

# The Current

A Publication of Cotton Electric Cooperative Inc.

A Touchstone Energy® Cooperative 

*“The Current - Informing Our Members Since 1957”*

VOLUME 60

January 23, 2017

NUMBER 6

## It's not about your thermostat ...

## ... it's about the weather

### *Cost of comfort is higher during outdoor temperature extremes*

By Karen Kaley

Cotton Electric employees spent the second week of the new year bracing for a winter storm. Early on, the potential for ice and widespread damage was a real concern. As forecasts nudged the freezing line further north, we were relieved ... a little.

It was still going to be windy and cold, but not as much as it had been the week before. On Jan. 6 and 7, temperatures dropped to 3 and 5 degrees below 0. Now, that was COLD!

When we see temperature extremes in the forecast, we know it also means a spike in energy consumption. In turn, those spikes raise a lot of questions from our members.

More and more Cotton Electric members are using the SmartHub portal to manage power accounts. In addition to making payments, members often use SmartHub to monitor daily power use.

When temperatures plunge, energy consumption increases. That can be surprising, particularly in the middle of this mild winter or if a co-op member is new to watching the ups and downs of daily energy consumption.

Part of the surprise is because the weather and SmartHub are slightly out of sync and it has been more noticeable during a roller coaster winter of high and low temperatures in rapid succession.

For example, high temperatures on Dec. 16, 18 and 20 were 77, 27 and 54, respectively. Similarly, we saw a record high of 80 degrees on Jan. 11, a low of 29 on Jan. 12 and a high of 40 on Jan. 13.

There is a lag of about 24 hours when daily meter readings appear on SmartHub. With wild temperature swings like those listed above, it is possible to see a number representing low energy use on a very cold day or high energy use on a very mild day.

It is difficult to recall that a home's heating system ran much longer two days ago compared to how it is running today. Besides, many members will point out, "I didn't touch my thermostat!"

Yes, but Mother Nature changed her thermostat, and it has a direct effect on how long and hard an HVAC system has to work.

Many members have faithfully followed our recommendation to set the thermostat to 68 degrees in an effort to conserve energy. It is still surprising to see how much power is used on the coldest of days.

Using the January temperatures listed above, one can see that a home's system worked very little on Jan. 11 – in fact some may have turned on an air conditioner! The next day, the HVAC system had to compensate for a 39-degree difference between the outdoor temperature and a 68-degree setting indoors. During

the warmest part of Jan. 13, it still had to make up 28 degrees

Low temperatures mean your heating system will work longer to keep you comfortable. Every minute it runs, it consumes energy. The cost of comfort will be higher and will show up in your daily use and on your next power bill.

What to do?

Keep your thermostat as low as you can tolerate in the winter. Every degree lower will trim the heating portion of a power bill by as much as 5 percent.

Pull on a sweater to stay warm. Cook something that smells wonderful in the slow-cooker. Snuggle up with blankets and hot chocolate to watch a movie – or save even more energy by playing cards or a board game.

When you see energy consumption rise on cold days, remember how much higher it would be if you hadn't taken those measures.

## Remember: When you turn up the heat, you turn up your power bill



#### Power Cost Adjustment Calculated

The power cost adjustment now being applied to bills mailed after Feb. 1, 2017, is (\$0.00651) per kWh.

On a member's average bill of 1500 kilowatt hours (kWh), this will amount to a **credit of \$9.76** on the February bill.

#### December 2016 Temperature Extremes

Day	High	Low	Avg.	Day	High	Low	Avg.
1	64	23	44	16	77	40	59
2	60	30	45	17	61	12	37
3	48	45	47	18	27	7	17
4	56	34	45	19	37	7	22
5	51	31	41	20	54	23	39
6	49	32	41	21	66	23	45
7	47	30	39	22	46	34	40
8	35	26	31	23	52	31	42
9	36	25	31	24	62	30	46
10	51	28	40	25	76	52	64
11	66	38	52	26	67	41	54
12	55	28	42	27	59	27	43
13	45	27	36	28	67	30	49
14	46	24	35	29	57	29	43
15	39	26	33	30	60	20	40
Source: <a href="http://srh.noaa.gov/oun/">srh.noaa.gov/oun/</a>				31	59	32	46
Average Daily High: 54				Average Daily Low: 29			

#### Did You Know?

Cotton Electric offices will be closed Monday, Feb. 20, for the Presidents Day holiday. Emergency calls will be answered at 580-875-3351 or 800-522-3520.

The next issue of The Current should arrive in mailboxes on Feb. 21, 2017.

#### 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](mailto: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](http://cottonelectric.com)

From the CEO



Jennifer Meason, CEO

*“Dress for the weather, even if you are inside. Wearing proper clothing, like long sleeves, sweaters and long pants, or wrapping up in a cozy blanket will help combat the temptation of bumping up the thermostat.”*

# Bundle up to keep your costs down

As I write my column this month, meteorologists are predicting the first snow of the winter. We’ve already experienced several bitterly cold days, and I’m certain I’m not the only parent who has lectured her children about thermostat settings and told them to grab a sweatshirt!

Although we may not change our daily routine, frigid temperatures cause heating systems to work overtime. Because heating and cooling can make up nearly half of your electric bill, you may experience sticker shock when you open that bill. Here are a few tips to help you proactively manage your energy use and spend less.

- These simple steps can help you manage your use:
- Wrap exposed pipes and water heaters that are in unconditioned spaces.
  - Make sure to change your air filter once a month.

- Keep drapes closed at night and keep those that don’t get direct sunlight closed during the day, too.
  - Keep the fireplace damper closed when it is not in use. Keeping it open can bring cold air into the room.
  - Caulk around the fireplace hearth, and caulk or weather strip around doors and windows.
  - Log onto your SmartHub app to keep up with your use. If we’ve had a few days of freezing temperatures, see how you can try to save on days that are milder.
  - Dress for the weather, even if you are inside. Wearing proper clothing, like long sleeves, sweaters and long pants, or wrapping up in a cozy blanket will help combat the temptation of bumping up the thermostat.
- Using the tips above can certainly help you manage your energy use, but your bill may still be higher than normal in winter

- months. Why?
- The weather makes a big impact on electric bills, accounting for nearly half of your bill.
  - Even those with the most efficient HVAC systems will see more use in extreme weather.
  - When extreme cold temperatures hit, our heaters work overtime.
  - For example, even if you set your thermostat to our recommended 68 degrees in the winter, when it is 19 degrees outside, your system has to work hard to make up that 49-degree difference.
  - Your heater works harder and cycles on and off more often, making your use much

- higher. That means your bill will be much higher.
- Remember, there is value in comfort. For us to be comfortable in our homes, our heaters are going to work harder, but it may be worth the additional cost to you.
- Please contact our energy efficiency experts at 580-875-3351 or 800-522-3520 with your questions. They can help you understand how weather and energy use patterns affect your bill and schedule a free home energy evaluation.
- I wish all of our members a happy new year and look forward to working for you in 2017.



