

# The Current

A Publication of Cotton Electric Cooperative Inc.

A Touchstone Energy® Cooperative 

“The Current - Informing Our Members Since 1957”

VOLUME 61

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NUMBER 6



## How low can you go?

### Go ahead: Touch that thermostat. Set it lower.

By Karen Kaley

Ah, the roller coaster that is winter weather in southwest Oklahoma. What a wild ride.

First there were those gorgeous 70-degree days during the first two weeks of December. Temperatures dropped and the next week was a little cooler.

Then came the plunge. We finished out 2017 with a brisk high of 24 degrees and a low of 14.

On the fifth day of the new year, we saw a warming trend that took us back up nearly to the 70s before temperatures started to plummet again. At mid-month, forecasters are saying we'll have several nights of below freezing temperatures followed by a series of mild but overcast days.

Weather extremes have a big impact on power bills. Lower temperatures mean higher energy consumption. Home heating can account for nearly half of a winter bill.

To keep Cotton Electric members comfortable on extremely cold days, HVAC systems across the service area

work long and hard. Furnaces cycle on and off more frequently. Emergency heat strips are triggered in homes using heat pumps. Some folks use space heaters to supplement the efforts of their home's heating system, or to keep animals and well houses warm.

Furnaces run, heat strips activate and space heaters push warm air. Whether they use gas or electricity, all of those appliances consume energy during every minute they do their jobs.

We often don't realize just how much energy we are using. Much like the shock of stepping out of a cozy home or business into a windy 30-degree day, a power bill reflecting an extended period of winter weather can be surprising.

Cotton Electric members can't control the weather, but they can control how they use electricity and lessen the impact on their power bills. The first place to start is with the thermostat.

One may think that setting and forgetting is a good way to manage home heating. “But, I didn't touch my thermostat,” is a common response when

weather is identified as the cause of high winter consumption.

Well, perhaps you should touch the thermostat. Perhaps you should set it lower.

Cotton Electric recommends setting a thermostat at 68 degrees during the winter. That's still going to require a lot of energy on a 20-degree day.

Set the thermostat lower if you and your family can tolerate it. Embrace all of those other things that keep you warm in the winter: Layered clothing, sweaters, cocoa, soup, quilts. Snuggle up with your favorite person or indoor pet. Save even more energy by playing cards or a board game instead of watching TV.

There are a lot of other things that will help, such as opening drapes only in the daytime for solar heat and turning off space heaters in unoccupied rooms. Blocking drafts will keep cold air out and warm air in. (More tips on Page 8.)

But lowering the setting on the thermostat is the big one. Every degree lower can trim the heating portion of a power bill by as much as 5 percent.

#### Minimize seasonal bill fluctuations with averaging

Want to flatten the ups and downs of power bills that follow weather patterns? Ask one of our Member Service Representatives if you qualify for our Average Monthly Payment (AMP) plan. With AMP, instead of high and low bills as the seasons change, bill amounts will tend to flatten and be close to the same amount each month.

Qualifying members will have been with Cotton Electric for at least a year with no late payments. The account will be in current status, meaning the current billing should not be past due and no unpaid balance should exist.

With AMP, the average of the previous 12 months is reflected in a monthly bill. The amount of each month's bill will vary some due to fluctuations in fuel costs, variations in usage and rate changes.

Call Member Service department at 580-875-3351 to find out if you qualify for this plan.

#### Power Cost Adjustment Calculated

The power cost adjustment now being applied to bills mailed after Feb. 1, 2018, is (\$0.00427) per kWh.

On a member's average bill of 1500 kilowatt hours (kWh), this will amount to a credit of \$6.41 on the February bill.

#### December 2017 Temperature Extremes

Day	High	Low	Avg.	Day	High	Low	Avg.
1	69	38	54	16	63	21	42
2	72	42	57	17	52	32	42
3	77	46	62	18	52	38	45
4	77	48	63	19	57	50	54
5	48	36	42	20	54	38	46
6	58	28	43	21	66	34	50
7	39	16	28	22	37	31	34
8	49	15	32	23	46	23	35
9	60	23	42	24	41	26	34
10	74	23	49	25	42	27	35
11	76	25	51	26	33	27	30
12	57	30	44	27	29	21	25
13	71	28	50	28	36	29	33
14	55	32	44	29	45	35	40
15	55	25	40	30	43	21	32
				31	24	14	19

Source: srh.noaa.gov/oun/

Average Daily High: 54 Average Daily Low: 30

#### Did You Know?

Cotton Electric offices will be closed Monday, Feb. 19 for the President's 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 or around Feb. 20, 2018.

#### 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.

#### What's Inside

Operating Stats .....	2
Co-op News .....	2
Community .....	3
Co-op News .....	4-6
Puzzles .....	7
Co-op News .....	8-9
Recipes .....	10-11
Classifieds .....	12-15
More news at <a href="http://cottonelectric.com">cottonelectric.com</a>	



From the CEO

# Safety from a personal perspective

The new year brought some brutally cold temperatures to our area, but we were thankful that the holidays were relatively quiet with few outages. As a utility, we anxiously wait for updated forecasts around the holidays and were relieved to avoid major winter precipitation.



Jennifer Meason, CEO



I used the peaceful time around the holidays to finalize plans and strategy for the cooperative for the new year and catch up on my reading. Safety is an integral part of our Cotton CARES program (Community, Accountability, Respect, Engage, Safety) and I'm frequent-

ly looking for ways to improve in this area.

As I was doing some research, I came across an interesting article in *Incident Prevention* magazine. The article focused on how personal stories and experiences shift safety attitudes and behavior.

Author Molly Hall states, "Personal experiences are powerful teachers." When we get

personal and put a face on safety, the lessons are more impactful.

As we begin 2018, we have 86 Cotton Electric team members with 1,287 years of service at the cooperative. That's an impressive number and a great opportunity to learn from our collective experiences. So, over the next year, we're making it a priority to put a face on safety and share that knowledge at our regular safety meetings.

We would also like to share our knowledge and experiences with you, our members. We have a variety of programs, such as electrical safety demonstrations and energy efficiency presentations, that are suitable for all ages. Please contact us at 580-875-3351 for more information.

## Use space heaters sparingly and with safety in mind

Electric space heaters can help quickly warm a room. They can serve as a supplement to a home's heating system. They are a costly alternative and should not be used to heat an entire home.

Space heaters can be dangerous if used improperly.

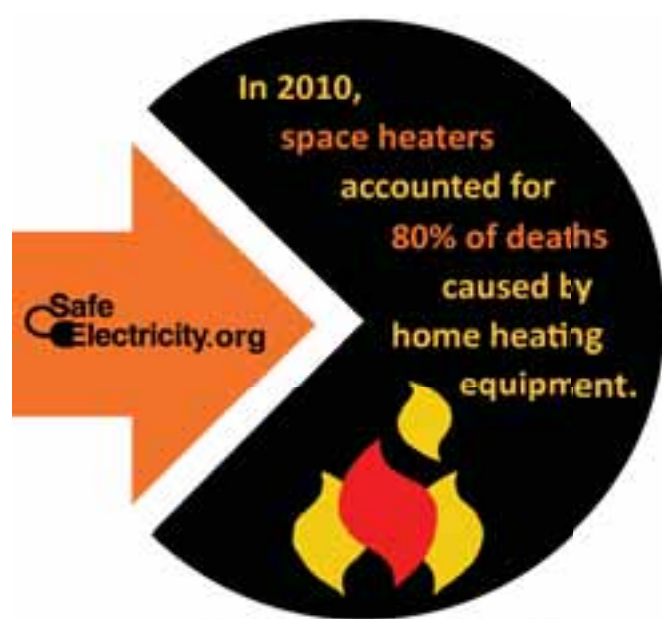
Safe Electricity urges everyone in the home to understand the importance of using space heaters safely:

Purchase only space heaters that have been safety tested and UL approved. Make sure the unit is equipped with an emergency tip-over shut-off feature and heating element guards. Read and follow all of the manufacturer's instructions for operation and care.

Before using a space heater, make sure your smoke and carbon monoxide detectors are in good working condition.

Check to make sure the heater is clean and in good condition, and have all problems professionally repaired.

Place the heater out of high-traffic areas and on a level, hard, non-flamma-



ble floor surface — NOT on carpets, furniture or countertops.

