

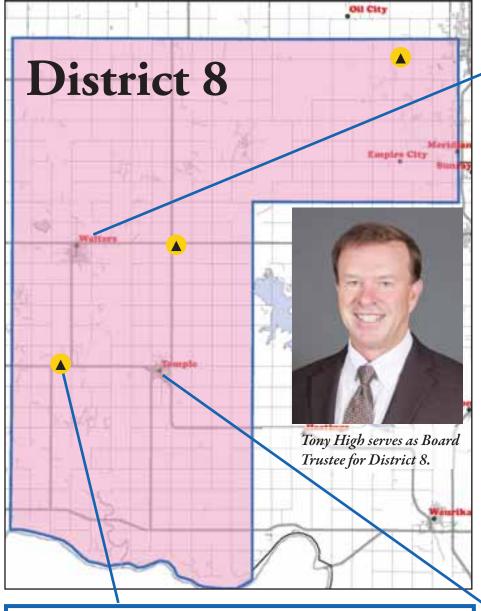
A Publication of Cotton Electric Cooperative Inc.

A Touchstone Energy® Cooperative



"The Current - Informing Our Members Since 1957"

VOLUME 62 NUMBER 5 January 22, 2019





Three substations serve District 8: Empire, Esquanadale and Walters. These substations distribute power across approximately 557 miles of line.



Ronnie Mansel



Bobby Shortt



Kyle Linthicum



Shayne White



Clint Ingram



Norman Condit

When the power in District 8 goes off in the middle of the night, four linemen are on call to get the lights back on. Reporting to the Walters Warehouse are Journeyman Linemen Ronnie Mansel and Bobby Shortt as well as Linemen Kyle Lithicum and Shayne White. These linemen are under the direction of Operations Superintendents Clint Ingram and Norman Condit.



Included in District 8 are the communities of Temple, Walters and Empire along with the school districts and partial school districts of Comanche, Duncan, Empire, Geronimo, Grandview, Temple and Walters.

High available to members of District 8

By Danielle Quickle

ganization governed by the members for the last year and a half. it serves. Its service territory is divided among nine districts, each unique from the next. In 2019, The Current will feature information about each district, one per month.

District 8 hosts Cotton Electric's headquarters in Walters. The district includes the eastern half of Cotton County and extends northward four miles into Comanche County and eastward nine miles into Stephens County.

Members of District 8 are served by three substations. These substations distribute power across the district to residential and commercial accounts. When power distribution issues arise, District 8 has specific linemen assigned to restoring

of their electric cooperative by electing a member from each district to serve a three-year term as a trustee on Cotton Electric's board.

In 2017, the members of District 8 elected Tony High of Walters to represent them and make decisions regarding co-op business on their behalf.

Cotton Electric is a not-for-profit or- its membership as a trustee of District 8 tor Duties and Liabilities, Understand- when it comes to governing the co-op.

"As a member you just see the linemen out in the field, you only see the co-op from the outside," High reflected. "But looking at it from the inside as a trustee, there is a whole lot more taking place than you ever realize as a member."

In his first year, High served on Cotton Electric's Audit Committee and the District Meeting Committee as well as devoting time to monthly board meetings, required training and the occasional meeting at Cotton Electric's power supplier, Western Farmers.

High has spent an average of 18 hours per month doing business for the co-op, but feels that it is well worth his time.

"I have liked seeing how the co-op works," High said. "It makes me exercise cooperative model."

High takes it upon himself to make sure he is up-to-date on his education and training. As a result, High has earned his Credentialed Cooperative Director (CCD) Certificate this past year. To achieve this, he completed a curriculum consisting of five courses designed High has been a Cotton Electric mem- to provide essential knowledge and skills

ber for roughly 30 years and has served required of cooperative directors: Direc- that he doesn't become complacent ing the Electric Business, Board Operations and Process, Strategic Planning, ee, and that is the manager," High said. and Financial Decision-Making.

lot left to learn," High said. "But I am privileged to serve with trustees who that could occur."

Serving along side High are eight othservice territory, each bringing their own trustee. experiences and expertise to the table.

that you have people from different areas represented," High said. "We have farmers, ranchers, attorneys, businessmen and bankers so various backgrounds are represented. We may all see things different-Members participate in the governing my brain differently and appreciate the always form a consensus based on what is have two daughters, Haley and Tara. best for the co-op and its members."