*“Log onto your SmartHub app to keep up with your use. If we’ve had a few days of freezing temperatures, see how you can try to save on days that are milder.”*



## Energy Efficiency Tip of the Month

According to the Consumer Electronics Association, the average household owns 24 consumer electronics products, which are responsible for 12 percent of household electricity use. ENERGY STAR-certified audio/video equipment is up to 50 percent more efficient than conventional models.

Source: EnergyStar.gov

## TheCurrent

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**ELECTRIC CO-OP**

Mission Statement

Our mission is to be the leader in providing the most reliable and innovative electric system, with affordable rates, through the positive, enthusiastic and professional use of its resources and people.

### November 2016 Operating Stats

	2016	2015
Total Amount Billed/Accrued	\$4,869,603	\$4,974,406
Cost of Purchased Power	3,252,875	3,291,096
Taxes	95,257	90,830
Total Operating Expense Per Mile	914	931
Average Farm and Residential Bill	121	124
Average Farm and Residential kWh	946	1,017
Total Meters Billed (farm, residential)	18,269	18,255
Miles Energized	5,163	5,153
Density Per Mile	3.54	3.54
New Service Connects YTD	229	311
Services Retired	102	187

# Community Spotlight

If you would like your community event listed in the February issue, please submit information by Feb. 6 by calling 580-875-4259 or emailing [info@cottonelectric.com](mailto:info@cottonelectric.com).

**CTHC hosts Hustis exhibition**

An exhibition featuring the work of Edmond artist Jennifer Cocoma Hustis opened Jan. 5 at Chisholm Trail Heritage Center. Her work captures the spirit of animals through expressive drawings, paintings, prints photographs and sculpture. Her work has been on display in galleries and museums throughout Oklahoma. The show at the Heritage Center will run through Feb. 25.

Located just north of the Simmons Center at 1000 Chisholm Trail Parkway in Duncan, the Chisholm Trail Heritage Center is open from 10 a.m. to 5 p.m. Monday through Saturday and from 1 to 5 p.m. on Sunday.

Cotton Electric members can present a Co-op Connections Card to get \$1 off the admission price, per card per visit.

**LCT presents ‘Pitmen Painters’**

Lawton Community Theatre presents “The Pitmen Painters” Jan. 26-29 at John Denney Playhouse, 1316 NW Bell Avenue. Performances are at 8 p.m. except those on Sundays, which are at 2 p.m.

The pitmen embark on one of the most unusual experiments in British art as they learn to become painters. Within a few years, their work is taken for prestigious collections and they are celebrated throughout the British art world. But, every day they work, as always, down in the mine.

Visit [LCT-OK.org](http://LCT-OK.org) for ticket information.

**St. Louis Big Band comes to Duncan**

CTAC Live concert series opens 2017 with the St. Louis Big Band. Modern interpretations of great American standards as well as unique covers of pop hits will begin at 7:30 p.m. Jan. 28 in the Simmons Center in Duncan.

The St. Louis Big Band was founded in 2010 by visionary alto saxophonist and composer Ryan Sheehan. His mission was to create a modern big band that has the energy, emotion and passion of the great bands of yesteryear. The St. Louis Big Band seeks to embody the spirit, energy, and passion that originally brought big band music to the forefront of popular music.

Tickets are available at the door.

**Large animal disaster prep addressed**

Disaster preparedness for large animals is the topic of the next meeting of the Stephens County 4-H Horse Club. Representatives of the Oklahoma Large Animal First Responders organization will discuss how they help with options for horses and livestock during disasters.

The public is invited to hear the presentation on Feb. 2 in the Stephens Country Fair Grounds Conference Center. The Horse Club will have a brief business meeting at 6:30 and OLAFR will take the floor at 7 p.m.

For information, send an email to club leader Stephanie White at [StephensCounty4HHorseClub@hotmail.com](mailto:StephensCounty4HHorseClub@hotmail.com) or find the club on Facebook.

**Bethel plans ground hog supper**

No shadow of a doubt, Bethel Methodist Church plans to serve up ground hog (sausage). The annual Groundhog Day Breakfast for Supper is set for 5 to 8 p.m. Feb. 2. The church is east of Lawton at the intersection of Oklahoma Hwy. 7 and Bethel Road.

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

**Artfest to raise She Is Safe awareness**

Hands-on art projects, displays, a photography corner and a silent auction are part of the experience offered at the She Is Safe Artfest 2017. Guests can enjoy live performances and refreshments from 1 to 4 p.m. Feb. 4 at First Baptist Church, 901 W. Ash in Duncan.

The purpose of the gathering is to raise awareness and funding for She Is Safe through a celebration of the arts and family. She Is Safe spearheads global efforts to prevent, rescue and restore women and girls from abuse and slavery.

For information, contact DeAnna Sanders at [dsanders@sheissafe.org](mailto:dsanders@sheissafe.org) or 580-467-1479.

**Revue benefits Lawton theatre**

My Funny Valentine is a musical revue sponsored by Lawton’s Friends of the Theatre. Filled with fun and music, performances will explore all sides of love – the good, the sad and the funny – as only a Broadway song can.

Performances are 8 p.m. Feb. 3 and 4 and 2 p.m. Feb. 5 at Lawton Community Theatre, 1316 NW Bell Avenue. All proceeds benefit Lawton Community Theatre.

**Magic Lantern screens classic films**

Magic Lantern Film Society of Cameron University screens DVD presentations of classic films each month in the CETES Conference Center, Room B. Most screenings begin at 7:30 p.m.

The Feb. 10 feature is “Taming of the Shrew.” In this 1967 film adaptation of the classic Shakespeare play, Grumio and Hortensio both long to wed the same beautiful young woman. Unfortunately, her wealthy father will not let his daughter marry unless her hot-tempered sister, Katherina, also has a suitor. Luckily, the slovenly Petruchio is looking for an affluent woman to marry, so Grumio and Hortensio pay him to try to woo the extremely volatile Katherina.

Elizabeth Taylor and Richard Burton star in this film directed by Franco Zeffirelli.