Space heaters have one purpose — to provide supplemental heating. Never use them to thaw pipes, cook food, or dry clothing or towels.

Remember to keep space heaters at least three feet from combustible liquids like fuel, spray cans and paint, as well as flammable items such as draperies, blankets and sofas.

Never allow pets or children near an electric heater. Accidental contact could result in serious shock or burns.

Do not overload circuits. Never use extension

cords or multiple plugs with a space heater, and make sure the unit is not plugged into the same circuit as other appliances.

If your space heater is plugged into a ground fault circuit interrupter (GFCI) and it trips, don't assume there is something wrong with the GFCI. Immediately stop using the heater until a professional can check it— if not, a serious shock could occur.

Never leave space heaters unattended. Turn off your space heater and unplug it before leaving the room or going to bed.

Replace older space heaters with newer, safer models.

### Top 10 Home Electrical Safety Tips

- use a qualified electrician for repair work
- repair loose outlets; replace cracked, worn electric cords
- watch for hot or discolored switch plates, flickering lights, or buzzing sounds.
- get regular check-ups for older homes
- use bulbs with correct wattage for the fixtures
- if children are present install tamper resistant outlets to protect against shock
- unplug electrics if you smell something burning
- keep cords out of walkways and high traffic areas
- use extension cords temporarily, not as permanent wiring
- educate the household on electrical safety

Learn more about home electrical safety at [SafeElectricity.org](http://SafeElectricity.org)



## Energy Efficiency Tip of the Month

Looking for an easy way to make your home cozier? Try using an area rug to increase the insulation levels of your floors. Area rugs are stylish and can keep cool air from entering through your floors. Your toes will thank you!

**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 2017 Operating Stats

	2017	2016
Total Amount Billed/Accrued	\$4,745,875	\$4,869,603
Cost of Purchased Power	3,184,796	3,252,875
Taxes	92,617	95,257
Total Operating Expense Per Mile	914	914
Average Farm and Residential Bill	121	121
Average Farm and Residential kWh	997	946
Total Meters Billed (farm, residential)	18,310	18,269
Miles Energized	5,169	5,163
Density Per Mile	3.54	3.54
New Service Connects YTD	253	229
Services Retired	131	102

## The Current

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# 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 send an email to [info@cottonelectric.com](mailto:info@cottonelectric.com).

## CTHC offers Brown exhibit

An exhibition featuring the personal journals and photos of Dr. Nathan Brown opened Jan. 3 at Chisholm Trail Heritage Center. The show will run through Feb. 27.

Oklahoma's Poet Laureate in 2013-14, Dr. Brown is the creative writing instructor for the CTHC "Saddle Up & Write" program designed for area sixth-grade students. The author has roots in Oklahoma and much of his photography features the community of Cyril.

The exhibit will also feature paintings by Dr. Brown's mother, Norma Brown, also an accomplished artist.

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.

## Winter Market Saturdays in Lawton

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).

## AARP provides free tax assistance

AARP offers free tax assistance and preparation for taxpayers with low to moderate income on a first-come, first-served basis beginning Feb. 1 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.

Volunteers will be on hand from 4 to 6:30 p.m. Mondays, 1 to 3:30 p.m. Wednesdays and 9 to 11:30 a.m. Thursdays at Lawton Public Library, 110 SW 4th Street. During February only, volunteers will be available from 4 to 6:30 p.m. at the Lawton library.

The free service is available from 8:30 to 11 a.m. Mondays, Tuesdays and Wednesdays in Room B123 of the business center at Red River Technology Center in Duncan.

## LCT offers 'An Inspector Calls'

Lawton Community Theatre presents "An Inspector Calls" Jan. 26-Feb. 4 at John Denney Playhouse, 1316 NW Bell Avenue. Performances will be at 8 p.m.

except those on Sundays, which are at 2 p.m.

"An Inspector Calls" takes place on a single night in April 1912, focusing on a prosperous upper middle-class family lives in a comfortable home in an industrial city in the north Midlands. The family is visited by a mysterious inspector who interrogates them about their responsibility for the death of a young working-class factory girl. They are eventually revealed to have been responsible for the young woman's exploitation, abandonment and social ruin, effectively leading to her death.

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

## Bridal fair set for Jan. 28 in Lawton

Engaged couples won't want to miss the 13th annual Journey for the Bride and Groom Bridal Fair from 1 to 4 p.m. Jan. 28 at the Great Plains Coliseum in Lawton. This is a great opportunity for local vendors and brides and grooms to meet and discuss wedding plans.

Vendors include party rentals, DJ services, wedding cakes, catering, travel, reception halls, bridal registry stores, photography, video and many others. All vendors have contributed toward prize drawings. There is a \$5 admission fee.

## OK Horse Fair returns Feb. 9-10

The annual Oklahoma Horse Fair will be Feb. 9-10 at the Stephens County Fair & Expo Center.

This celebration of horses features a horse, pony and mule sale and a Western trade show. A schedule and details about the events can be found at [OKHorseFair.com](http://OKHorseFair.com). For additional information, call Gary Lohman, 405-344-7298.

## 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. All screenings begin at 7:30 p.m.

The Feb. 9 offering is "Roman Holiday," the tale of a bored and sheltered princess who escapes her guardians and falls in love with an American newsman in Rome. The 1953 romantic comedy was directed by William Wyler and stars Audrey Hepburn in an Academy Award-winning performance as Princess Ann and Gregory Peck as the reporter Joe Bradley.

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

## Lenten Fish Fry begins Feb. 16

Fish, fries, slaw, beans, dessert and drinks are on the menu from 5:30 to 7:30 p.m. every Friday from Feb. 16 through March 23 at the annual Lenten Fish Fry sponsored by the Knights of Columbus, Council 5168. All are welcome to dine under the blue roof of the Marlow Catholic Church at 4th & Comanche or take a great meal home.

Meals are \$9 for adults, and children under 10 eat free. All proceeds go to community projects serving children and those less fortunate.

## RV, boat, outdoor show is Feb. 9-11

The Lawton RV, Boat & Outdoor Leisure Show will be from 11 a.m. to 5 p.m. Feb. 9-11 at the Comanche County Fairgrounds in Lawton. Outdoor enthusiasts can take a look at the latest makes and models of equipment for hunting, fishing or simply relaxing and spending time with family.

Admission is \$5 for adults and \$2 for seniors and those with military ID.

For information, call the Abernathy Agency at 405-787-0787.

# PHOTO OF THE MONTH



Little Roman Santos had to juggle a bit to fold his hands in prayer while still carrying out his sign-bearing role during a recent wedding. Barbara Simpson, a 43-year Cotton Electric member in the Fletcher area, couldn't be more proud of how her 4-year-old great-grandson managed both tasks. Roman lives in Denton, Texas with his parents, Mario and Tiffany Santos.

Enter your "best shot" in our Photo of the Month contest. 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.

## Tea party features Oz characters

Duncan Little Theatre is offering everyone a chance to travel over the rainbow during a Wizard of Oz Character Tea from 11 a.m. to 1 p.m. Feb. 17 at First United Methodist Church in Duncan. The whole family can enjoy games, a photo booth, live music, door prizes, magical treats and a special guest appearance from Dorothy, Tin Man, Scarecrow, Glinda and the Wicked Witch.

Tickets are \$15 each and available online at [www.duncanlittletheatre.com](http://www.duncanlittletheatre.com) or at Distinctive Decor at 901 W. Main in Duncan.

## DLT presents 'Wizard of Oz'

Duncan Little Theatre presents "The Wizard of Oz" at 7:30 p.m. Feb. 23 and 24 and March 2 and 3 at the Simmons Center in Duncan.

Tickets may be purchased at the door.

# GUESS WHICH HOUSE HAS BETTER INSULATION IN THE ATTIC.

Heat rises. And when it slips past your ceiling, it melts snow on the rooftop. It's an easy way to tell if you need new insulation.

Find out what you can do at [TouchstoneEnergy.com](http://TouchstoneEnergy.com).



## Upcoming Deadlines for The Current

February		March		April	
Ad Sales	Feb. 2	Ad Sales	Mar. 2	Ad Sales	Mar. 30
Classified	Feb. 7	Classified	Mar. 7	Classified	Apr. 4
Publish Date	Feb. 20	Publish Date	Mar. 19	Publish Date	Apr. 16



**COTTON**  
ELECTRIC CO-OP

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[TOUCHSTONEENERGY.COM](http://TOUCHSTONEENERGY.COM)



# Is your capital credit retirement check trying to find you?

By Karen Kaley

Cotton Electric sent out 13,574 capital credit checks on Dec. 27, 2017. Did you get one?