As well as his education, High takes his role for representing District 8 seriously.

"The job of a trustee is to govern, not manage," High said. "Each trustee is to represent the co-op the way they feel their members would want them to rep-

It is a priority for High to make sure 3520.

A Board of Trustees has one employ-"When you have a manager who does "I have learned that I still have a whole their job like they're supposed to, it can be easy to sit back and relax. As a trustee, it is important that I never get too comhave seen just about all co-op situations fortable and make sure that the co-op is constantly improving."

Members have the opportunity to er trustees from across Cotton Electric's share their voice by contacting their

"I just want members to know that "The good thing about the board is I am available to them and not hard to find," High said. "I am just another member, just like anybody else. If a member has a problem that can't be resolved, then they can contact me."

High is a wheat and cattle farmer just ly but we all have the same mission and east of Walters. He and his wife, Laura,

Apart from serving on the Cotton Electric board, High serves his community in a variety of ways including as a board member for the Grain Coopera-

Members of District 8 can learn how to contact Tony High by calling Cotton Electric at 580-875-3351 or 800-522-

Power Cost Adjustment Calculated

The power cost adjustment now being applied to bills mailed after Jan. 1, 2019, is (\$0.01383) per

On a member's average bill of 1250 kilowatt hours (kWh), this will amount to a credit of \$17.29 on the January bill.

December 2018 Temperature Extremes Day High Low Avg. Day High Low Avg. 40 30 54 16 59 45 57 53 33 45 17 30 42 47 29 62 33 38 18 48 34 20 27 19 52 39 46 54 19 37 20 59 44 52 47 42 53 40 21 56 28 40 34 37 22 61 32 47 36 32 23 52 33 43 34 27 43 50 28 39 24 59 55 22 39 25 58 32 45 57 23 61 52 57 26 58 27 35 49 52 33 52 38 37 45 28 28 32 55 37 29 37 32 14 46 26 27 30 40 27 34 15

Average Daily High: 52 Average Daily Low: 32

Did You Know?

Cotton Electric offices Day holiday. Emergency let us know. calls will be answered at 580-875-3351 or 800-522-3520.

The next issue of The Current should arrive in line at Cotton Electric mailboxes on 2019.

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Contact Us

Do you have a story idea (will be closed Monday, for The Current or do you Feb. 18 for the President's need to place an ad? If so,

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

You can also drop us a Feb. 19, Current, 226 N. Broadway, Walters, OK 73572.

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More news at cottonelectric.com

From the CEO

Co-op encouraged to engage in political process

We recently had the opportunity to sit down with U.S. Sen. James Lankford at our headco-op quarters. Lankford updated us on a number of



Jennifer Meason, CEO

current issues and welcomed feedback regarding how rural areas are being impacted.

The senator's visit served as a good reminder to all of us that our participation in shaping policy doesn't end at the voting booth. Our continued involvement and advocacy at the local, state and federal levels is critical.

I encourage all of our members to remain engaged in the political process. Here are a few tools that can help.

and their staff. Many host town hall meetings throughout the year and welcome your input. You can also read their weekly columns in local newspapers or on their official websites, follow them on social media, and sign up for their enewsletters to stay up to date.

- The Oklahoma Association of Electric Cooperatives has created a digital legislative guide featuring state and federal officials. A free download, the app provides detailed profiles, interactive contact links, a comprehensive list of state and federal electric officials and a map that can be personalized. To find the app, enter "OAEC Legislative Guide" in the App Store or Google Play.
- On the federal level, you can read legislation and get alerts at congress.gov and on the statewide level, go to www. oksenate.gov and www.okhouse.gov.
- Join the Cooperative Action Net-• Engage with your elected officials work, the grassroots arm of the National



U.S. Sen. James Lankford, third from right, paid a visit to staff at Cotton Electric headquarters to discuss current issues and receive feedback on how rural areas are being impacted.

Rural Electric Cooperative Association, at action.coop to receive legislative alerts when input and action is needed.

Electric cooperatives like Cotton Electric are engines of economic development and we are proud to continue working with our elected officials toward a brighter and more prosperous rural America.