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/magiciantern](http://Cameron.edu/magiciantern).

**DLT presents ‘Into the Woods’**

Duncan Little Theatre presents “Into the Woods” at 7:30 p.m. Feb. 17, 18, 24 and 25 at the Simmons Center in Duncan.

This musical makes use of professional lighting, sound effects, fantastic set design and clever costuming to intertwine the plots of several fairy tales.

As the result of the curse of a once-beautiful witch, a baker and his wife are childless. Three days before the rise of a blue moon, they venture into the forest to find the ingredients that will reverse the spell and restore the witch’s beauty. During their journey, they meet Cinderella, Little Red Riding Hood, Rapunzel and Jack, each one on a quest to fulfill a wish.

Tickets may be purchased at the door.


**Cast & Bang set for Feb. 18**

Registration is underway for the 2017 Cast and Bang State Predator Championship. A mandatory rules meeting will be at 6 p.m. Feb. 17 at Cabela’s, 1200 W. Memorial Road in Oklahoma City. The hunt is Feb 18.

Early registration means more chances at door prizes. See [CastAndBang.com](http://CastAndBang.com) to register and learn more about prizes.

Proceeds from the event will benefit Wounded Veterans of Oklahoma.

PHOTO OF THE MONTH



Southwest Oklahoma skies have been spectacular lately, just like in Jenny Keyser’s photo of a sunset as seen from her porch in Pumpkin Center. The Cotton Electric member submitted this photo as her Best Shot of 2016 “because I think sunsets are some of God’s most amazing work.”

Enter your “best shot” in our Photo of the Month contest. Theme for February is Snow Day. Entries can be emailed to [info@cottonelectric.com](mailto: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.

**Fradkin to play at McMahon**

Music lovers and Beatles fans won’t want to miss Les Fradkin, rated a top guitar player by Reverb Nation, performing at 7:30 p.m. Feb. 25 in McMahon Auditorium. The evening will feature a tribute to George Harrison, who Fradkin portrayed on Broadway in the hit show “Beatlemania” during the 1970s.

Coincidentally, the Lawton performance will be on the Harrison’s birthday. He would have been 74.

Tickets are available at McMahon Auditorium box office.

**Pro Musica spring concert is Feb. 25**

The 14th season of Lawton Pro Musica includes a spring concert at 7 p.m. Feb. 25 at Trinity Baptist Church, 1916 W. Gore Blvd.

Lawton Pro Musica Choir is composed of some of southwest Oklahoma’s finest singers. The group’s mission is to enrich the area with outstanding choral music. It provides opportunities for vocal artists

and education and inspiration for young singers.

There is no admission fee for performances, but donations will be accepted.

**Farmers Market has winter sessions**

Lawton Farmers Market is holding a Winter Market in the Cameron University Animal Sciences building at the Agriculture Facility each Saturday through the end of March.

Shoppers will find a variety of choices at the winter market, including winter produce, sprouts, micro greens, meat, eggs, honey, nuts, and handmade and artisan items.

Hours are 8 a.m. to noon. The building is located on Southwest 38th Street and is south of Dr. Elsie Hamm Drive and the railroad crossing.

For more information about the market or becoming a vendor at the market, visit [LawtonFarmersMarket.com](http://LawtonFarmersMarket.com) or send an email to [lawtonfarmersmarket@yahoo.com](mailto:lawtonfarmersmarket@yahoo.com).

GUESS WHICH HOUSE HAS BETTER INSULATION IN THE ATTIC.

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Upcoming Deadlines for The Current			
February		March	
Ad Sales	Feb. 3	Ad Sales	Mar. 3
Classified	Feb. 9	Classified	Mar. 9
Publish Date	Feb. 21	Publish Date	Mar. 20

April	
Ad Sales	Mar. 31
Classified	Apr. 6
Publish Date	Apr. 17

# Members save more than \$34,000 on prescriptions

Wow! During 2016, our members surpassed \$34,000 in prescription savings by using the Co-op Connections® Card. This is just another benefit of being a Cotton Electric Cooperative member. Best of all, the Co-op Connections Card is free for you to use.

With your card, you can get discounts from businesses in our community including dining, shopping, automotive and much more. Additional benefits include 10 to 85 percent off prescriptions at more than 60,000 participating pharmacies including CVS, Walgreens, Walmart, Target and many local independent pharmacies such as R&S Drug stores in Duncan, Cotton County Drug in Walters, Fikes Pharmacy in Grandfield and Elgin Discount Pharmacy.

To locate providers in your area, you can:

- Call 800-800-7616.
- Log onto [www.locateproviders.com](http://www.locateproviders.com). Click the Group Log in tab. Look on the back of your card, find the group numbers and use it to log in. Next, enter your zip code to search for nearby pharmacies.

Don't forget to visit [www.rx-pricequotes.com](http://www.rx-pricequotes.com) to find the best deal in town for your particular medication.

As a Touchstone Energy® cooperative, we are always "Looking out for you." For more information and to start saving visit [CottonElectric.com](http://CottonElectric.com) and click on the Co-op Connections link. If you have any questions or would like us to mail you a card, please contact us at 580-875-3351 or [info@cottonelectric.com](mailto:info@cottonelectric.com).

## PHARMACY DISCOUNT

By the numbers....

Rx

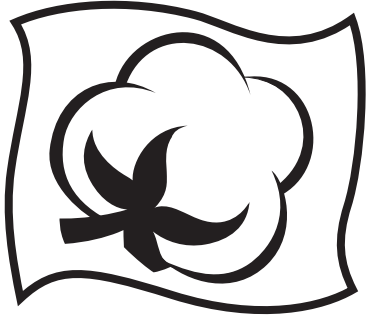
The pharmacy discount saved members an average of

46 %

92 % of these prescriptions were generic.

on these prescriptions members saved an average of

53 %



### COTTON

#### ELECTRIC CO-OP

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#### MOST POPULAR PRESCRIPTIONS

ANTI-DEPRESSANTS/  
ANTI-ANXIETY  
BLOOD PRESSURE/  
BETA BLOCKERS  
PAIN RELIEVERS  
DIURETICS  
ANTIBIOTICS  
ANTI-SEIZURE  
ADHD

Rx

#### PRESCRIPTIONS FILLED BY AGE

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28 %  
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#### SHOW YOUR CARD AND SAVE!