The checks were the result of a \$500,000 retirement of capital credits. That is a portion of capital funds retained by Cotton Electric in order to build and maintain the system that serves more than 20,000 meters across eight counties in southwest Oklahoma.

A board of trustees monitors many things about the cooperative, including its financial strength. Annually, the board determines whether a retirement of capital credits is feasible.

It is the responsibility of co-op employees to carefully track each active and former member's contribution to the pool of capital funds through the purchase of electricity. When capital credits are retired, each member's share of the retirement is directly related to the amount of electricity purchased.

When checks are issued, they are in amounts of \$5 or more.

So, if you are an active or inactive member of Cotton Electric and did not get a check in the last few weeks, there are two likely reasons:

Your retirement was less than \$5. If that is the case, the funds will be added

## Check tip:

Be sure to cash or deposit your capital check promptly. The checks include this notation: Check is void in 90 days. Your bank should not honor the check after March 27, 2018.

to the next retirement. If the total then is over \$5, you will receive a check.

We don't have a good address for you. Of the 13,500-plus checks sent out, some 320 have been returned as undeliverable.

Capital credit checks represent funds

dating back many years. If your mailing address changes, let us know. If you move out of our service territory, keep us updated with your new address. You never know when we might have a check for you.

There are many ways to update your contact information. Call us at 580-875-3351 or 800-522-3520. Send an email to [info@cottonelectric.com](mailto:info@cottonelectric.com). Drop us a line at 226 N. Broadway, Walters, OK 73572.

Keep an eye on The Current. The list below is names associated with the returned checks. An updated list will run in the February issue.

TO CLAIM A CAPITAL CREDIT CHECK, WE REQUIRE A SOCIAL SECURITY NUMBER TO VERIFY THE MEMBER'S IDENTITY.

## Cotton Electric seeks addresses for returned capital credit checks

Cotton Electric capital credit checks amounting to \$500,000 were issued recently to people and businesses listed here.

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

A share of the capital credits was allocated among active and inactive members and a check was mailed to the latest known valid

address for the member. Checks addressed to members listed here were returned to the cooperative because of incorrect or insufficient addresses.

Cotton Electric Cooperative needs help finding the people listed here. If you see a name on the list that you recognize and if you have information about a current address, please call 580-875-3351 or email [info@cottonelectric.com](mailto:info@cottonelectric.com).

TO CLAIM A CAPITAL CREDIT CHECK, WE REQUIRE A SOCIAL SECURITY NUMBER TO VERIFY THE MEMBER'S IDENTITY.

**A**  
Abeny, Doyle L  
Adams, Steven L  
Allen, Morris  
Andreas V, Harold

**B**  
Ballard, Jessica M  
Ballard, Kimberly  
Barnes, Allen D  
Barnes, Jerry B  
Barnett, Clinton  
Bartlett, Walter L  
Baugus, Tom  
Bauman, Benjamin M  
Beasley, James D  
Benson, Charles  
Bentley, D  
Bentley, V  
Boelter, Kristie  
Boers, Wayne  
Bohanan, C A  
Booth, John W  
Booth, Ronnie  
Bradford, Don A  
Bradshaw, Michael J  
Brewer, Ernest L  
Briscoe, Valerie J  
Bronson, Myrtle  
Brooks, Carl W  
Brooks, Don  
Brooks, Rebecca A  
Brooks, Terry L  
Brown, Helen M  
Brown, James H  
Brown, Ronald T  
Browning, Jay K  
Bruce, Frank  
Burch, Bill D  
Burton, Aaron  
Burton, Francis E  
Byars, Diane

**C**  
Cain, Seldon  
Calhoun, Lisa D

Cantwell, Levi  
Capron, Jessica L  
Careathers, Rose M  
Carpenter, Janelle  
Carter, Athalie  
Cartwright, Lana  
Casteel, J  
Casteel, Scott L  
Castlebury, Doris E  
Cates, Richard  
Caudell, Alan  
Chambers, Charles M  
Chapman, Ernest  
Chapman, Penny  
Chibitty, Mead  
Clomberg, Christine  
Clowser, Maxine  
Cockrell, Shanda  
Cody, Jonathan H  
Coleman, Dale B  
Collins, Curtis  
Cook, Charles A  
Cook, Gerald E  
Cooper, Sandy D  
Copeland, Barry  
Cox, Earl  
Crane, Bandit  
Crims, Christina A  
Cronemeyer, Tim J  
Cunningham Jr., John H  
Cvikich, Jonathan

**D**  
Dalton, Rubye  
Daugherty, Louie  
Davidson, Brant  
Davis, Carl L  
Davis, Johnny J  
Davis, Kenneth  
Davis, Lelia B  
Davis, William E  
Dell, Dustin M  
Denewith, Frank M  
Dennis, Erick  
Denny, Lawrence  
Deltman, John D

**F**  
Ferguson, Patricia A  
Ford, Norman  
Foster, Billie J  
Foster, Michael B  
Fowler, Don  
Freeman, Mark A  
Friesen, Mike  
Fuller, B

**G**  
Garrison Jr., James  
George, Gertrude  
Gilbert, Justin  
Gipson, Billie J  
Gisinger, Thomas J  
Goggans, Christopher C  
Goode, Darrin  
Graham, Barbara  
Granger, Patricia A  
Graves, Marie A  
Green, Paige  
Green, Russell L  
Greenlee, Lisa L  
Greer, Vicky  
Griffith, Justin M  
Griffith, Mark W  
Griffith, Seleana  
Groves, Melynda  
Gunter, W

**H**  
Hall, Joanna  
Hallstrom, Michael  
Haney, N C  
Harris, Paul E  
Harris, R  
Hartman, Joseph D  
Headley, Ronnie J  
Heald, Doyle  
Hefner, James  
Hendricks, Monte  
Henson, Mary  
Hernandez, Manuel  
Hershey, Charles A  
Hess, Lee M  
Hilgert, John  
Hirsch, Rachel  
Hoahwah Jr, Carlton H  
Holdbrook, Donald R  
Holt, Wesley L  
Horne, Preston L  
Huey, Marvin E  
Huffman, Jerry D  
Huntley, Lynda P  
Hurley, James F

**I**  
Inman, Virgil  
Isenberg, W  
Isham, Garry

**J**  
Jackson, Jewell J  
Jacobs, Larry D  
Johnson, Crystal G  
Johnson, Dorothy  
Jones, Kristin  
Jones, Mark  
Jones, Mary B  
Jordan, Jeff T  
Juarez, Trinidad M

**K**  
Kaywaykla, Bill  
Keener, Debra  
Keeter, Cecil  
Kendall, Howey

**L**  
Kennedy, Ronald G  
Kennedy, W H  
Ketch, A  
Killsfirst, Kristopher B  
Kinnaird, Howard C  
Kinnarid, J  
Kirkland, Harry A  
Kohler, Janet K  
Komula, Paul D  
Kozark, Mary C  
Kubiak, Cody M

**L**  
La Deaux, Ricky D  
Lackey, Elvis  
Lafon, Stanley F  
Lane, Sarah  
Langston, Bill  
Lawson, Eric M  
Lee, Robert  
Lewis, A  
Lewis, Lacy  
Lister, Kerry D  
Lohrer, Byron  
Louis, Djeunie S  
Lowery, Paula J  
Ludwick, Christopher P

**M**  
Maddox, James D  
Magby, Stanley R  
Mahoney, Lindsay  
Manuel, Joyce  
Mathey, Bill  
McBride, Bruce A  
McClusky, Glen  
McCorkle, James  
McDaniel, George  
McFall, Steven R  
McFarland, Christan L  
McKemie, Keith  
McLeary, David J  
Metheny, Harold  
Milburn, Lee R  
Mildren, Mary L  
Mittasch, Bob  
Monroe, Harold A

## Businesses

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

A & A Const Arvest Bank Aztec Drilling Co Connie's Café Cotton County Ventures Dan Julian Agency Don's Tank Trucks	FDC Services Inc Family Worship Center Fire & Ice Geothermal K & J Enterprises Inc LimeRock Resources II Macomb Const Corp	McFall and Dennis Okla Tax Commission Shooting Star Oil Co Smoke House Sperling School Spur Operating Co Webb & Mote Mfg Co
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Montgomery, Don  
Moore, Daryl L  
Moreno, Martin L  
Morgan, Jack  
Morgan, Keith A  
Morrow, Connie F  
Mullica, April D  
Myers, James B  
Myers, Terry C