Please contact me at 580-875-3351 with any questions or concerns you may



Download CECF grant applications at CottonElectric.com. Deadline for first-quarter 2019 grant applications is March 13.

Operation Round Up is a voluntary program and members may opt out at any time by

> calling or sending a letter or email stating the account holder's name, account number and the request to be removed.

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

Volunteer Fire Departments Communities Youth Schools Services Public Safety Individuals Seniors

\$286,623.00 \$251,227.16 \$161,162.11 \$160,963.16 \$103,380.98 \$69,224.00 \$65,250.00 \$43,348.64

Members contribute to ORU in 2018

Turn out the change in your pocket or coin purse difference in the quality of lives throughout the Cotton and count it up. Often, the pennies, nickels, dimes and Electric service area. quarters add up to less than a dollar. Now, imagine if most of the people you know did the same, making one \$111,755.94. Grant recipients included schools and big pile of change. It would add up to quite a bit.

Some 12,840 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 sist the needs of more than 200 organizations and indiup to some significant funds that can make a significant viduals in our community.

During 2018, CECF issued 39 grants for a total of youth programs, volunteer fire departments, non-profit organizations and communities.

Since its beginning in 2004, Cotton Electric Charitable Foundation has distributed \$1,163,855.88 to as-

Grants awarded in 2018 include:

Addington Fire Department Alzheimer's Association of Oklahoma Beautiful Day Foundation Break Bread Together Cache High School Cameron University Foundation Camp Waluhi'yi Central High Public Schools Central High School Math

Department Chattanooga Fire and Rescue Chattanooga Public Schools Comanche Fire Department Duncan Area Literacy Council Elgin Little League

Elgin Middle School Empire Public School FBC Marlow Friends of Elgin Community Library Gabriel's House Geronimo Elementary School Girl Scouts - Western Oklahoma Indiahoma Alumni Association Indiahoma Community Food Bank Indiahoma High School Indiahoma Public Schools Jeffco Helping Hands Food Pantry Last Frontier Council, Boy Scouts of America Make-A-Wish Oklahoma

Randlett Volunteer Fire Department Regional Food Bank of Oklahoma St. Ann Catholic Church Stephens County Humane Society Sterling Public Schools Town of Chattanooga United Way of Southwest

Meers Volunteer Fire Department

Oklahoma Walters Public Schools Walters Volunteer Fire Department

Wichita Mountain Estates Fire Department



Energy Efficiency Tip of the Month

Is your hot water tank warm to the touch? Consider insulating it to save 7 to 16 percent annually on water heating costs. Follow the manufacturer's recommendations.

Source: energy.gov



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 2018 Operating Stats

<u>2018</u>	<u>2017</u>
\$5,054,693	\$4,778,323
3,423,529	3,184,796
94,877	92,617
959	914
137	121
964	997
18,407	18,310
5,166	5,169
3.56	3.54
259	253
105	131
	\$5,054,693 3,423,529 94,877 959 137 964 18,407 5,166 3.56 259

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Community Spotlig

If you would like your community event a.m. to 5 p.m. Feb. 8 and 9 a.m. to 5 listed in the February issue, please submit information by Feb. 6, by calling 580-875-4255 or send an email to TheCurrent@ cottonelectric.com.

Market open for winter hours

Lawton Farmers Market, an initiative of the Southwest Oklahoma Growers Association, returns for winter months in the Cameron University Animal Sciences building at the Agriculture Facility from 9 a.m. to 1 p.m. each Saturday, running through the end of March 2019.

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. The building is located on Southwest 38th Street and is south of Dr. Elsie Hamm Drive and the railroad crossing. Parking is available on the south side of the building.

For more information about the market or becoming a vendor at the market, visit LawtonFarmersMarket.com or send an email to lawtonfarmersmarket@yahoo.com.

Brass quintet performs in Duncan

Chisholm Trail Arts Council present Presidio Brass at 7:30 p.m. Jan. 31 at the Simmons Center Theater in Duncan.

Forming in 2006, the quintet has rocketed to success as the face of a bold new generation in brass entertainment. Inspired by the dedication of their school music teachers, Presidio Brass came together with the primary mission to promote music appreciation in youngsters.