- Present your card at the pharmacy when it's time to pay for your prescription
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## Try to Overcome ‘Roadblocks’ to Comfortable Retirement

In your life, you will want to take many journeys. Some are physical – perhaps you'll finally visit the French Riviera or the Caribbean. Others involve personal growth – one day, you'll finally become fluent in that foreign language you've been studying. But of all the destinations you can identify, few will be as important as retirement – specifically, a comfortable retirement. And that's why it's so important to consider the "roadblocks" you might encounter on your road to the retirement lifestyle you've envisioned.

Here are five of the most common obstacles:

- Insufficient investments – Very few of us have ever reported investing "too much" for their retirement. But a great many people regret that they saved and invested too little. Don't make that mistake. Contribute as much as you can afford to your 401(k) or other employer-

sponsored retirement plan, and increase your contributions whenever your salary goes up. Even if you do participate in your retirement plan at work, you may also still be eligible to fund an IRA, so take advantage of that opportunity, too. And always look for other ways to cut expenses and direct this "found" money toward your retirement.

- Underestimating your longevity – You can't predict how long you'll live, but you can make some reasonable guesses – and you might be surprised at your prospects. According to the Social Security Administration, men reaching age 65 today can expect to live, on average, until age 84.3, while women turning age 65 today can anticipate living, on average, until age 86.6. That's a lot of years – and you'll need to plan for them when you create long-term saving, investing and spending strategies.

- Not establishing a suitable withdrawal rate – Once you are retired, you will likely need to start withdrawing money from your 401(k), IRA and other retirement accounts. It's essential that you don't withdraw too much each year – obviously, you don't want to run the risk of outliving your resources. That's why you need to establish an annual withdrawal rate that's appropriate for your situation, incorporating variables such as your age, the value of your retirement accounts, your estimated lifestyle expenses, and so on. Calculating such a withdrawal rate can be challenging, so you may want to consult with a professional financial advisor.
- Taking Social Security at the wrong time – You can start taking Social Security as early as age 62, but your checks will be bigger if you wait until your full retirement age, which will probably be 66 or 67, or when your payments "max

out" at 70. You might not be able to afford to wait until then, but by postponing the date you begin taking withdrawals, you could help yourself considerably. I

- Ignoring inflation – It's been low in recent years, but inflation hasn't disappeared, and it could rise at exactly the wrong time – when you're retired. That's why you'll want your portfolio to include some investments with the potential to outpace inflation, even during your retirement years.

By being aware of these roadblocks, and taking steps to overcome them, you can help smooth your journey toward retirement – and once you get there, you may enjoy it more.

*This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.*

Edward Jones

MAKING SENSE OF INVESTING



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Tanner L Cline

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Use energy wisely.



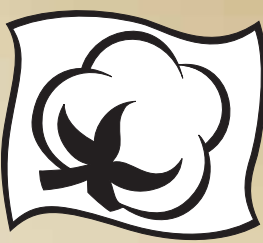


### COTTON

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# COTTON

## ELECTRIC CO-OP

# C.A.R.E.S.

**COMMUNITY** – Concern for the community is one of the seven cooperative principles and has been a priority for Cotton Electric since the cooperative was founded in 1938. Our employees are active in their communities, many serving on school boards, volunteer fire departments and local non-profit organizations.

# Lineman, Lion, fireman, school board member

## All in a day's work for journeyman Terry Turner

By Karen Kaley

Cotton Electric has encouraged Terry Turner's involvement in his community from the very beginning. When he joined the co-op team in 1995, he was a member of the Marlow Lions Club and the volunteer fire department. His new employer wanted him to continue that involvement.

He was a Lion because, well, who isn't in the only civic club in Marlow? He was with the fire department because he knew it filled a need in rural communities.

"If it's not there, there is no one to help," he said.

In 2010, Turner thought he was about to retire from the fire department and wanted to continue help the

community. He made a successful run for a seat on the Marlow School Board. He is now in his third year of his second term.

He and his wife, Janna, have two children who were educated in the Marlow school system. Both have graduated, but Turner said he will probably stay on the board "for as long as they'll have me."

During his tenure, the board has been successful in seeking a bond issue. Turner said he is especially proud of the new elementary school building built with the bond money.

The cut in state funding has been a challenge, but Turner says the Marlow school board is up to it.


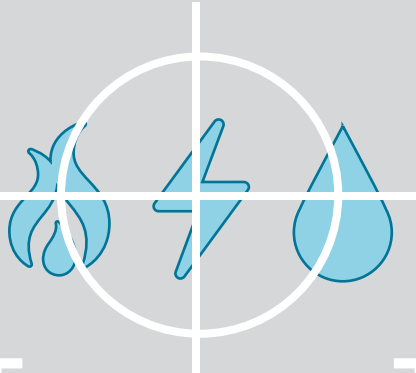




"It'll get better," he assured.

Turner said there is a connection between his work as a journeyman lineman in northern Stephens County and his work on the Marlow school board.

"The majority of the people in my working district are also in the Marlow school district.

"I see so many of our co-op members every day. It gives them an opportunity to talk to me about the schools, which helps with my work on the board."

Terry Turner is one of many Cotton Electric employees fostering relationships with communities throughout the service territory. We do it because Cotton C.A.R.E.S.

 <p>Don't fall for scammers <b>pretending</b> to be utilities.</p>	 <p>Phone scammers are <b>targeting</b> utility customers.</p>	 <p><b>Urgent call</b> from a utility? It could be a scam.</p>
 <p>Utility employees will never ask you to pay <b>immediately</b></p>	 <p>Utilities will <b>never</b> ask you to buy a prepaid debit card.</p>	 <p>Utilities will <b>never</b> demand payment with a credit card by phone.</p>

# DON'T FALL FOR THE CALL!

Suspect a scammer?  
Here's what to do if the call seems suspicious:

- 1

Hang up.
- 2

Call your utility provider at the phone number on your bill. The number for Cotton Electric is 580-875-3351 or 800-522-3520.
- 3

Call the police.



DO NOT pay over the phone if immediate payment is demanded to avoid a disconnection.



# COTTON

## ELECTRIC CO-OP

A Touchstone Energy® Cooperative 

# ROW crews working throughout territory

By Karen Kaley

Cotton Electric’s Right-of-Way program is a proactive effort to ensure quality power delivery. Aggressive and preventive vegetation management is a good value to the co-op’s members from a service and an economic perspective. Keeping trees away from power lines is also a matter of safety.

Scott Crew, vegetation management coordinator for Cotton Electric, oversees an in-house and several contract crews in the year-round effort to clear trees and prevent re-growth. He said all crews make every effort to contact land and home owners in person as they move into an area. In some cases, they will leave lime green or deep orange door hangers either at the house or tied to a gate post.