**N**  
Natividad, Bobby  
Nelson, Kenneth E  
Neugebauer, Bob  
Newton, Brent  
Nicholson, Vardaneil  
Noel, Preston  
Nolan, A L

**O**  
Oliphant, L

**P**  
Palmer, Thomas R  
Paris, Robert S  
Parsons, Julian L  
Passmore, Allen A  
Patton, Gertrude M  
Paxton, Charles E  
Peacock, Kathy S  
Pearson, Michael D  
Peck, J D  
Pendley, Alton  
Pendley, Lucille  
Perkins, Tommy  
Peters, Lottie  
Pettijohn, Ronald G  
Petty, Bill  
Pier, Edward  
Plowman, Alvin L  
Pogue, Ruth E  
Pollard, G  
Poole, William  
Prater, Jerry L  
Pratt, Boyd  
Pratte, John L  
Prendergast, John J  
Presgrove, Leslie  
Price, Glenda F  
Prickett, David W  
Puckett, Gary G  
Pugh, Bill K  
Putter, Lloyd M

**Q**  
Quetone, Charles

**R**  
Ray, Andrew  
Readings, Joe W  
Remy, Roger B

Reyes, Alberto S  
Rhodes, J  
Rice, Rondel W  
Richter, Travis L  
Riddle, Jackie  
Riley, Dewayne  
Riley, Jason  
Roberts, James F  
Robertson, Johnny  
Robertson, Kenny  
Russell, Alvin W  
Ryther, Donald E

**S**  
Salazar, San J  
Schulte, Julius  
Scott, Pam  
Scott, Ricky  
Seigler, Lloyd  
Self Jr, Bill F  
Sessums, Elizabeth B  
Sevier, Angela R  
Seymour, Elmer  
Shirley, Ladonna  
Shropshire, Vickie S  
Shultz, Jeneell M  
Sikes, Larry D  
Simmons, Danny B  
Singletary, James R  
Skeen, David W  
Slavin, Jesse  
Smith, Christopher  
Smith, Lorene  
Smith, Rose M  
Sonstegard, Curtis  
Spicer, Wilma J  
Spinks, Felisha  
Spivey, Darrell R  
Stander, David J  
Stephen, Michael  
Stewart, Sherry  
Stineburg, William L  
Strawderman, Linda  
Stricklin, Joseph D  
Stitch, D  
Sullivan, Barney E  
Sullivan, Earl D  
Sullivan, Kenneth L  
Sullivan, Russell  
Summers, John V  
Sutton, Jim  
Sylvester, Fred L

**T**  
Tafoya, Billie R  
Talbot, Halee M  
Talley, C  
Taylor, Christopher E  
Thomas, Claude H

Thomas, Edgar  
Thompson, Kayla L  
Thurber, Loren K  
Tims, A  
Toahy, Gladice R  
Townsend, Heidi  
Trent, Benny D  
Tucker, Angela  
Tugman, Leon

**U**  
Underwood, Douglas R

**V**  
Vangura, Stephen M

**W**  
Waggoner, James K  
Walker, George H  
Walker, Ronnie L  
Warner, Gene  
Wasson, Bradley  
Watkins, Jerry L  
Watson, Ricky  
Weatherly, James R  
Weaver, Danny  
Webster, Walter P  
Weston, Jeff  
Whetstone, Robert G  
White, Charles W  
Whitlock Sr, Robert T  
Wiersema, Billie  
Wilcoxson, Frank  
Wilkerson, Tammy  
Williams, K  
Williams V, Mike  
Willingham, D  
Willson, Curtiss D  
Willson, M  
Wilson, Bill  
Windham, Joseph D  
Wolf, John  
Wood, Cheryl  
Wood, Henry A  
Woolf, Patty B  
Worthington, Robert L III  
Wright, Chris  
Wright, Roberta L

**Y**  
Yaden, Bryon T  
Yarbrough C D

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*A few thoughts on sweaters*

# What's good for members is good for editors, too



**Editor's note:** Sometimes you sit down to write one story and a different one comes out your fingertips. While preparing text for the annual "gosh, it's cold" issue of The Current, this personal contemplation about ways to keep warm appeared. Enjoy. Stay warm.

*By Karen Kaley*

Because I live in sunny southwest Oklahoma, I don't own many sweaters. The few I possess live in a storage box at the bottom of my closet. I don't take them out very often and they will probably last me a lifetime because they are rarely worn.

It's not that I don't like sweaters. I admire them in the stores but pass them by. In my mind, there's not much call for them in these parts.

I can tough it through a day or two of really cold weather, preferably by staying inside with a blanket and a good book. I know that the frigid air will not linger in our cor-

ner of the state and soon we will be back to chilly mornings followed by mild afternoons.

I keep a minimal supply of bulky winter wear, just in case. The last time I put it to good use was in 2010, when my home was without power for an extended period of time. I am reluctant to tempt the fates by describing the icy cause.

Still with me? Wondering why I am sharing my personal opinion about sweaters and such? It's because I've had an "Aha!" moment.

I am writing this on the third day of January and the fourth day of below freezing weather. It is the 13th day in a row of outdoor temperatures below 50 degrees and it looks like tomorrow will be the same.

During those days, my home's heating system has worked longer and harder to keep me and my husband comfortable. We control some of that with a thermostat still programmed around when both of us

worked outside the home.

He's retired now, has not learned how to change the thermostat and says it's a little chilly in the house during the day. I tell him to wear a sweater.

Cotton Electric members have noticed energy consumption rising during these cold weeks and have asked on social media and through emails for ways to control their use of kilowatts. My go-to response has been: Dress warmly and drop your thermostat to the lowest setting you and your family can tolerate.

Aha! I need to take my own advice. I need to wear my sweaters.

But before I do that, I need to get rid of that awful white sweater with the giant pastel argyle pattern. It was so hip in the 1980s.

I need to support the local economy by using my power bill savings to update my winter wardrobe. I just know my husband will see the logic in this line of reasoning. :-)

# Blanket yourself with warmth, safety

Your electric blanket may be a staple for cozy, winter nights. When winter chill begins to descend and you bring out your electric blanket, first make sure it is safe to use and review safety instructions, the same steps to take if buying a new one.

Check the product label and that the model was tested and approved by a safety laboratory. Verify that there is a safety mark, such as "UL" so that you know the blanket is safe for use. Read manufacturer instructions, warnings, and risks.

Before using your blanket each year, check that all of the wiring is snug. Loose wiring can result in electrical fires. When your blanket is in use, it should be flat, so the coils aren't folded, which can create a fire risk and burns to the blanket.

Be careful not to tuck blanket areas with electric wires or run cords under the mattress. This could create friction once you sleep on top of the mattress, which can cause damage or trap excess heat and pose a fire hazard. If you are not in the room, turn off your blanket.

Natalie Hemmer, Safe Electricity Advisory Board member, recom-

mends people look their electric blanket over for signs of damage. "If your blanket becomes worn, has scorch marks, discoloration, or fraying, this can be an indication of damaged wiring. Do not use it. Discard it immediately if it shows any of these warning signs."

Stop using your blanket if you smell smoke or a buzzing sound during use. If your blanket has been used 10 years or longer, replace it. Never dry clean an electric blanket. Check manufacturer's instructions on whether it can safely withstand limited machine washing on the gentle cycle. Make sure that your blanket is dry before each use.

Make sure that it used on top of your body, rather than lying or sitting atop it. Body weight on top of the blanket can create a fire hazard. Never place objects on top of

your blanket, as this can result in an elevated temperature, potentially causing the blanket to ignite.

Don't allow pets near your blanket. Cat or dog claws can cause rips and tears, which may expose the electric wiring of the blanket and create shock and fire hazards. If you can't keep your pet away, consider purchasing a low-voltage blanket.

Hemmer advises that if you have any questions or concerns about the safety of your electric blanket, seek professional advice. "If you see potential danger signs with the blanket, contact the manufacturer."

Safe Electricity wants everyone to have a warm winter season and safe, peaceful rest. For more information on electrical safety, visit SafeElectricity.org.

