy chains such as Walmart, Walgreens, Target and CVS.

Want to find out more? Log on to www.locateproviders.com to search for pharmacies in our area honoring the card. Use code 22203 as the group number under the "Groups" login section. Next, enter your ZIP code.

As a Touchstone Energy co-op, Cotton Electric strives to serve our members according to four core values: integrity, accountability, innovation and commitment to community. Our Co-op Connections Card is one of the ways we live up to those values.

We're eager to answer any questions you have about the card and how to take advantage of the discounts it provides. Call us at 580-875-3351 to find out more, or log onto CottonElectric.com.

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Community Channel 2 offers: Local weather, events, school news & events, local restaurant specials and menus, business marketplace & community news.

For more information contact: Mason Dufield
580.529.5000 C: 918.852.6914 channel2@wichitaonline.net

Avoid drastic diets and toxic cleanses this new year

If you watch TV this time of year, you hear commercial after commercial promising drastic weight loss, shrinking waistlines, and cleaner colons. All for the low price of ... fill in the blank. If you are looking to change your health in 2014, steer clear of these wasteful and, in some instances, unsafe products, and enlist the help of your kitchen and grocery store to get on the right track.

Your body has natural ways of “cleansing.” Your digestive system’s solid and liquid waste elimination and sweat are your body’s best way to cleanse. Your lungs also remove toxins from the body.

What you put into your body definitely influences what comes out. Eat foods high in fiber, drink calorie-free liquids such as water, coffee and tea, and work up a sweat, and you have the most effective, safe, low-cost cleanse on the market.



Kim Bandelier, MPH, RD, LD

Food For THOUGHT

Broth-based soups filled with vegetables and lean protein combine fluids and fiber to help you naturally cleanse. It’s also convenient that soup helps warm you up on a cold winter day.

Dieting products are also very popular this time of year. If you are taking any medication for diabetes, heart disease, or any other chronic disease, remember that dieting products can be dangerous.

Instead of buying into the diet product infomercials, find meaningful diet changes that you can sustain throughout 2014. Save your money for real food, kitchen utensils, new herbs and spices for flavoring without salt, and some cooking classes or new cookbooks for inspiration.

If you are looking for a diet to help get you back on track, U.S. News & World Report just released the results from a panel of health experts on what are the best diets. Balanced diets that focused on lifestyle change topped the list, including the DASH (Dietary Approaches to Stop Hypertension) diet, the TLC (Therapeutic Lifestyle Change) diet, and a three-way tie for

third between the Mediterranean diet, the Mayo Clinic Diet, and Weight Watchers.

Make 2014 the year that you change your diet for life by adopting dietary habits you can maintain. For more information on the U.S. News & World Report article, visit <http://health.usnews.com/best-diet>.

Providing you and your family with a healthy environment is key to any successful change. Take some time this month to clean out all the foods that do not support your new food goals, stock up on food items that support your healthy eating goals, and set aside some time each week to plan your healthy meals and do some food preparation to save time during busy weeks.

In 2014, don’t be an infomercial, drastic-diet victim. There is no fine print necessary with real food and physical activity as a way to get your health back on the right track.

Chase away winter chills with pantry meals

(Family Features) There’s nothing quite like a hearty, homemade meal to help warm up those cold winter nights. And with a well-stocked pantry – or “Cantry” – delicious meals like Turkey Green Bean Chili are just a few cans away.

Because cans lock in foods’ freshness and nutrition, stocking up on staples like canned

tomatoes, green beans, peas and canned chicken means that you have access to wholesome ingredients all winter long. Plus, the more cans you store in your Cantry, the fewer last minute trips you have to make to the supermarket.

So this season, when you’re searching for satisfying, heartwarming meals that you and your

family can cozy up to, start by looking in your Cantry.

For more recipe inspiration and to learn how you can get cooking with cans this winter and year round, visit these websites: www.Facebook.com/CansGetYouCooking, www.Pinterest.com/CansGetUCooking and www.YouTube.com/CansGetYouCooking.

Turkey Green Bean Chili with Cheesy Corn Fritters

Prep Time: 30 minutes; cook Time: 25 minutes
Serves: 6

Chili:

1 pound ground turkey breast*

1 cup chopped onion

1 cup chopped red bell pepper

2 cloves garlic, minced

2 (14.5 oz. each) cans Del Monte Zesty Chili Style Diced Tomatoes, undrained

1 cup water

1/2 teaspoon ground cumin

1 (14.5 oz.) can Del Monte Cut Green Beans, drained

For Chili, cook turkey, onion, bell pepper and garlic over medium heat in a large pot for 8 to 10 minutes or until meat is brown and vegetables are tender; drain.