“Please call the number on the hanger or call me at 580-875-4224. Plan to leave a message,” he said,

# ROW update

noting that they are likely to be out on the job.

During January and February, crews are working in these areas:

NRS of Vinita is working on lines in the Cache and Indiahoma area in Comanche County.

NRS has another crew working on lines extending from the Comanche substation. The lines are in Stephens, Jefferson and Cotton counties and the project could last into the summer.

D&R Right of Way of Duncan is working in the Eastland Grocery area of Stephens County.

Family Tree Service is clearing

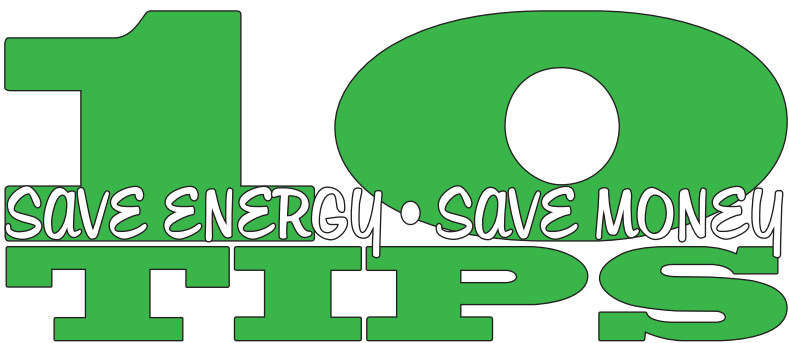
trees at Robinson’s Landing near Lake Lawtonka in Comanche County.

Cotton’s vegetation management crews will work with district line-men on ROW clearing throughout the service area.

Scott Crew said his crews are always looking for land and homeowners in need of free untreated wood chips. Because these chips are untreated, it is not recommended to use them next to a structure.

Chips will be delivered to members nearest the day’s work location. Work crews will deliver wood chips only to members they can reach by phone and whose location is nearest the day’s work. There is no guarantee a member will receive wood chips at any particular time.

Leave a message at 580-875-4224 to have your name added to the list of members willing to take wood chips.



Electricity is a necessity of modern life. We consume kilowatts without thought ... until the power bill comes.

If you want to control your power bill, keep this motto in mind: The cheapest kilowatt-hour is the one you don’t use.

To help you, The Current will offer stories and 10 energy-saving tips each month in 2017. We’ll start with the top 10 tips that any good energy saver should know.

- 1

Replace any light bulb, especially ones that are on more than one hour per day, with a light-emitting diode (LED) bulb.
- 2

Set water heater temperature no higher than 120 degrees F.
- 3

Plug electronic devices such as cable boxes, printers and TVs into power strips to turn off during vacations or long periods without use.
- 4

Ensure refrigerator door seals are tight.
- 5

Use the dishwasher’s air-dry cycle instead of the heat-dry cycle to dry dishes.
- 6

Keep your garage door down. A warmer garage in the winter and cooler garage in the summer will save energy.
- 7

Close shades and drapes at night to keep heat in during the winter. Close shades and drapes during the day to help keep heat out in summer.
- 8

Make sure the dryer vent hose is not kinked or clogged.
- 9

Outside your home, caulk around all penetrations including telephone, electrical, cable, gas, water spigots, dryer vents, etc.
- 10

Change HVAC air filters monthly.

Source: U.S. Energy Information Administration. [www.EIA.gov](http://www.EIA.gov).

## RESIDENTIAL LISTINGS

NEW LISTING: WALTERS AREA

- 410 E Oklahoma, Walters: 3 bed, 1 bath, 1356 sqft, \$57,000
- 1105 Main Street, Randlett: \$85,500. 1600 sf 3 bed 2 bath, large shop and quarters
- 625 E. Texas: Price REDUCED AGAIN! \$69,000. 3 bed 1 bath, 1500 sqft, full brick. Updates include; Granite counters, cabinetry, roof and windows
- 1601 10TH Street, Randlett, OK: \$129,900. 3 bed 2 bath, 2286 sqft, full brick.

## LAND LISTINGS

- 240 Acres, Deep Red, WRP Reduced: \$750/acre
- 60 Acres in SE S14 T3S R14W, Tillman County, REDUCED price \$78,000, Deep Red area.
- 280 Acres in S16 T3S R13W, Cotton County, REDUCED price:\$364,000, Deep Red area.
- NEW LISTING: 792 ACRES. S16 & NE S21 T3S R14W. LAND POTENTIAL, ALL MINERAL. SELLER FINANCED TRANSFER: \$1,080,000

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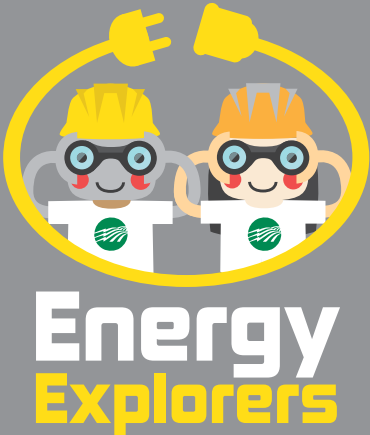
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or Tonya Davis — 580-467-6740 for general info

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# 2017 ENERGY EFFICIENCY CALENDAR



**Start the new year off by being more energy efficient!**

Each month, try changing your energy use habits by using the tips below.

Keep this calendar on your refrigerator to remind family members to be energy efficient throughout the year.



## JANUARY

Turn off lights when you leave a room.

## FEBRUARY

Remind family members to use cold water when washing clothes.

## MARCH

Turn off water while brushing your teeth.

## APRIL

Ask an adult to help you plant a tree to help shade your home in the summer.

## MAY

Clean or replace your air filter. You may need to ask an adult to help.

## JUNE

Keep the thermostat at 78 degrees Fahrenheit during summer months.



## JULY

Close curtains and blinds during the day to block the sun.

## AUGUST

Keep all doors and windows closed while the AC is running.

## SEPTEMBER

Dry clothes outdoors on a clothesline instead of using the dryer.

## OCTOBER

Only open the refrigerator door for short amounts of time when necessary.

## NOVEMBER

Take short showers instead of a bath.

## DECEMBER

Decorate your home for the holidays with energy-saving LED bulbs.