Sources - Consumer Product Safety Commis-



## Excellent opportunity!

Cotton Electric Cooperative is seeking an enthusiastic team player to join our staff as a Newspaper Editor. Successful applicants will have excellent news writing and proofreading skills combined with experience in photography, digital media, layout and design. A bachelor's degree in communication, public relations or journalism is preferred.

Applications can be picked up at Cotton Electric Cooperative at 226 N. Broadway in Walters, OK or completed online at [www.cottonelectric.com](http://www.cottonelectric.com). Completed applications along with a resume can be emailed to [kjohnson@cottonelectric.com](mailto:kjohnson@cottonelectric.com) or submitted to the Walters office. Applications will be accepted until 5 p.m. Friday, Jan. 26.

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- **625 E. Texas: Price \$64,900.** 3 bed, 1 bath, 1500 sqft, full brick. Updates include; Granite counters, cabinetry, roof and windows
- **603 E. Kansas, Walters: \$197,000.** 2279 sqft, 4 bed, 2 bath. Close to Youth Park, newer construction, large yard, well maintained.
- **319 E. Colorado, Walters: \$69,000.** 2114 sqft, 4 bed, 1 bath. Older home, many updates, 2 story, large corner lot.

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JANUARY 28, 2018

# PrivacyAware

Data Privacy Day, January 28, 2018, is an internationally recognized day dedicated to creating awareness about the importance of privacy and protecting personal information.

AT HOME

TALK WITH YOUR FAMILY AND FRIENDS ABOUT WAYS TO STAY SAFE ONLINE.



PERSONAL INFORMATION IS LIKE MONEY. VALUE IT. PROTECT IT.

Be thoughtful about how your personal information is collected through apps and websites.

OWN YOUR ONLINE PRESENCE

Learn about and use privacy and security settings on your favorite online games, apps and platforms.

IN YOUR COMMUNITY

SHARE YOUR PRIVACY KNOWLEDGE BY VOLUNTEERING IN A LOCAL SCHOOL, SENIOR CARE FACILITY OR FAITH-BASED ORGANIZATION. USE FREE RESOURCES FROM STAYSAFEONLINE.ORG TO SPREAD THE WORD.



SHARE WITH CARE

Think before posting about yourself and others online. Consider what a post reveals, who might see it and how it could be perceived now and in the future.

Consider browser, password security

Editor's Note: During National Cyber Security Awareness Month, we received so much information to share with co-op members, we couldn't fit it all into one month. We'll feature two or three suggestions each month through July 2018.

An easy way to investigate links: Find The Current at CottonElectric.com under Member Services. The online version of The Current features live links, where a click will take you directly to the page.

Secure your browser and online activities (for at-home personal computers)

Install Mozilla Firefox (https://www.mozilla.org/en-US/firefox/new) and set it as your default browser. Firefox allows for the best security configuration in the Windows operating environment. Consider installing the following add-ons to Firefox:

- HTTPS Everywhere - https://www.eff.org/https-everywhere
• Privacy Badger - https://www.eff.org/privacybadger
• Adblock Plus - https://addons.mozilla.org/en-US/firefox/addon/adblock-plus

HTTPS Everywhere attempts to encrypt your connections to the websites that you visit online, while Adblock Plus and Privacy Badger keep those sites from downloading adware or other unwanted programs to your computer.

Further enhance the security of your home system and home network by installing a firewall. A basic firewall has been built into Windows since the introduction of Windows XP in 2001. At a minimum, make sure that the Windows firewall is turned on. You can check the status of the Windows firewall from the control panel 'System and Security' area.

The Windows firewall protects your system from outside attacks, but more robust protection can be obtained by running an advanced firewall. Here are two that are free:

- Comodo Firewall - https://www.comodo.com/home/internet-security/firewall.php
• Zone Alarm Firewall - http://www.zonealarm.com/software/free-firewall

Adjust the privacy settings on your social media accounts to ensure good privacy and security of your personal information. Information on enhancing security of your social media accounts can be found on 'Social



Media Smartcards' (developed by Novetta in consultation with the FBI; downloadable "cheatsheets") or you may choose to use a service, such as AVG PrivacyFix - http://www.avg.com/wwen/privacyfix. Perhaps provide these for your colleagues.

- Facebook - http://security.arizona.edu/sites/securitysiab/files/facebook\_smartcard.pdf
• Google+ - http://security.arizona.edu/sites/securitysiab/files/google\_smartcard.pdf
• LinkedIn - http://security.arizona.edu/sites/securitysiab/files/linkedin\_smartcard.pdf
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• Traveling Safely with Smartphones: http://security.arizona.edu/sites/securitysiab/files/traveling\_safely\_with\_smartphones\_smartcard.pdf
• Twitter - http://security.arizona.edu/sites/securitysiab/files/twitter\_smartcard.pdf

Use a Password Manager

Password managers allow you to create and manage strong passwords across multiple sites. Password managers allow you to use long, complex passwords, without the need to remember more than a single master password for the password manager of your choice. Some of the most popular (and secure) password managers include:

- LastPass - https://lastpass.com
Keepass - http://keepass.info
KeepassX - https://www.KeepassX.org
Password Safe - https://pwsafe.org
Dashlane - https://www.dashlane.com/password-manager
Norton Identity Safe - https://identitysafe.norton.com
RoboForm - http://www.roboform.com/password-manager

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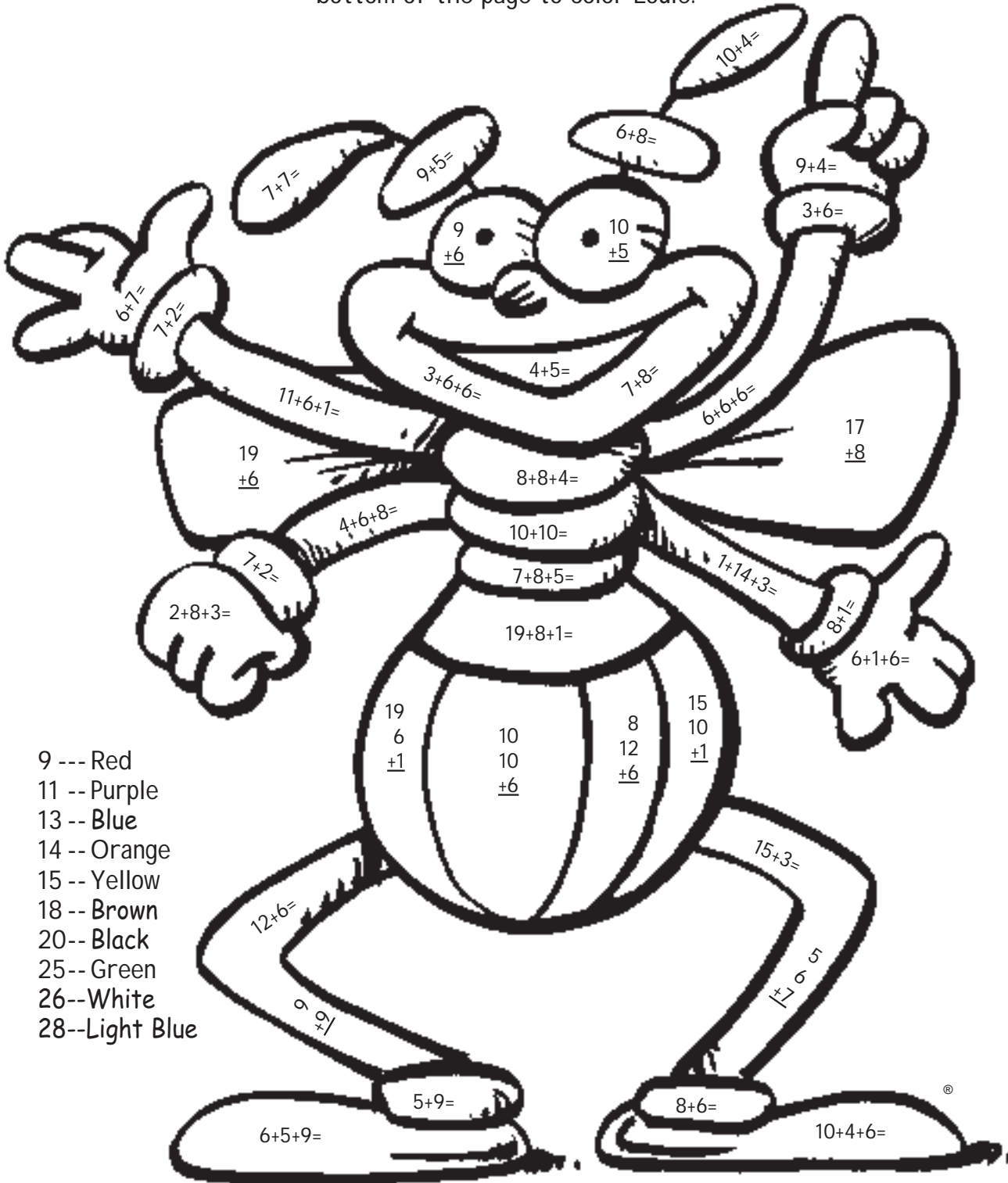
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Complete all the addition problems. Check your answers. Use the color code at the bottom of the page to color Louie.