Members of the quintet have performed with major symphony orchestras, including the Los Angeles Philharmonic and San Diego Symphony. They have also shared the stage with commercial and pop artists such as Stevie Wonder, John Williams, Quincy Jones, Yo Yo Ma and more.

The group has released four recordings: Stolen Moments, a collection of popular classical and jazz selections; Christmas Day, an assortment of well-loved holiday favorites; Sounds of the Cinema, which includes pieces from their signature stage performance of the same name; and their newest release of Rhapsody in Brass, featuring popular American music influenced by classical and jazz idioms.

Ticket information can be found online at ChisholmTrailArts.com or by calling 580-252-4160.

WMQG quilt show set for February

Wichita Mountains Quilt Guild is hosting the Home Sweet Home Quilt Show from 9 a.m. to 5 p.m. Feb. 8, and 9 a.m. to 3 p.m. Feb. 9 at the Great Plains Coliseum in Lawton.

Quilters can enter in 33 categories and become eligible to win a variety of awards including Best of Show. Participants may enter one item per category. Entry fee for members is \$10 per item, non-members can enter their first item for \$20 with each additional item for only \$10.

Entry forms must be filled out and submitted by Jan. 14, and entries must be delivered by Feb. 4.

Admission is \$8 at the door and \$7 in advance. Children under 12 enter for free and a group discount of 10 or more is available. Tickets can be purchased from Guild members, at Quilt N Bee in Cache or online.

For online ticket purchases, entry forms and guidelines and information, visit the Wichita Mountains Quilt Guild's website at wmqg.net.

Annual coin show begins Feb. 8

Duncan's Coin Show is held from 10

p.m. Feb. 9 at the Stephens County Fairgrounds.

Guests will receive appraisals on gold, silver, currency, coins, tokens and supplies. Event includes free parking, admission and refreshments. For more information, contact Ed McGill at 580-475-4570.

Hungry Hearts hosts benefit ball

Hungry Hearts hosts its first annual Red and White Sweetheart ball 6-11 p.m. on Feb. 9 at the Hilton Garden Inn in Lawton. This is a fundraising event with the theme of "Sweethearts in Chucks." All proceeds will benefit Hungry Hearts Feeding Ministry.

Semi-formal or formal attire is preferred. There will be a photo booth, food and a cash bar. Music will be provided by J.J.'s Pro Audio and photography by Focus Pocus.

Tickets are on sale in advance for \$20 per person or \$30 per couple. At the door ticket prices will be \$25 per person. To purchase a ticket, go online to Eventbrite.com or contact any member of the Hungry Hearts team.

Local church hosts live performance

Area churches present "Heaven's Gates or Hell's Flames" 7 p.m. nightly March 10-12 at Waurika Baptist Church. This live drama presentation asks audiences where they will be when reality strikes.

For more information, call the church at 580-228-2106.

Kona Ice fundraiser in Lawton

Kona Ice Truck will be serving shaved ice all year and flavored hot chocolate in the winter months from 3-4:15 p.m. every fourth Thursday of the month until May 2019 at 704 W. Gore Blvd in Law-

Twenty percent of proceeds go to St. Mary's Catholic School. Kona Ice is lower sugar with sugar-free options and fortified with Vitamins C and D and an-

Options are also allergy-friendly because they are gluten free, nut free, dairy free and include no high fructose corn

For more information visit the Kona Ice Fundraiser Facebook page.

Senior center hosts weekly dances

Duncan Senior Citizens Center presents country and western dances from 7 to 9:30 p.m. every Tuesday and Saturday. Tuesdays feature Bill Dewbre and Old Country. Buzz Carter and the Shadow Riders play every Saturday. Admission is \$6 and includes free coffee and soft drinks. Donations are appreciated.

For information, call the center at 580-255-6902.

Chapter of the Blind meets monthly

Duncan Chapter of the Blind meets at 1:30 p.m. on the third Saturday of each month at New Hope Baptist Church, 200 S. 42nd Street.

This is an opportunity for those who are visually impaired or blind and their caregivers to learn about the availability of services and equipment such as white cane training and large lighted magnifi-

The group also provides information about free access to an extensive library of audio books.

For information about the group or to arrange free transportation to the monthly meeting, call 580-786-8041 or 427-2933.