### ACROSS

- 1. Short tributary of the Seille
- 5. Where you sleep
- 8. Crinkle
- 12. Regions
- 14. United States
- 15. Icelandic poetry books
- 16. Transferred property
- 18. Electrocardiography
- 19. From here
- 20. Hunting or observation expedition
- 21. Used to make cabins
- 22. Containers
- 23. Famed patriot
- 26. Makes less intense
- 30. Forced to take refuge
- 31. Campaigner
- 32. Special security team
- 33. Egyptian city
- 34. The Muse of lyric and hymns
- 39. What newlyweds just said
- 42. Pain
- 44. Norwegian village
- 46. Produced on paper
- 47. Acceptance
- 49. Semite
- 50. Detective Ventura
- 51. Martens
- 56. Small mammal related to rabbits
- 57. Airsick
- 58. Itinerant
- 59. Has spotted
- 60. Garland
- 61. Search engine
- 62. Former Knick and Bull Curry
- 63. Student selected components
- 64. Norwegian island

1	2	3	4			5	6	7		8	9	10	11
12				13		14				15			
16					17	18				19			
20						21				22			
				23		24				25			
26	27	28	29				30						
31							32						
33									34	35	36	37	38
				39	40	41		42	43				
			44	45				46					
	47						48						
49						50				51	52	53	54
56						57				58			
59						60				61			
62						63				64			

### DOWN

- 1. Fathers
- 2. Region
- 3. The Great Barrier \_\_\_\_
- 4. Father
- 5. Civil War general Don Carlos
- 6. Bodyguards
- 7. Knives
- 8. Member of U.S. Navy
- 9. English prince
- 10. Expression
- 11. Giants great Willie
- 13. Curving
- 17. Actress Keaton
- 24. Deploy
- 25. Medicine that treats animals
- 26. We all have it
- 27. Greek goddess of the dawn
- 28. Kevin Smith film "Chasing \_\_\_\_"
- 29. City in India
- 35. Went jogging
- 36. What thespians do
- 37. One and only
- 38. Largest English dictionary (abbr.)
- 40. Obstructs from a course
- 41. Prophets
- 42. Prefix meaning on or above
- 43. Got up
- 44. Drenched
- 45. N.Y. State capital
- 47. Sampled
- 48. Tending to an end
- 49. Architectural recess
- 52. Undergarments
- 53. Chinese ethnic group
- 54. Reactive structure
- 55. Greek portico



**BEE MY VALENTINE**

**February 14<sup>th</sup> 2017**  
**4:30pm - 10:00pm.**

**Buzz In For Your Share Of \$250 Comanche Credit And One Of 2 Grand Prizes That Include A Gift Basket From Buzzin Around Flowers And Cash!**  
*Valid I.D. Required For All Promotions and Game Play*

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**Join Us Fridays & Saturdays In February For Drawings, From 5pm-11pm. Prizes include Comanche Credit & Cash! Comanche Credit Prizes Will Double For Elite Players & Triple For Chairman Players.**



## T-SHIRT TUESDAY!



**Tuesdays 12:00-10:00PM,**  
Comanche Club Players that earn 25 points will receive a free t-shirt. 1 shirt per week **per participant.**  
*Offer valid while supplies last.*



**New members get up to \$100 Comanche Credit.**  
**See Player's Club for Details.**  
**Valid I.D. Required**

## Senior Day

**Every Tues. 12pm-6pm** Guests who are 50+ years can receive \$5 Comanche Credit & a free meal after they earn 2 points on their C Club card.

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# Members contribute \$69,569 through ORU in 2016

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

Volunteer Fire Departments	\$255,393.00
Communities	\$219,879.54
Youth	\$121,718.11
Services	\$94,666.15
Schools	\$113,818.10
Individuals	\$60,250.00
Public Safety	\$51,904.00
Seniors	\$36,598.64
<b>Total</b>	<b>\$964,952.14</b>

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 12,860 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 2016, CECF issued 26 grants for a total of \$69,569. Grant 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 nearly \$965,000 to assist the needs of more than 200 organizations and individuals.

## 2016 grant recipients include:

- |                                    |                                 |
|------------------------------------|---------------------------------|
| Ability First Inc.                 | Flower Mound School             |
| Abundant Life Church               | Holy City of the Wichitas       |
| Boy Scouts of America              | Indiahoma Public School         |
| Bray Seniors Community Food Pantry | Marlow Samaritans               |
| Bray-Doyle Academic Booster Club   | Pecan Creek VFD                 |
| Chattanooga Community Center       | Regional Food Bank              |
| Chattanooga Public Schools         | Rockin' T Cure for Kids         |
| Town of Chattanooga                | Sugden VFD                      |
| Christian Helping Hands            | Team CE                         |
| Comanche VFD                       | Velma Community Outreach Center |
| Corum VFD                          | Velma Police Department         |
| Devol VFD                          | Walters Rotary Club             |
| Fiesta in Fuqua                    | Walters Senior Citizens Center  |

Download CECF grant applications at [CottonElectric.com](http://CottonElectric.com). Deadline for first-quarter 2017 grant applications is March 8.

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# GENERATE SAFETY

Before use, learn about the potential **dangers** associated with portable generators, such as their production of carbon monoxide (CO). CO is an odorless, colorless, and tasteless **poisonous gas** that is often called the “**silent killer**” because it is virtually undetectable without the use of technology like CO alarms. Follow these tips to generate **power AND safety** when using a generator.

## BY THE NUMBERS

**AFRICAN AMERICANS** accounted for **23%** of fatalities, which is nearly **DOUBLE** their proportion of the U.S. population.

Storms account for many of the fatalities associated with generator use, with **ICE/SNOW** storms are accounting for **46%**. **HURRICANES** accounted for **29%**.

**67%** of the fatalities occurred when a generator was placed in the living area or **BASEMENT** of the home.

**26%** of fatalities occurred when a generator was used inside an attached **GARAGE** or shed.

BETWEEN **1992** AND **2012** **NEARLY 80% OF THE 931 CO DEATHS WERE ASSOCIATED WITH GENERATORS.**

Generator-Related CO Deaths:

**50%** During Cold Months (November-February)

**20%** Other Months

During “Transition Months” (March/ April, September/October) **30%**

## TIPS FOR THE PROPER INSTALLATION AND USE OF GENERATORS

**NEVER** operate a generator **INSIDE** your home or in other enclosed or partially-enclosed spaces, including **GARAGES**.

Make sure your generator is properly grounded and used with a Ground Fault Circuit Interrupter (**GFCI**).

Install battery-operated **CO ALARMS** or plug-in CO alarms with a battery backup inside the home.

A generator is a **TEMPORARY** power source and should **NEVER** be used as a permanent solution.

Use only extension cords that have a **THREE-PRONGED** plug and are rated for the intended load.