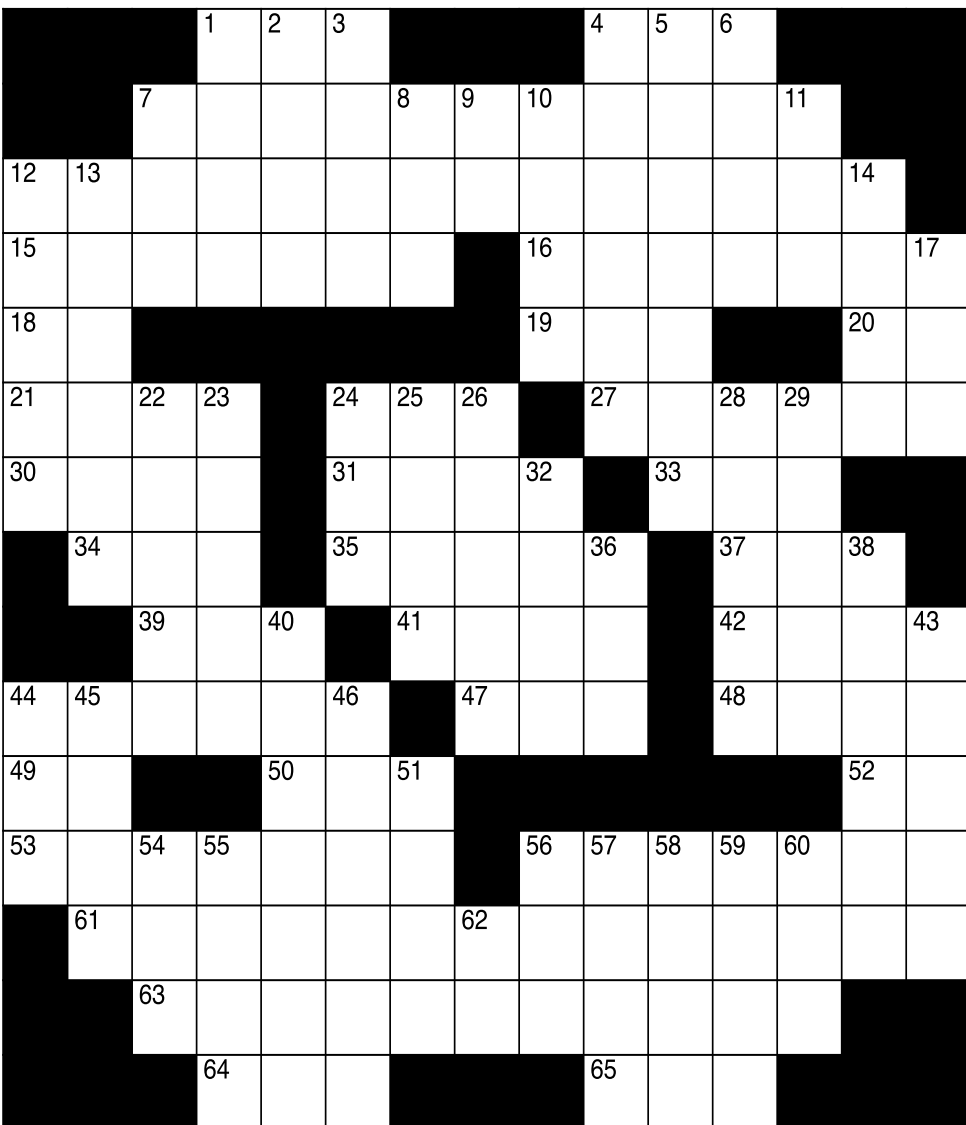


- 9 --- Red
- 11 -- Purple
- 13 -- Blue
- 14 -- Orange
- 15 -- Yellow
- 18 -- Brown
- 20-- Black
- 25-- Green
- 26-- White
- 28--Light Blue

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### ACROSS

1. Measurement (abbr.)
4. Returned material authorization (abbr.)
7. Sorting
12. Attribute
15. Poked holes in
16. Angers
18. Doc
19. MLB journeyman pitcher Dillon
20. Not don't
21. Snubs someone
24. Where kids bathe
27. One might be in distress
30. Chair
31. Music industry honors (abbr.)
33. Dash
34. Owed
35. Caucasian language
37. One thousand (Span.)
39. Musical style drum and bass
41. Evergreen trees native to warm climates
42. Begin \_\_\_: start fresh
44. Marshy outlets
47. A chicken lays one
48. Yemen's largest city
49. Conversion rate
50. Single Lens Reflex
52. Atlanta rapper
53. Reduce the importance of
56. Faces of buildings
61. Something achieved
63. Distribute again
64. Tooth caregiver
65. 007's creator



4. Destroyed financially
5. Fail to interpret correctly
6. Fava d'\_\_\_: tree found in Brazil
7. Vehicle
8. Limited
9. Old English
10. Aussie golfer Norman
11. Job
12. Loose-fitting undergarments
13. Protected by balancing
14. Give up
17. Fifth note of a major scale
22. Extravagantly bright
23. Takes dictation
24. 19th letter of Greek alphabet
25. Rounded knob (biology)
26. French philosopher Pierre
28. Mothers
29. Dardic ethnic group
32. Supports the rudder
36. An ugly evil-looking old woman
38. Of a fasting time
40. Filled with passengers
43. Below the ribs and above the hips
44. Binary-coded decimal
45. 51 is a famous one
46. Goes into a funk
51. Chief O'Hara actor
54. Videocassette recorder
55. Scored perfectly
56. Type of tree
57. \_\_\_ Spumante (Italian wine)
58. Popular commercial "pet"
59. Supreme god of Ancient Egyptians
60. Room in a home
62. \_\_\_ and behold

### DOWN

1. Skater Lipinksi
2. Data
3. Single step

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# Keep warm air in, cold air outdoors

Bitterly cold temperatures across much of the country can bring an equally cold reality: higher heat bills. Increased heating costs are inevitable; however, energy dollars can pour out of your living space through drafty doors and windows as well as unused portions of the home. There are several steps consumers can take to lower costs while staying comfortable during a frigid winter.

“Heating and cooling account for more than half of home energy costs,” says Molly Hall, executive director of the Energy Education Council (EEC). “Simple steps like lowering the thermostat when you go to bed or while gone can shave a substantial percentage off your heating bill.”

EEC suggests these tips to avoid wasting heat and to save on your bill:

- During periods of heavy heating, change your filter every month or two. If a filter is dirty, the furnace has to work harder to move air.

- Check for air leaks and drafts around doors, windows and exterior walls. Use caulk, sealant, and weather stripping. Clear film window kits can help with drafty, older windows.

- Check the ductwork that’s in your basement or attic. Air leaks in ducts can account for about 20 to 30 percent of wasted heat. If there are leaks or holes in your ducts, use sealant or metal tape.

- Save up to 5 percent

for each degree the temperature is lowered on your thermostat. For example, reducing the setting from 71 to 68 can save up to 9%.

Use a programmable thermostat to set your temperature lower when you’re away to prevent energy waste from heating an empty house. This can help you save up to 15 percent each year.

- Leave space around heating registers so warm air can easily enter the area.

- If you have a fireplace, close the damper when not in use.

- Use a space heater to increase the temperature of a room rather than cranking up the heat to warm the entire house.

- Turn your water heater down to the “warm” setting, or to about 120 degrees, to cut back on the energy waste and reduce the likelihood of scalds. Water heating consumes a higher percentage of heating costs than you might think, nearly a fifth.