Stir in tomatoes, water and cumin. Bring to a boil; reduce heat. Simmer, uncovered, 15 minutes, stirring occasionally. Stir in green beans. Serve with Cheesy Corn Fritters.

Corn Fritters:

1 (8.5 oz.) package corn muffin mix

1 large egg, beaten

2/3 cup milk

1 (8.75 oz.) can Del Monte Whole Kernel Corn, drained

1/3 cup shredded Monterey Jack cheese with jalapeño peppers

2 tablespoon vegetable oil

For Cheesy Corn Fritters, combine muffin mix, egg, milk, corn and cheese in a large bowl. Heat oil in a very large skillet over medium heat. For each fritter, pour about 3 tablespoons of batter into hot skillet. Cook 4 minutes or until golden brown, turning once.**

NOTE:

*If desired, substitute 3 cups chopped cooked turkey for cooked ground turkey breast. Add with tomatoes in Step 2.

** Keep cooked fritters warm in a 200°F oven while cooking the remaining fritters.



Many of the ingredients for Turkey Green Bean Chili and Cheese Corn Fritters can be found in the pantry of a well-stocked kitchen.

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Balanced eating routine can be delicious

(Family Features) Sometimes even the smallest changes can offer big results to your overall well-being.

When maintaining or pursuing a healthful eating routine, adopting a balanced approach is essential for success. Rather than restricting yourself, strive instead to make small steps toward a healthier lifestyle. A few simple changes to your daily routine can eventually turn into lasting habits that are far more enjoyable and easier to maintain.

As an expert on the positive impact of small changes, Registered Dietitian and Nutritionist Keri Gans offers these helpful tips:

Create a healthy eating schedule

Food is fuel. In order to keep energized throughout the day it is important not to skip meals. Grab a midday snack, like The Laughing Cow Light White Cheddar flavor with whole grain crackers, to help you overcome that all too familiar late afternoon slump. These cheeses are a must-have for your January shopping lists.

Eat the right kinds of fats

A little healthy yet tasty fat, such as 1/4 of an avocado or a handful of almonds, can go a long way. It can provide flavor, satiety and be good for your body, especially your heart.

Share food and good times with advance planning

To help ensure healthier choices are made when dining out, be sure to grab a quick, tasty snack to tide you over before your meal. Some great snacking options include a wedge of The Laughing Cow Light Creamy Swiss flavor with pear slices, a low-sugar granola bar or 1/4 cup of roasted edamame. The less hungry you



Pear slices and a soft cheese make a great snack that will tide you over between meals.

are, the easier it is to stay on track. For more great snacking tips, visit www.thelaughingcow.com.

Make savory swaps for old standbys

It is never necessary to eliminate the flavors you love, instead learn to enjoy them in a healthier way. Are you in the mood for nachos but trying to eat a little better? Swap the high-fat cheese and greasy fried chips for a wedge of The Laughing Cow Light Queso Fresco & Chipotle with a serving of baked tortilla chips. With eight delicious varieties to choose from, this cheese is the perfect snack to satisfy your cravings in the New Year.

Enjoy the foods you are craving

Want that slice of pizza or piece of chocolate? Go for it.

To maintain a healthy and enjoyable lifestyle, try and eat well the majority of time, but make sure you leave room for some of your favorite indulgences. If you don't allow yourself to enjoy these foods on occasion, you might always be craving them, which can lead to overeating.

So, enjoy all the flavors and fun of life by adopting a small-step approach toward eating well. Each tiny change is a step in the right direction to a happier, more satisfied you.