Do **NOT OVERLOAD** the generator.

**NEVER** connect generators directly to household wiring without first installing a **TRANSFER SWITCH**. This prevents backfeeding which could electrocute utility workers making repairs.

Your home generator should be installed by a **QUALIFIED ELECTRICIAN** and bear the mark of a nationally recognized testing laboratory, such as UL, Intertek or CSA.

The Consumer Product Safety Commission recommends generators be positioned at least **20 FEET** from doors, windows and vents to prevent CO from entering the home.

ESFi For more information about portable generators and carbon monoxide safety visit [www.esfi.org](http://www.esfi.org)

\*Data from "Incidents, Deaths, and In-Depth Investigations Associated with Non-Fire Carbon Monoxide from Engine-Driven Generators and Other Engine-Driven Tools, 1999–2012"; U.S. Consumer Product Safety Commission, August 2013.

[www.facebook.com/ESFi.org](https://www.facebook.com/ESFi.org)

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# Use generators properly for best value

*Editor’s note: Recent forecasts of freezing rain had Cotton Electric members and employees preparing for widespread outages. Southwest Oklahoma dodged an icy bullet but it served as a reminder to always keep safety in mind.*

When you have lost power, a generator can provide the electricity you need to keep your home warm and power your appliances. However, if a generator is not used properly, it may present serious hazards. Cotton Electric and Safe Electricity offer these tips for using a portable generator safely.

- A portable generator is usually gas powered and is movable. Before putting it to use, read and follow all manufacturer instructions. Also, check the cords for damage and ensure that the device is able to handle the wattage or amperage of the appliances that you plan to use. Your generator should

have more output than the wattage of the electronics you will plug into it. Make sure there is nothing plugged into the generator when turning it on.

- Perform regular maintenance on your generator. It is recommended that a generator be operated once a month for 10 minutes to ensure it is running properly.
- Always make sure that the generator is grounded and used in a dry area. Use a generator only when necessary during moist conditions. Protect the generator by operating it under an open, canopy-like structure and on a dry surface where water cannot form puddles or drain under it.
- Never connect your portable generator to the structure directly. This can result in potentially deadly backfeed. Backfeed occurs when electricity gets fed back through the electrical system and meter into the power lines creating a

hazard to line workers and others who may be near downed lines.

- Remember to shut down your generator and give it time to cool before refueling. Always store fuel away from the generator in an approved, non-glass safety container with a charged fire extinguisher nearby. Never operate your generator near flame-producing devices, and be sure not to smoke nearby.
- Never use a portable generator indoors, and remember that opening a window or door or turning on a fan will not produce enough fresh air to reduce the danger of carbon monoxide emissions. Never run the generator nearby windows or doors that can draw the carbon monoxide back indoors. It is a good idea to clear at least three to four feet on all sides of the generator to allow for ventilation.
- Install a battery-operated carbon monoxide detector and test it often,

but also know and be on the lookout for the signs of carbon monoxide inhalation. Symptoms include dizziness, nausea, headaches, and lethargy. If you suspect that you or someone you are with is showing these symptoms, get some fresh air and seek medical attention.

For more information on electrical safety, visit [SafeElectricity.org](http://SafeElectricity.org).

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**Give Your Back a Break...Stop Adding Salt to Your Softener**

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# What if eating more fiber did the trick?

“Eat more fiber” is a recommendation that’s been around since the first Dietary Guidelines for Americans were released in 1977. The newest 2015-2020 Dietary Guidelines for Americans recommend adults consume between 25 and 35 grams of fiber every day.

Most Americans fall short of this target. On average, we consume about half of the recommendation.

Given the long list of benefits from including fiber in your diet, could focusing on fiber intake be the key to nutritional health in 2017?

Fiber has been linked to preventing and managing chronic diseases such as heart disease, diabetes, cancer and obesity. The American Heart Association, American Cancer Association, and the American Diabetes Association reinforce increasing daily fiber intake.

Fiber also promotes a healthy gastrointestinal system, including feeding good gut bacteria and helping alleviate diarrhea and constipation. For obesity management and prevention, fiber plays a role in helping feel full without additional calories.

There are two types of fiber, soluble and insoluble. Soluble fiber dissolves in water and forms a gel. This gel helps with digestion. Insoluble



Kim Bandelier, MPH, RD, LD

## Food For THOUGHT

fiber stays somewhat intact but also helps with digestion.

For some health conditions, you may receive a recommendation to focus on one type of fiber versus another but, for most people, it is most important to focus on eating fiber-containing foods.

To increase your daily fiber intake, first look to fruits, vegetables, beans, nuts, seeds, oatmeal, bran and other whole grains that are minimally processed.

One of the predicted food trends for 2017 is an increase in fiber-for-

tified processed foods. Food labels make it easy to tell which processed foods have fiber.

Be careful of fiber-claims on labels. Before you choose a processed food because it says it is “high in fiber,” check to see if it is high in other healthy nutrients. Does it contain protein, healthy fats, vitamins and minerals? Does it have a reasonable amount of calories per serving?

Here are some easy ways to increase your fiber intake:

- For sandwiches, hamburgers, and tacos: Choose buns or tortillas with fiber and add veggies;
- For breakfast : Add veggies to your omelet, substitute a whole fruit for juice, choose a high-fiber cereal; add beans or vegetables to soups, salads, and casseroles;
- At snack time: Include veggies, bean dip, nuts, seeds, or whole fruits.

Think of a way to use food to add fiber to every eating experience. Turn to fiber supplements only if medically necessary.

Foods naturally high in fiber are also high in other beneficial nutrients. Achieving your 2017 health resolutions could be as easy as focusing on fiber and increasing your physical activity.

# Ramp up breakfast with morning protein

(Family Features) Families across America want to make sure that they’re starting the day strong, and getting enough high-quality protein in the morning is a simple way to do so. A breakfast with protein is a great way to energize the morning, and adding it to your family’s routine doesn’t have to be complicated.

Simply add an 8-ounce glass of milk with 8 grams of natural protein plus other essential nutrients to your favorite breakfast foods for an easy, delicious way to help meet your morning protein goals.

Kids already love milk and it’s a naturally nutrient-rich, wholesome food that moms can feel good about pairing with breakfast. Plus, experts recommend 25-30 grams of protein for adults at every meal – so getting a high-protein breakfast, including milk, gives moms the energy they need to cross everything off a to-do list.

Bring a smile to your child’s face with this charming twist on a breakfast standard. Simply make instant oats with familiar flavors – cinnamon, vanilla and brown sugar – and top the bowl with a friendly bunny face. For more recipes and ideas, visit MilkLife.com.