Additional measures include a home energy audit to check the amount of insulation in the attic, crawlspace, and floors and walls adjacent to unheated spaces such as basements and garages. If you haven’t already, it’s not too late to have your heating system checked. Consider replacing older heating equipment with a newer, more efficient system.

Find more efficiency information at [www.energysource.org](http://www.energysource.org) or [www.SafeElectricity.org](http://www.SafeElectricity.org).

# 10 Quick Tips to Avoid High Winter Bills

Looking to lower your bills this winter? Use the 10 tips below to conserve energy.

-  Seal air leaks and insulate well to prevent heat from escaping and cold air from entering your home.
-  Reduce waste heat by installing a programmable thermostat.
-  Turn off lights when not in use.
-  Lower your water heater temperature. The Dept. of Energy recommends using the warm setting (120 degrees) during fall and winter months.
-  Unplug electronics like kitchen appliances and TVs when you’re away.
-  Open blinds and curtains during the day to allow sunlight in to warm your home.
-  Close blinds and curtains at night to keep cold, drafty air out.
-  Use power strips for multiple appliances, and turn off the main switch when you’re away from home.
-  Wash clothes in cold water, and use cold-water detergent whenever possible.
-  Replace incandescent light bulbs with LEDs, which use at least 75 percent less energy.

Source: U.S. Dept. of Energy

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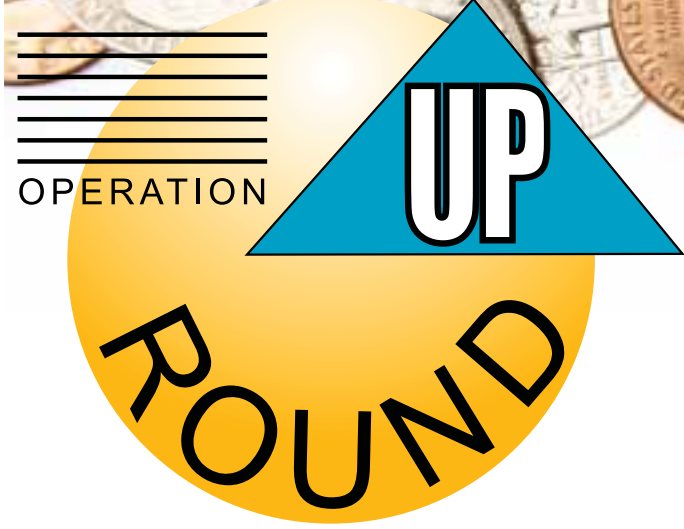
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# Members contribute \$61,221 through ORU during 2017



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 12,820 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 2017, CECF issued 24 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.

A highlight of 2017 was crossing the \$1 million mark in total grants issued to improve the quality of life in southwest Oklahoma. Since its beginning in 2004, Cotton Electric Charitable Foundation has distributed \$1,029,423 to assist the needs of more than 200 organizations and individuals.

Download CECF grant applications at CottonElectric.com. First-quarter 2018 grant applications are due Feb. 28.

### 2017 grant recipients include:

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

Volunteer Fire Departments	\$258,393.00
Communities	\$231,878.16
Youth	\$145,218.11
Schools	\$136,845.05
Services	\$96,766.15
Individuals	\$60,250.00
Public Safety	\$56,724.00
Seniors	\$43,348.64
<b>Total</b>	<b>\$1,029,423.11</b>

- Alzheimer's Association
- Bray-Doyle Academic Booster Club
- Cameron University Foundation
- Center for Creative Living
- Chisholm Trail Heritage Center Assoc.
- Comanche Elementary School
- Cotton County Art Council
- Duncan Area Literacy Council
- Elgin Middle School
- Empire Elementary School
- FAME Academy
- Horace Mann & Plato Elementary Schools

- Hugh H. Cherry VFW Post 1192
- Indianapolis Community Food Bank
- Make-A-Wish Foundation
- Regional Food Bank
- Stephens County Honor Guard
- Stephens County Humane Society
- Temple Volunteer Fire Department
- United Way of Southwest Oklahoma
- Velma Police Department
- Vizavance
- Waurika Youth, Inc.

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.



FAME Academy will purchase an AED (automated external defibrillator) using a \$1,374 Cotton Electric Charitable Foundation grant. Cotton Electric representatives on hand for the big check presentation included Shane Bowers, staff assistant; Bryce Hooper, vice president of marketing and subsidiary services; and CEO Jennifer Meason.



Comanche Elementary students in Mrs. Tammi MacCarter's 4th-grade class are among those who will use Chromebooks purchased with a \$2,000 Cotton Electric Charitable Foundation grant. The grant is the result of efforts by Sue Wooten, administrative assistant to the school's principal, Robin Troutman. Cotton Electric representatives on hand for the big check presentation included CEO Jennifer Meason; Shane Bowers, staff assistant; and Bryce Hooper, vice president of marketing and subsidiary services.



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# Come clean with your doctor in 2018

Seven out of 10 American adults take at least one prescription drug. One of the first things a healthcare provider asks during an exam is about the medications you take.

But do they ask about what dietary supplements you are taking? If they don't, it is important that you take the initiative and let them know.

Fifty percent of U.S. adults take dietary supplements on a regular basis according to a survey conducted in 2014 by the Council on Responsible Nutrition. The category of dietary supplements in the survey included multivitamins, individual vitamins and minerals, herbal supplements and extracts, protein, omega 3 fatty acids, probiotics and fiber.

Despite this high percentage of use, only one-third of patients inform their healthcare provider of their supplement use. This is problematic as many prescription drugs interact with certain dietary supplements, rendering them ineffective or more potent, and potentially causing a life-threatening situation.

Drinks, shakes and bars often have



Kim Bandelier, MPH, RD, LD

## Food For THOUGHT

added vitamins, minerals and/or herbal extracts. How do you know? Read the label.

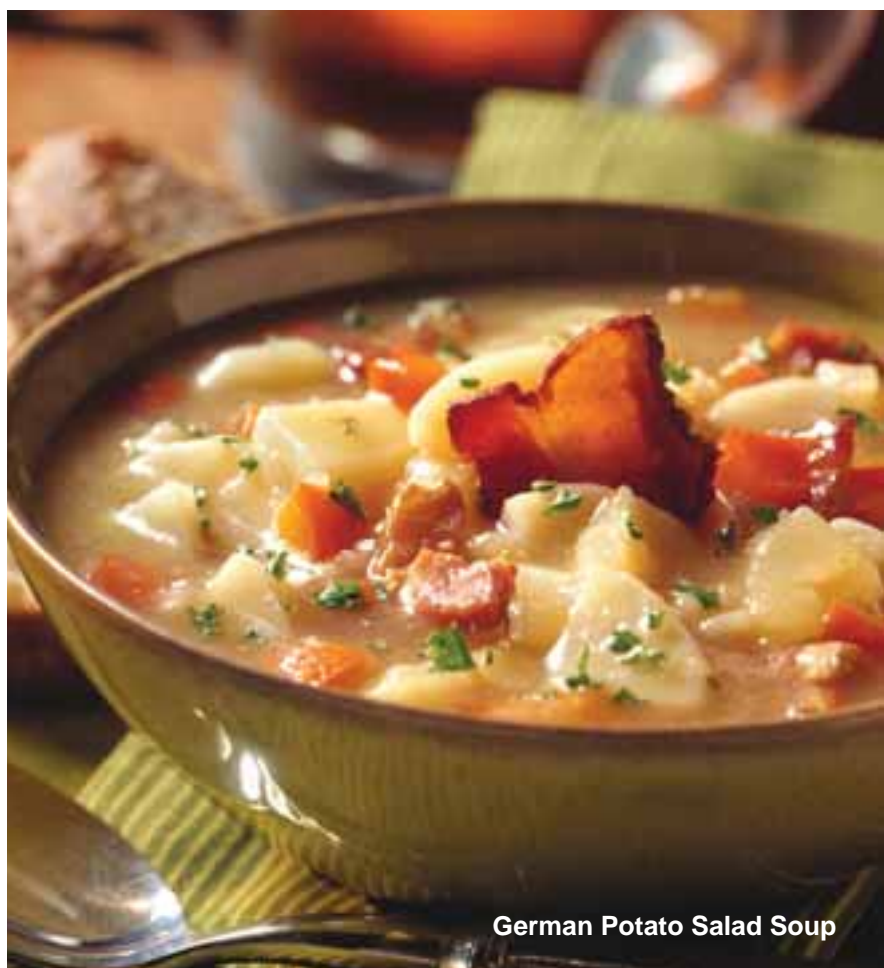
If it is something that you consume on a regular basis, bring the nutrition and ingredient label in when you visit with your healthcare provider and discuss possible interactions with prescription drugs you are taking.