More Community Spotlight on Page 4

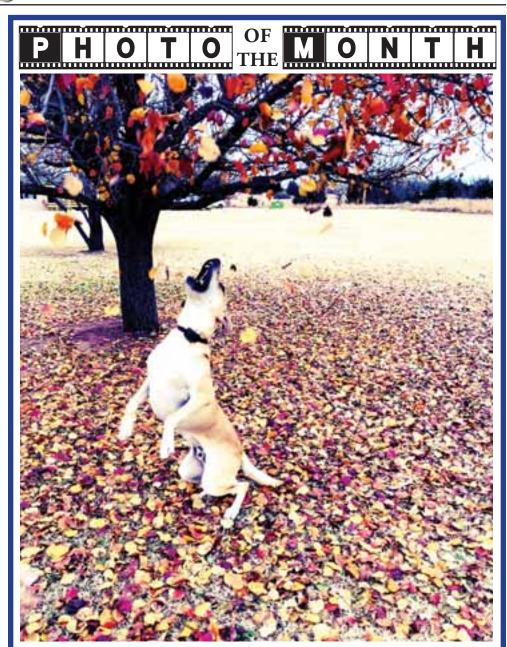
Upcoming Deadlines for The Current

Publish Date

February Ad Sales Feb. 1 Classified Feb. 6 Publish Date Feb. 19

March Ad Sales Mar. 1 Classified Mar. 6

April Ad Sales Mar. 29 Classified Apr. 3 Mar. 18 Publish Date Apr. 15



Cotton Electric member Suzie Littrell snapped this photo of her 4-legged-friend, Ranger, attempting to catch falling leaves at her home in Cache. All photo entries for this month can be seen on the Cotton Electric Facebook page.

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

Weekly kids' activities in Central High

from 10-10:30 a.m. every Wednesday have not yet started school are welcome while school is in session at the high if accompanied by parent or caregiver. school library.

Participants will read a story, sing 2929 Ext. 6.

Central High presents Story Time songs and do an activity. Children who For more information, call 580-685-



Vegetation management signs with new contractor for 2019

Cotton Electric's Vegetation Management (VM) 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 crew and several contract crews in the year-round effort to clear trees and prevent regrowth.

He said all tree-clearing crews make every effort to contact land and home owners in person as they move into an area. In some cases, they will leave bright-colored door hangers either at the house or tied to a gate

"Please call the number on the hanger or call me at 580-875-4224. Plan to leave a message," he said, noting that he is likely to be out on the job.

regularly scheduled intervals to apply a specially formulated herbicide that will prevent tree growth while prove power quality. protecting grasses. Spraying is done only during the growing season.

Cotton Electric has a new contractor for 2019. Northeast Rural Services (NRS), a subsidiary of Northeast Oklahoma Electric Cooperative, will be on site in late January. Members will be able to recognize accompanied by the familiar Cotton Electric tag.

During the first quarter of the year, NRS will begin ed to use them next to a structure. working seven miles north of the intersection of High-



Members will be able to recognize contract workers by their NRS logo accompanied by the Cotton Electric tag.

After trees are cleared, crews return to the area at way 7 and Highway 65 and make their way south. They problems may want to contact the co-op, too. With the will be prioritizing the clearing of vegetation to im-

> The VM department has begun work around the lines serving the Duncan Lake areas. As always, Cotton's vegetation management crews will work with district linemen on VM clearing where needed throughout the service area.

Scott Crew said his crews are always looking for land contract workers from their NRS logo, which will be and home owners in need of free untreated wood chips. Because these chips are untreated, it is not recommend-

Landowners looking for material to help with erosion added to the list of members willing to take wood chips.

new skid steer, the VM crew can deliver stumps and other debris too large to chip or mulch.

Chips and large debris 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

Community Spotlight

Food pantry opens twice monthly

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

Pantry organizers try to provide a two-week supply of basic staples to anyone with identification.

For information, call Roger Noland at 580-591-6826.

Honor guard serves SW Oklahoma

Seeing a need in the area, several military veterans formed an honor guard in 2007 to provide services at funerals for all military veterans. The guard is made up of veterans from all branches of the armed forces and three veterans' organizations.

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

are accepted.