### Bunny-Faced Microwave Oatmeal

Recipe courtesy of Tiffany Edwards of Creme de la Crumb

- 1/3 cup instant oats
- 3/4 cup fat free milk
- 1/4 teaspoon cinnamon
- 1/4 teaspoon vanilla
- 1 teaspoon brown sugar
- 2/3 small banana
- 2 fresh blueberries
- 1/2 small strawberry
- chocolate syrup (optional)

In microwave-safe bowl, stir together oats, milk, cinnamon, vanilla and brown sugar. Microwave on high 30 seconds-1 minute and stir.

Cut banana in half crosswise. Cut 1 1/8-inch thick coin slices from flat end

of each banana half. Place slices in upper-third of oatmeal bowl, side-by-side, to make eyes. Top with 1 blueberry on each banana slice.

Place remaining banana halves at the top of the bowl, hanging off edge, to create ears.

Place strawberry in the middle of the bowl to make the nose then drizzle chocolate, if desired, to make mouth and whiskers.

Serve with 8-ounce glass of milk.

*Nutritional information per serving: 320 calories; 2 g fat; 0 g saturated fat; 10 mg cholesterol; 18 g protein; 59 g carbohydrates; 5 g fiber; 190 mg sodium; 550 mg calcium (60% of daily value). Nutrition figures based on using fat free milk, and include an 8-ounce glass of milk.*



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QUALIFICATION CRITERIA

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

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Category 2

You are between 50 and 74 years old

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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.

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FAMILY FEATURES

Farmers are the experts when it comes to enjoying the fruits of the land in the best way possible. Learn to eat like a farmer, and your taste buds will be sure to thank you later.

Across the United States, farmers are working hard to bring high-quality foods from their fields and groves to grocery store shelves and, ultimately, to your pantry. Sometimes foods you may not even think about coming from a farm have been grown with the most tender, loving care.

One example is olives, which are typically bought in cans, far removed from the produce section people more typically associate with farms. In California, hard-

working, multi-generational farming families produce more than 95 percent of the olives grown and consumed in the United States. The farms – groves, to be exact – are home to thousands of trees that bear olive fruit for harvest each fall.

It should come as no surprise that these families have fine-tuned some of the most appetizing olive recipes by passing them on from one generation to the next. These farmers don't just grow olives, they cook with them too, and are sharing some of their favorite recipes – from snacks to salads and pasta – using California Ripe Olives.

Find more California olive farmer-approved recipes at CalOlive.org.

# EAT LIKE A

## Rotini with Shrimp and Olives

Recipe courtesy of olive grower Pablo Nerey  
Servings: 6-8

- 1 pound rotini pasta
- 2 tablespoons butter
- 2 tablespoons olive oil
- 3 tablespoons chopped garlic
- 1 pound large shrimp, peeled and deveined
- 1/2 teaspoon garlic salt
- pepper, to taste
- 1 cup heavy cream
- 1/2 cup grated Parmesan cheese, plus extra for garnish
- 2 tablespoons prepared pesto
- 1 can (2.25 ounces) sliced California Ripe Olives

Bring large pot of lightly salted water to a boil. Add pasta and cook 8-10 minutes, or until al dente; drain well and set aside.

In large skillet, heat butter and olive oil over medium heat.

Add garlic and stir until golden, being careful not to burn.

Add shrimp to skillet and season with garlic salt and pepper. Cook about 5 minutes, or until shrimp are pink, stirring frequently.

Reduce heat to medium-low and add cream to skillet; simmer until thick.

Add cooked pasta to sauce and stir in Parmesan cheese, pesto and olives.

Sprinkle with Parmesan cheese.

# FARMER

## Cowboy Caviar

Recipe courtesy of olive grower Natalie Jameson  
Servings: 8-10

- 2 cups chopped tomato
- 3 green onions, sliced
- 1 avocado, peeled, pitted and cut into small cubes
- 1 can (15 ounces) black beans, rinsed and drained
- 1 can (6 ounces) large California Ripe Olives, drained and coarsely chopped
- 1/2 cup prepared vinaigrette dressing
- corn chips

In medium bowl, stir together tomato, green onions, avocado, black beans and olives.

Toss with dressing and serve with corn chips.

## Red Potato and Olive Salad

Recipe courtesy of olive grower Carolina Burreson  
Servings: 4-6

- Dressing**
- 1/2 cup olive oil
  - 3 tablespoons lemon juice
  - 2 tablespoons red wine vinegar
  - 1/2 teaspoon ground pepper
  - 1/2 teaspoon kosher salt
  - 1/4 teaspoon sugar
- Salad**
- 1/2 cup sliced California Ripe Olives, drained
  - 1/2 cup grape tomatoes, halved
  - 1/4 cup chopped fresh Italian parsley
  - 1/4 cup chopped celery
  - 1 1/2 pounds small red potatoes, quartered and boiled until tender
  - 1 jar (6 ounces) marinated artichoke hearts, drained and coarsely chopped
  - 1/4 medium red onion, thinly sliced

In sealable jar, mix together dressing ingredients and refrigerate at least 4 hours.

When ready to serve, place all salad ingredients in large bowl. Drizzle with dressing and toss lightly to coat.

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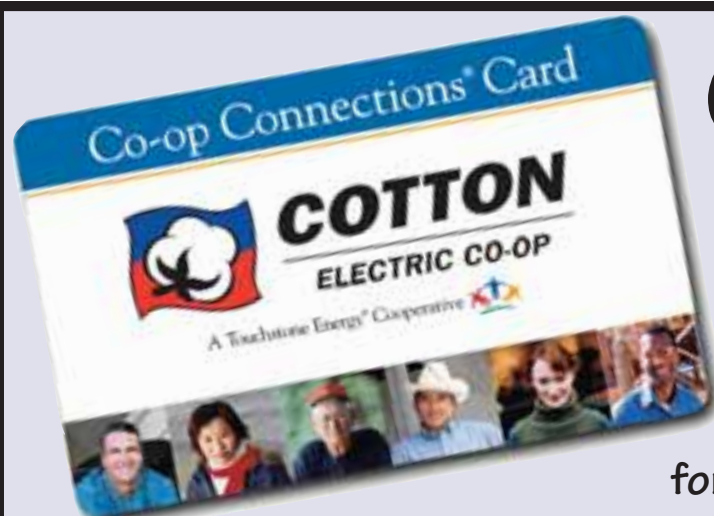


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