Dietary supplements can also skew laboratory tests.

A recent example occurred in November of 2017, when the U.S. Food and Drug Administration issued a warning that a common dietary supplement may interfere with critical laboratory tests involving looking for heart conditions and hormonal abnormalities. The offending dietary supplement is biotin, a vitamin that is touted to improve nails, hair and skin when consumed in doses higher than traditionally recommended.

There are foods that negatively interact with drugs. Grapefruit juice is the most common, followed by natural black licorice, salt substitutes, foods high in tyramine, and foods high in Vitamin K.

People taking prescription drugs have many resources available to them to understand potential interactions, including the prescribing doctor, pharmacist, drug insert, and dietitian. To ensure that your prescriptions are fully effective, and your lab tests are as accurate as possible, come clean with your doctor about all medications and dietary supplements.



German Potato Salad Soup

### German Potato Salad Soup

Prep time: 15 minutes  
Cook time: 15 minutes  
Servings: 4

- 1 cup chopped onion
- 1 cup chopped red bell pepper
- 1 tablespoon olive oil
- 2 cans (15 ounces each) READ German Potato Salad, chopped
- 1 bottle (12 ounces) light beer
- 3/4 cup reduced-sodium, fat-free chicken broth
- 6 ounces (1 cup) diced ham, smoked turkey or sliced smoked sausage (optional)
- 1/2 teaspoon salt (optional)
- 1/4 teaspoon pepper
- 1 tablespoon chopped parsley
- rye croutons (optional)
- crumbled bacon (optional)

In Dutch oven or 3-quart saucepan over medium heat, cook onion and bell pepper in oil until onion starts to brown, 5-7 minutes, stirring occasionally.

Add potato salad, beer, broth and meat, if desired, and stir to combine. Bring to boil, reduce heat and simmer, uncovered, 10 minutes, stirring occasionally. Add salt, if desired, pepper and parsley.

Serve topped with rye croutons and bacon, if desired.

## Hearty dish takes chill off winter days

(Family Features) As winter chills settle in, one way to warm up from the inside-out is with family meals centered around a delicious bowl of comfort food like pasta, soups and stews.

By planning your weeknight menu to include wholesome, organic foods made with no artificial flavors, artificial colors or high-fructose corn syrup, you can create hearty and flavorful dishes in the New Year that will have everyone in the family eager to dig in.

With a high quality, organic sauce in your pantry like one of the Bertolli US-

DA-certified Organic Pasta Sauces, available in red- and white-sauce varieties, you can quickly whip up a warming and indulgent winter dish while still keeping your resolutions to cook with more quality ingredients. For example, this recipe for Campanelle with Prosciutto and Peas uses Creamy Alfredo Sauce, made with organic cream, aged parmesan cheese and spices, is sure to become a cold-weather family favorite!

Find more recipes to kick-start tasteful family mealtimes through every season at Bertolli.com.

In pot of salted water, cook pasta 2 minutes less than directed on package. Drain pasta.

In large skillet over medium-high heat, heat oil and shallots. Cook 3-4 minutes, or until softened. Add wine; cook 3-4 minutes, or until most liquid has evaporated. Stir in peas, prosciutto, Alfredo sauce and cheese. Add pasta; toss gently. Cook and stir 1-2 minutes to coat pasta with sauce.

In saucepan, bring water to boil and add eggs. Cook 6 minutes. Transfer eggs to ice water and cool before peeling.

Top each serving with soft-set egg and black pepper.

Notes: Gouda or Gruyere can be substituted for Fontina. Unpeeled, cooked eggs can be stored in refrigerator up to one week.

### Campanelle with Prosciutto & Peas

Cook time: 10 minutes  
Prep time: 10 minutes  
Servings: 6

- 12 oz. uncooked campanelle pasta
- 1 T. Bertolli Extra-Virgin Olive Oil
- 1 large shallot, finely chopped
- 1/2 cup dry white wine
- 1/2 cup frozen peas
- 3 ounces thinly sliced prosciutto
- 1 jar (15 ounces) Bertolli Organic Creamy Alfredo Sauce
- 4 oz. Fontina cheese, shredded
- 6 eggs
- 1 tsp. freshly ground black pepper



Campanelle with Prosciutto & Peas

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**Bacon-Apple Red Cabbage Soup**

Prep time: 15 minutes  
Cook time: 20 minutes  
Servings: 4

- 2 slices thick-cut bacon, chopped
- 1 medium red onion, chopped (about 1/2 cup)
- 1 clove garlic, minced
- 1 jar (16 ounces) Aunt Nellie's Sweet & Sour Red Cabbage, not drained
- 2 cups low-sodium, fat-free chicken or vegetable broth
- 1 medium apple, chopped (about 1 cup), plus additional for garnish (optional)
- 1/4 teaspoon ground cinnamon (optional)
- 1/8 teaspoon ground allspice (optional)
- 1/8 teaspoon ground cloves (optional)
- plain yogurt or sour cream (optional)
- crumbled cooked bacon (optional)

In large saucepan or Dutch oven over medium heat, cook bacon 2-3 minutes, or until cooked through and crisp. Remove bacon from skillet; reserve. Drain drippings; return 1 tablespoon to pan; discard remaining drippings.

Add onion to pan. Cook about 2 minutes, until tender, stirring frequently. Add garlic; cook and stir about 30 seconds. Add red cabbage and liquid from jar, broth and chopped apple. Stir in cinnamon, allspice and cloves. Bring to boil. Reduce heat and simmer, covered, 10 minutes. Add water, 1/2 cup at a time, if soup is too thick. Add bacon to pan. Continue simmering about 3-5 minutes, until apples are tender and soup reaches desired consistency.

Spoon into bowl. Garnish with apples, yogurt and crumbled bacon, if desired.



Bacon-Apple Red Cabbage Soup

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Tex-Mex Bean and Butternut Squash Stew

**Tex-Mex Bean and Butternut Squash Stew**

Prep time: 30 minutes  
Cook time: 10 minutes  
Servings: 4

Stew:

- 1 can (15 ounces) READ Southwestern Bean Salad, divided
- 1 teaspoon ground cumin
- 1/4-1/2 teaspoon chipotle chili powder
- 1 clove garlic, chopped
- 2 cups cubed or chopped butternut squash, fresh or frozen (about 1/2-3/4-inch pieces)
- 1 can (14 1/2 ounces) no-salt-added diced tomatoes
- 1 1/2 cups low-sodium vegetable or chicken broth
- 1 teaspoon lime zest, plus additional for garnish (optional)
- Chipotle-Lime Crema
- chopped cilantro (optional)

**Chipotle-Lime Crema:**

- 1/4 cup plain nonfat yogurt or sour cream
- 1 teaspoon lime zest
- 1/8 teaspoon chipotle chili powder

To prepare stew: Place half of canned bean salad, cumin, chili powder and garlic into bowl of food processor. Puree until blended but still slightly chunky.

Add remaining bean salad to large saucepan. Stir in butternut squash, tomatoes, broth, pureed bean salad mixture and lime zest. Bring to boil. Reduce heat and simmer 10 minutes, or until squash is tender and stew reaches desired thickness.

To prepare crema: In small bowl, combine yogurt, lime zest and chili powder.

Serve topped with Chipotle-Lime Crema, cilantro and lime zest, if desired.

Notes: If using frozen butternut squash, add to stew during last 2-3 minutes of cooking to prevent overcooking. Orange zest can be used instead of lime zest, if desired. Recipe can be doubled.

**FAMILY FEATURES**  
When cooler temperatures call for something to warm you up, good, old-fashioned soups and stews may be just what you need.

You can create delicious, steaming pots that taste like they're straight out of mom's kitchen with flavorful, convenient ingredients such as Aunt Nellie's Pickled Beets and READ Salads to help streamline preparation. With these contemporary recipes, you're in and out of the kitchen in under an hour without any long simmering required.

Find more recipes to warm yourself from the inside out at AuntNellies.com and READsalads.com.

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