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

Monthly lecture at The Foreman Prairie House

Join the docents and volunteers at The Foreman Prairie House at noon every third Thursday of the month for lunch and lecture. Listen to artists, historians and craftsmen while enjoying a homemade artisan-style lunch.

The subject and speaker for the lecture change every month so you get new knowledge with every freshly prepared meal.

Cost is \$12 per person. Reservations are required and can be made by dialing or texting 580-512-9153.

Senior center offers frequent activities

Wichita Mountains Area Senior Citizens Center offers a variety of activities and sponsors weekly and right.

There is no charge for the service, though donations monthly events at the Legion Building near Medicine

Potluck dinners, games and TV are offered every Monday from 6 to 10 p.m. Games, quilting, yoga and Tai Chi are offered on Tuesdays and Thursdays.

A dance is held each Friday. Doors open at 6:30 p.m., dancing begins at 7.

For information about other activities, visit Wichita-MountainSeniors.org.

Delicious fundraisers are held on second Saturdays with Indian tacos offered in January, April, July and October; and a fish fry in February, May, August and November.

All activities are held in the Legion Building on Wildhorse Road near Medicine Park. From Interstate 44, take Exit 45 to Oklahoma Highway 49. Traveling east, bear right onto Wildhorse. The building is on the

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RESIDENTIAL LOTS

Kishketon Estates: Walters, OK: Lots ranging in size from 16,800 sf to 33,600 sf, with room to put a shop. 16,800 s.f. lots priced at \$15,000 or 33,600 sf barn lots listed at \$30,000. Close proximity to youth park, Kidtopia, swimming pool, tennis & basketball courts and skate park.

COMMERCIAL LISTINGS

122 N. Broadway, Walters, OK \$35,000: Aka: LAW FIRM. 1600 sf +/-, office space. Updated interior, heat and air, 3 bathrooms, quarters, 4 office spaces: 1 kitchen: ready for business!

LAND LISTINGS

- 155 PRIME INVESTMENT ACRES, \$325,000: in an excellent location for potential future development. NE S35 T4S R13W, Cotton County: Highway 70 & 36 frontage.
- 160 ACRES +/-, \$122,000: 120 acres in WRP water fowl, 2 large ponds, water well, rural water line at SE corner; 40 acres cultivation. SE S10 T3S R15W, Tillman County. Priced to sale!

Is Your Water Safe?

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

Minerals in your water form scale deposits that build up inside your pipes, water heater, shower heads, and other water using equipment like cholesterol in your arteries. These deposits significantly decrease the efficiency of your plumbing systems. Drinking water and icemakers are also negatively affected, as are health quality of water and taste. Hard water is not safe for you, your family or your home.

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Extends appliance life by 50% or more

Descales inside of pipes & water heater

- Cleaner more refreshing water

Improves water heater efficiency and thus lowers energy bills

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New year resolutions centered on health, safety

Eating better is easier with good appliances

'Tis the season to swear off of sugar and fat as you embark on your first diet of the new year.

Make it easier on yourself by stocking your kitchen with an array of small appliances designed to cook food the healthy

Here are seven to consider:

Spiralizer. Press a zucchini through this gadget and it turns into spaghettilike strands that can stand in for the pasta when you're cutting carbs and calories. Slightly cook the zucchini "noodles" and top with your favorite tomato sauce. Skip the garlic bread.

Salad chopper. Make quick work of fresh, raw salads by tossing them into an electric salad chopper. Choose one that comes with a big bowl that does double duty as a container for prepping the salad and a serving dish to carry right to the Got bedrooms? Install carbon table.

Steamer. Cook veggies and seafood with steam instead of tossing them in an oil-coated skillet. Look for a device with multiple baskets so you can steam several items at once without mixing themlike rice, veggies and shrimp.

Yogurt maker. If you love Greek yogurt but skip it because of the price tag, make your own at home. You control what goes into the recipe, so you can pass on the sugar and substitute soy or almond milk for dairy.

cious—but it's also loaded with fat and calories that you could save if you made your own pies at home. Self-contained pizza ovens let you bake your pizza at home—so you'll save delivery fees and 15 feet away from a gas stove or oven, can control what your family is eating.