ACROSS

- 1. Correct code
- 6. Foundation
- 9. A pulpy condition
- 13. Venezuelan river
- 14. Orange-red chalcedony
- 15. The shallowest Great
- 16. Floating ice mountain
- 17. Japanese cervids
- 18. Special Interest Groups
- 19. Divertimentos
- 21. Indian wet nurses
- 22. Flatfishes
- 23. Haitian currency (abbr.)
- 24. Southeast
- 25. One point N of due W
- 28. 10 decibels
- 29. Wild oxes of SE Asia
- 31. Ancient Greek City of SW Italy
- 33. A passing glancing blow
- 36. Marriage announcement
- 38. Tandoor bread
- 39. Mag____: Time
- 41. Portended
- 44. Alicante's 7th city
- 45. Gulf of, in the Aegean
- 46. Strike
- 48. Hill (Celtic)
- 49. Stuart Little's author White
- 51. Male sheep
- 52. Indian dresses
- 54. Pears
- 56. Tardy arriver
- 60. Smudge of ink
- 61. Youngsters
- 62. About aviation

1	2	3	4	5		6	7	8		9	10	11	12
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	41				42			43		44			
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54		55				56					57	58	59
60					61					62			
63					64					65			
66					67					68			

- 63. Small ornamental ladies' bag
- 64. Unreturnable serves
- 65. Fante and Twi peoples
- 66. Round shape
- 67. Of she
- 68. Beard lichen genus

DOWN

- 1. Strikes lightly
- 2. Fencing sword
- 3. Hooked pericarp
- 4. Entreats
- 5. Edison's Corp.
- 6. Cooks in an oven
- 7. Amounts of time
- 8. Tooth caregiver

- 9. Spellbind
- 10. Solo opera piece
- 11. Audible exhales
- 12. Siddhartha author
- 14. Coach's game area
- 17. Gross revenue
- 20. Toff
- 21. 1896 Italian defeat (alt. sp.)
- 23. Auto fuel
- 25. A woven structure
- 26. Reveal a secret
- 27. Hawaiian geese
- 29. Brings into being
- 30. Displaced liquid
- 32. Frigid Zone
- 34. Newsman Rather
- 35. Prefix for inside

- 37. Short-billed rails
- 40. Sensory receptor
- 42. Egyptian temple ____-Ombo
- 43. Challenges
- 47. Photograph (slang)
- 49. Declined gradually
- 50. Tilapia nilotica
- 52. One-edge sword
- 53. Wets
- 55. Small coins (French)
- 56. Twine together
- 57. The middle point
- 58. Sea eagle
- 59. Activist Parks
- 61. Humbug
- 65. Atomic #79



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Cotton Electric Charitable Foundation issued 39 grants during 2013, including one to Velma-Alma Schools, which will use the funds to purchase electronic tablets and accessories.

Members contribute \$87,033 through ORU in 2013

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

- Volunteer Fire Departments \$211,939.00
- Communities \$142,159.55
- Youth \$95,273.11
- Services \$81,196.55
- Schools \$79,716.26
- Individuals \$47,750.00
- Public Safety \$40,699.00
- Seniors \$28,599.00
- Total \$727,332.47

Operation Round Up is a voluntary program. 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.



Turn out the change in your pocket or coin purse and count it up. Often, the pennies, nickels, dimes and quarters add up to less than a dollar. Now, imagine if most of the people you know did the same, making one big pile of change. It would add up to quite a bit. Some 12,500 Cotton Electric members do something similar every month by participating in Operation Round Up. Power bills are rounded up to the nearest dollar and all of those partial dollars are pooled. It adds up to some significant funds that can make a significant difference in the quality of lives throughout the Cotton Electric service area. During 2013, CECF issued 39 grants for a total of \$87,033. Grants recipients included schools and youth programs, senior citizen programs, volunteer fire departments, non-profit organizations and communities. Since its beginning in 2004, Cotton Electric Charitable Foundation has distributed more than \$727,000 to assist the needs of some 200 organizations and individuals.

2013 grant recipients include:

- Bray Senior Citizens Community Food Pantry

Bray-Doyle Baseball Team

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Central High Elementary School

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Town of Chattanooga

Chisholm Trail Arts Council

Chisholm Trail Heritage Center

Comanche Middle School

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Douglass Eastside Senior Citizens Center

Duncan Community Residence

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Elgin 4-H Club

Empire Schools & Boy Scout Troop #4417

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Geronimo FFA
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Town of Indianoma

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Regional Food Bank of Oklahoma

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Download CECF grant applications at CottonElectric.com. Deadline for first-quarter 2014 grant applications is Feb. 26.

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Simple Savings

Emergency heat setting can be costly

By Trent Marlett

I wanted to shed some light on a costly misunderstanding when it comes to operating our thermostats in heating mode.

The last several weeks have been a very high energy use time for most of us. My most recent power bill was the highest it's ever been. In most cases, the reason is the very cold December.

There may be another reason for members who don't know what a little button on the thermostat really does.

On almost all thermostats, there are three options or modes to select for heating and cooling. Most are labeled Cool, Heat, Off, and EM Heat or E Heat.

So what does that EM or E Heat mean? Well, it stands for emergency heat and selecting that setting means very high energy use.

All electric heating equipment has heat strips in the air handler. These heat strips most always use 5,000 watts each and, depending on the size of your heating equipment, there could be as much as

25,000 watts worth of heating strips.

When we switch our thermostats to EM Heat, we are using every heat strip available in the air handler and disabling the normal, more efficient, heating mode of operation.

When a unit is in the Heat mode, the thermostat and air handler have different stages. Depending on how cold it is outside and whether the heating equipment can satisfy the temperature setting, the thermostat will determine what stage and how many heat strips to use.

Sometimes it will need only one heat strip to raise temperature of the house enough to satisfy the thermostat setting. Sometimes, it will need everything it has. But the thermostat will decide that.

Switching over to EM Heat mode bypasses the more efficient Heat mode and uses all heat strips in the unit every time it comes on.

I have been called to homes with very high energy use and the first thing I looked at was the thermo-

Let thermostat determine when E Heat is needed

stat. Sure enough, the mode was set on EM Heat.

I asked the member to switch the thermostat to Heat and we have watched a meter showing consumption of 20,000 watts drop down to 5,000 watts right before our eyes.

A common misunderstanding is that we should switch over to EM Heat when the temperature outside gets below freezing. This is not true.

It is fine to let the thermostat decide if the unit can achieve the desired temperature in the house by using one or every heat strip available.

Freezing rain or ice accumulating on the outdoor unit are the only conditions to manually switch to EM Heat. This prevents the outdoor fan or motor from being damaged by trying to work when it is freezing up.

Keep in mind what EM Heat mode really means. Remember this simple tip to save a lot of energy when it comes to heating your home.

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Energy Efficiency Tip of the Month

Sleek, flat-panel TVs can consume almost as much electricity as a refrigerator. In general, the bigger the screen, the more power it draws. Plasma screens use the most energy, while LCD TVs use much less. And remember to change your new TV's default settings to power saver mode, and turn down the LCD backlight to save energy without sacrificing picture quality.

Source: Cooperative Research Network

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Are You Prepared for the Unexpected?

When you're working to achieve your financial objectives, you will encounter obstacles. Some of these can be anticipated — for example, you won't be able to invest as much as you want for retirement because you have to pay for your mortgage. Other challenges can't be easily anticipated, but you can still plan for them — and you should.

Obviously, the word "unexpected," by definition, implies an unlimited number of possibilities. However, at different stages of your life, you may want to watch for some "expected" unexpected developments.

For example, during your working years, be prepared for the following:

Emergency expenses — If you needed a major car or home repair, could you handle it? What about a temporary job loss? These events are costly — especially if you are forced to dip into your long-term investments to pay for them. To help guard against these threats, try to build an emergency fund containing six to 12 months' worth of living expenses, held in a liquid, low-risk account.

Investment risk and market volatility — Extreme price swings are unpredictable, and they can affect your investment success. To defend yourself against wild gyrations in the market, build a diversified portfolio containing quality investments. While diversification, by itself, can't protect against loss or guarantee profits, it can help reduce the effect of volatility on your portfolio. And here's one more thing you can do to cope with the ups and downs of investing: Maintain a long-term perspective. By doing so, you won't be tempted to overreact to short-term downturns.

Long-term disability — One-third of all people between the ages of 30 and 64 will become disabled at some point, according to the Health Insurance Association of America. Disabilities can be economically devastating. As part of your benefits package, your employer may offer some disability insurance, but you may need to supplement it with private coverage.

Premature death — None of us can really predict our longevity. If something happens to you, would your family be able to stay in your home? Could your children still attend college? To protect these goals, you need adequate life insurance.

As you approach retirement, and during your retirement years, you may want to focus on these challenges:

Living longer than expected — You probably don't think that "living longer than expected" is necessarily a bad thing. However, a longer-than-anticipated life span also carries with it the risk of outliving your money. Consequently, you may want to consider investment solutions that can provide you with an income stream that you can't outlive. Also, you'll need to be careful about how much you withdraw each year from your various retirement and investment accounts.

Need for long-term care — If you had to stay a few years in a nursing home, the cost could mount to hundreds of thousands of dollars. These expenses could jeopardize your financial security, so you'll need to protect yourself. You could "self-insure," but as that would be extremely costly, you may want to "transfer the risk" to an insurance company. A financial professional can help explain your choices.

None of us can foresee all the events in our lives. But in your role as an investor, you can at least take positive steps to prepare for the unexpected — and those steps should lead you in the right direction as you move toward your important goals.

Edward Jones
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Kelsey Avants
Financial Advisor

Keeping the lights on

Scott Dennis works to keep system in top shape

By Karen Kaley

Of all the tasks journeyman lineman Scott Dennis works on, he prefers what he calls reworking transformers.

A typical workday’s chores may include working on security lights, setting flags to show underground wiring, hanging transformers and meter loops and trimming and spraying vegetation that interferes with the delivery of electricity. But Dennis feels reworking transformers is probably the best investment of his time.

So, as he goes about his day, working through a stack of work orders that may include any or all of those other tasks, he may spend a few minutes longer at a location to address the transformer.

“If we have an order to fix a light, while we’re there we move to the transformer and rework the connections,” Dennis said.

This reworking is aimed at preventing critters from interrupting the flow of electricity. It is something he and his fellow linemen started doing during the past year as a preventive measure. Uninsulated wiring is replaced and covers are added and all connections are tightened.

“We add bird wire, an insulated primary wire that goes from the primary line to the top of the transformer,” Dennis said. “We add bushing covers to try and keep birds, squirrels or snakes from causing blinks.

“We also tighten all the hardware, pull guy wires and anchors into place. We add a bolt at the top of the pole.

“A split bolt can extend the life of the pole. Wind, ice and the weight of the wire will eventually split the top of the pole, but the bolt will make that take a bit longer.”

The reasons for the rework are simple, Dennis explained. “A transformer is grounded. If a critter on the trans-

Employee Spotlight

Scott Dennis



former touches an uninsulated hot wire, it opens the circuit, which will cause a blink on the line.

“A breaker down the line sees it as a fault, and closes the circuit. If that doesn’t clear the fault, if the animal is still on line, the device will try two more times, then it turns things off and we have to go out.”

Ah, there it is. Dennis, like any other line worker, would rather spend time during the workday making the system stronger, more reliable, than have to come back after hours to address an outage.

Because, well, he’s busy. He and his wife, Latisa, have four children. Mason, 8; Tanner, 15; and Samantha, 18; all attend school in Rush Springs and are very active in sports. Dennis ticked off his weekly schedule: Monday and Thursday, there’s junior high basketball, Tuesday and Friday is high school basketball, and there’s church on Wednesday.

“It gets pretty hectic.”

Then there is the grandson, Ayden, born this past year to his oldest son, Tyler, and Jordan Parker. The new family lives in Marlow.

There is another motivation for



Journeyman lineman Scott Dennis said reworking transformers is one way he and fellow Cotton Electric line workers help improve the quality of power delivered to the co-op’s members.

Dennis’ diligence when it comes to keeping transformers in good working order.

“I am a Cotton Electric member, too. I don’t like it when my power blinks or goes out,” he said.

While the area Dennis maintains in Stephens County does not include his home northwest of Marlow, he works to keep the power flowing just

as though it does. He pointed out that Cotton Electric line workers and all other employees do the same.

“It’s not just me,” he said, “We all care about keeping the members’ lights on. Every person, from bottom to top, it takes all of us to make the co-op. We all have an important job. It takes everybody here to make this co-op work for our members.”

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Bill Doolin
30 years



Stacy Abbe
25 years



Lisa Bowers
25 years



Mike Stephens
25 years



Terry Foster
20 years



Scott Crew
15 years



Mike Ottinger
10 years



Justin King
5 years



Cody Pennington
5 years



Karen Kaley
5 years



Tyson Potter
5 years



Shelly Sehrt
5 years

Employee of the Year Roy Mason



Roy Mason was surprised to hear his name called when the 2013 Employee of the Year was announced recently. He said he was quite humbled by the unexpected honor.

Employees were asked to describe how a person they nominated went above and beyond in his or her job, showed integrity and honesty in the workplace and provided excellent customer service.

Mason is a heavy-equipment operator on the co-op's construction crew. The nomination submitted by a fellow employee focused on his pleasant and helpful attitude when working with others. "He takes the time to show and explain the different aspects of the jobs. He does so with a smile.

"Roy is always in a good mood with a smile on his face," his nominator said. "He never complains, never disapproves. When the work starts, he does whatever is needed, when it is needed. He may not be looking for recognition but he is in the background making a huge difference."

Congratulations, Roy!

FOR SALE



-By Owner- \$215,000
brick, 3 bed, 2 bath & office. 2360 sq ft. New roof. New CH&A. 2 car garage. 30x40 insulated shop with bathroom. Storage building. 10x30 dog kennel. Well water, all electric, with wood burning stove in home & shop. Sits on 3 acres. 3mi west of Comanche. 580-467-4053 or 580-467-3553 If interested, there is more info at this link: <http://lawton.craigslist.org/for/4174198273.html>

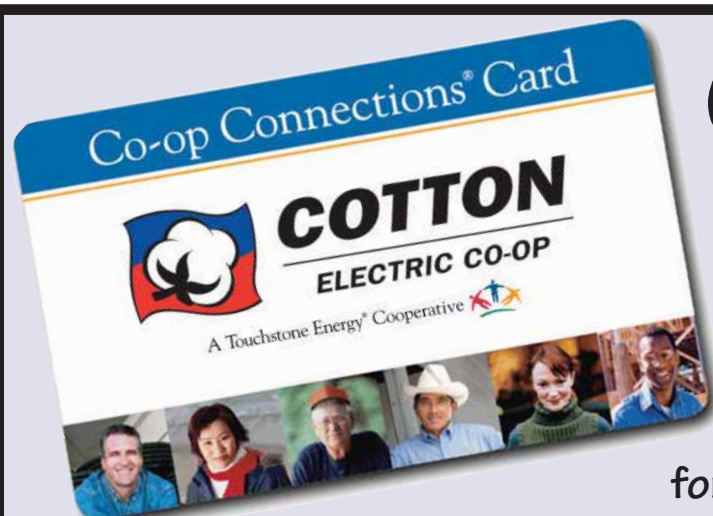


WE ALL HAVE A JOB TO DO. When it comes to using energy wisely, no job is too small. But some are pretty high up. Yet when every co-op member works together, it's a job that comes with countless benefits. Learn more about the power of your co-op membership at TogetherWeSave.com.



TOGETHERWESAVE.COM





Co-op Connections Card

Local Participating Businesses • Great Member Savings!

If your business would like to participate in the Co-op Connections Program, call us at 580-875-4277.

Visit www.connections.coop for a complete list of national discounts

Redeem your discounts by showing your Cotton Electric Co-op Connections card at any of the participating businesses.

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

3B Industries

Free car wash token w/purchase of 10. Wholesale pricing on pressure washers and Dixie Chopper lawn mowers 580-439-8876
Locations: Comanche - 301 S. Rodeo Dr. Duncan - 1606 W. Oak & 2015 W. Elk

A&M Appliance Service

10% off
8 a.m. - 5 p.m. M-F • 580-467-1198
aandmappliance@att.net

A Touch of Bliss

Sherri Maxwell - owner
10% off store purchase
\$5 off hour or 1/2-hour massage
213 W. Main, Marlow
Thurs - Sat. 10 am - 6 pm
580-658-9026

AA Computer Services, Inc.

20% off service, not to include services already on special
901 SW Lee Blvd. Lawton
580-357-4482 Mon-Fri 8-5

Addington Station Antiques

10% off all purchases
401 US Highway 81, Addington
10-5:30 Tue.-Sat. • 580-439-5566

Aerola Bombus Children's Books

Educational books: Softcover, e-books, audio books and products.
10% off online orders - Code CE2011
AerolaBombus.com • 580-695-3235

American Scents Made in USA

10% discount
1515 N. Hwy. 81, Duncan
580-475-0055

Antique Adventures, Ltd.

15% off total purchase
811 SW A Ave. - Lawton
Open 10 a.m. to 4 p.m., Tue. - Sat.
580-351-0170

Arvest Bank

Open new checking account, receive \$10 or 1st box of checks free.
Valid at Lawton, Duncan, Walters and Chickasha branches.
580-250-4540

Attractive Graphics

Custom screen printing & vinyl cutting
10% discount
PO Box 1188, Cache, OK 73527
580-678-5786
attractivegraphicscsp@gmail.com

Baby Glam & Mama Too!

Denise Graham - owner
10% off store purchase
226 W. Main, Marlow
Tue.- Fri. 10 to 5:30, Sat. 10 to 3
580-658-2000
babyglamandmamatoo.com

Backdoor Bling

10% off
301 S. Highway 81
580-470-8848 • Duncan

Billingsley Ford of Lawton, Inc.

10% off service department repairs up to \$40 per visit.
8209 NW Quannah Parker Trailway
580-510-0925

Billingsley Ford L-M of Duncan, Inc.

10% off service department repairs up to \$40 per visit.
3505 NW Hwy. 81
580-255-5500

Dear Friends

10% discount on regular-priced items, excluding tubes, tanks & tights
1513 N. Hwy. 81, Duncan • 580-475-0577

Bluff Creek Lodge

10% discount on all bookings
Eastern Stephens County
580-255-9592 • 580-470-5976
Lyndel Strain, owner

Burton Meat Market

10% off meat purchases over \$20
1206 N. Hwy. 81 (Chisholm Mall)
Duncan

Sue Cabelka, Realtor

Jay Kinder Real Estate Experts
\$500 off seller's closing costs
1146 NW Cache Rd., Lawton
580-248-2600 • 580-591-3362

Chisholm Trail Heritage Center

\$1.00 off admission per card per visit
Hours 10 a.m. to 5 p.m.
1000 Chisholm Trail Parkway, Duncan
580-252-6692

Cool It, Inc.

\$20 off service call
\$250 off complete system
2407 SW Lee Blvd., Lawton
580-355-1749
BobChambersHVAC.com

Cosmetic Specialty Labs, Inc.

10% off & free shipping when you spend \$25 or more.
210 SW Texas Ave., Lawton
580-355-2182

Country Closet Resale Shop

10% off all purchases
1 mi. south of Hwy. 70 on Hwy. 81
Waurika • 580-228-2928

Cowboy Opry Music Store

10% off all purchases
300 Oak Main, Comanche
580-439-8111

Debbie's Little Books

10% off regular purchase price of personalized books.
debbieslittlebooks.com
580-492-4672 • Elgin

Dino's Dry Cleaners

10% discount
1015 W. Oak, Duncan
580-255-2121 • 7-6 M-F • 8-1 Sat

Duncan Opticians

10% off purchase of complete glasses
1619 W. Elk, Duncan, OK
Mon - Fri • 9:00-5:30
580-255-1172
duncanopticians@cableone.net

Eastside Sod Farm

Free estimates and 10% discount
580-591-3360 • Lawton

Gene Burk Auto Glass

10% off
2302 SW Lee Blvd., Lawton
580-355-3890

Gourmet Gadgets

10% off regular-priced merchandise
1105 NW Ferris Ave., Lawton
10 - 5:30 Tues-Fri, 10 - 4 Sat.
580-248-1837

GT Designz Embroidery & Gifts

10% discount
1206 N. Highway Suite 13, Duncan
580-252-1700 • www.gtdesignz.net

Horse Sense Trading Post

Jamon Kelley - owner
15% off orders over \$100
580-512-7047
horsesensetradingpost@yahoo.com

Infinity Computer Systems

10% off all labor.
2322 W. Gore Blvd.
580-351-2911 • Lawton

Johnson & Johnson Locksmith, LLC

10% discount, present card prior to service and ordering of parts.
1913 NW Cache Rd., Lawton
580-355-KEYS (5397) or 580-355-8749

Just Bling It

10% discount
1302 W. Bois d'Arc, Duncan, OK
580-251-9641

Lakeside Golf Course

\$5 green fees all day on Mon. & Tues.
Hours: 7 a.m. to dark
Walters, OK 580-875-3829

Lawton Imaging

10% off remaining balance after insurance or an additional 10% off already reduced self pay prices.
Mon - Fri 8 - 5
1108 S.W. B Ave. Lawton, OK
580-699-7571

Linda's Carpet

Free vacuum cleaner with purchase of \$2,000 on Stainmaster carpets
4010 N. Hwy. 81 • Duncan

Medicine Creek Gallery

10% discount
206 East Lake Drive, Medicine Park
Fri. & Sun. 1-5, Sat. 11-5 • 940-736-6843
ArtoftheWest@BudPawless.com

Nancy's Antiques

20% discount storewide
Hwy. 70, west side of railroad tracks
Waurika, OK
580-228-2575 or 228-2011

Nita's Flowers

Helen Thomas - owner
10% discount
114 N. Broadway, Marlow • 580-658-2714
Mon.-Fri. 8:30-5 • Sat. 8:30-2

On The Hill Gypsy Horses

Horse Breeding & Sales
\$100 off of breeding fee, or purchase of horse.
By Appointment: 580-641-2022 or 580-656-2475: lee@on-the-hill.net

Osage Animal Hospital

\$5 off professional examination
1500 W. Osage, Duncan • 580-255-4200
Mon.-Fri. 7:45 a.m. - 5:30 p.m.

Rose's Custom LLC

10% discount on purchases over \$200
580-252-9633 Fax: 580-255-6897
Mon - Fri 8-5 rosescustom@yahoo.com

Red Dirt Bar & Grill

\$1.00 off appetizers
6425 NW Cache Rd., Lawton
918-720-3739

Ringtail USA

Monogramming, screen printing
Buy 12 caps or T-shirts, GET ONE FREE
P.O. Box 1763, Duncan, OK 73534
<http://ringtailusa.com> • 580-439-6560

The Salt Cellar

15% off non-sale items, excluding boxed cards and gift cards
3801 NW Cache Road, #23, Lawton
9 a.m. - 7 p.m. Mon.-Sat. • 580-357-5443

Shane Burk Glass & Mirror

Free mobile service in Stephens, Comanche, Grady, Jefferson, Caddo or Cotton counties or 15% off any residential or business windows or in-shop glass replacement.
580-252-5939
shaneburkautoglass.com

Showman's Choice

10% off Professional's Choice
M-F 8-5:30, Sat. 10-2
1205 SW Sheridan, Lawton
580-355-7469

Sign Dynamic

10% discount on purchases over \$200
301 SW B Avenue, Lawton
580-353-2522

Solid Plumbing

10% off all service calls, \$125 sewer camera, \$175 slab leak detection
2809 NW Sheridan Rd, Lawton
580-353-2863

Southern Maid Donuts

10% off donut & pizza purchases
101 Thoma Dr. #A, Elgin, OK
Open 5 a.m. - noon & 4 p.m. - 8 p.m.
Tue. - Sat.
580-492-6123

Southern Trophy

10% off items in Gifts to Treasure shop
9-5 Mon.-Fri.
101 N. 10th St., Duncan
580-252-7866

Stephens County Humane Society

\$10.00 off adoption fee
714 Martin Luther King Blvd.
580-252-7387

Steppin' Outdoors

15% off all guides & tours.
20% off sponsorship rates.
580-450-1599
SteppinOutDoorsToday.com

Studio 17 Salon & Gifts

15% off products or retail purchases
8176 State Hwy. 17, Elgin
580-492-4744
Sharla Spencer, owner

Sylvan Learning

Tutoring/Education
Schedule an assessment and \$60 will be deducted from the cost. This is a lifetime assessment fee, no charge for further testing at our center.
2603 NW Cache Rd., Suite 2, Lawton
580-351-9100

Tans Plus

Tanning salon, gifts and accessories
10% off monthly tanning packages
1 mile N. of Comanche on Old Hwy. 81
580-439-5767

The Branded Bear

5% discount on \$100 purchase
Medicine Park
580-529-3656

The Vine & Fig Tree

Event center with catering & tea room.
5% off Food/ Up to \$25 off in-house catering and 5% off Rentals. Regular prices only & must present card.
1304 W. Hwy. 7, Marlow
580-658-3377

Walters Super Stop

2 slices of pizza & 20-oz. fountain drink for \$1.99 + tax
311 W. Missouri, Walters
580-875-2001

Waurika QuikMart

All fountain drinks & all coffee \$0.82
South Main & Hwy. 70
Waurika
580-228-2560

Wichita Furniture

10% off new purchases
1127 NW Cache Rd, Lawton
580-355-7524
9am-9pm: Mon-Sat

Keep up with all the local and national discounts by downloading the Co-op Connections Card phone app at connections.coop.



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

In 2013, members used their cards for discounts on 1,715 prescriptions not covered by insurance. A total of \$42,690 was discounted for an average

savings of \$24.89 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.