Smoothie maker. Any high-powered blender that can crush ice can double as a smoothie machine. Start your family's day with fruit smoothies. Throw in some naturally sugar-free yogurt and protein twice a year. powder, and you've got a portable break-

Popcorn popper. A new report from the U.S. Food and Drug Administration has given microwaveable popcorn a bad reputation over the unhealthy chemicals that coat its kernels. Pop your own, using natural, untreated kernels, in an air popper. Fancier models come with melting pots for butter and other toppings.

monoxide detectors

Any home with gas heat or other gas appliances needs carbon monoxide de-

You can't see or smell carbon monoxide, which is a potential byproduct of Skip the open fire burning fossil fuels like natural gas, propane and kerosene. Your home should have at least one carbon monoxide detector to alert you of the presence of gas. Follow these safety guidelines:

Portable pizza oven. Delivery is deli- bedrooms on every floor that has bedrooms. The alarm that goes off in case of floor space and a power outlet, they're a a gas leak can alert your family to wake up and get out of the house.

- Place your detectors a minimum of which may emit a small amount of carbon monoxide on startup.
- Detectors don't operate properly in humid areas like the bathroom.
- Replace the batteries in your alarms
- Properly maintain your gas appliances, including the furnace and stove. Same goes for devices that use gasoline, like the
- Know the warning signs of too much carbon monoxide in the house: Stuffy, stale air; condensation on windows; yellow burner flames on the stove; and fluttering or extinguishing pilot lights.
- If you see the signs or your alarm sounds, turn off your gas appliances, open doors and windows, and leave the house. Then call 911.
- If your garage is connected to your house, avoid idling your car. Car exhaust is a source of carbon monoxide.

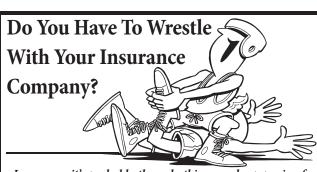
If you've always wanted a fireplace but don't want the mess or risk that come with open-flame units, it could be time to buy an electric version.

Electric fireplaces can help heat a room • The safest use of carbon monoxide and add a bit of ambience. And they look piece of your room. detectors is to install one outside of the much nicer than a simple space heater.

Because electric fireplaces require only great option for apartments or condos. If you're in the mood for faux fire, consider:

- If you move frequently, an electric fireplace could be a good investment. Most are portable and are relatively easy
- The look of the "flames" in an electric fireplace is much more natural than it used to be, but not as realistic as real fire, of course. The "fire" is created by special light bulbs that simulate flickering flames. Some don't even try to simulate fire and instead create colorful, dancing light shows.
- Because electric fireplaces don't produce actual flames, they usually have a separate heating system built in. Most models allow you to turn the heater off if you want ambiance without heat, which means you can even use your fireplace in the summer. Some models come with a built-in thermostat, so they automatically turn off the heat when the room reaches a certain temperature.
- Unlike their wood-burning counterparts, electric fireplaces can't be used as a backup heat source during a power out-
- Take a look at vertical fireplaces. The new design has a high-end look and can make the electric fireplace the center-

Source: Pointers and Prose



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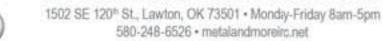
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It's a year-end tradition at Cotton Electric to honor board members and employees for their years of service.



Jeff Hart 35 years

Terry Foster

25 years



Bill Doolin 35 years



Stacy Abbe 30 years



Lisa Bowers



TJ James



10 years



Karen Kaley **Shelly Sehrt** 10 years 10 years



Mike Ottinger

15 years

Justin King 10 years



Cody Pennington 10 years



Ryan Noland 5 years



Zach Smith 5 years



Glendel Cole 5 years



Brian DeMarcus 5 years



Quaid Ogletree 5 years



Greg McComber 5 years

Safety programs work

Employees recognized for accident-free service Depending on who you're talking with, Cotton Elec-potential accident, yet Cotton Electric employees have

tric Cooperative's main priority isn't about making a pretty good safety record that extends over quite a bit something happen when a member flips a light switch. of time.

"Safety," said Jarrod Hooper. "Some may say it's keeping the lights on, but I say safety is job number one for tant that once a year the co-op recognizes employees everybody at the co-op."

coordinates all safety policies, procedures and training. marks for a combined total of 120 years of accident-His focus on safety is echoed by CEO Jennifer Meason free service. and supported by the cooperative's Board of Trustees.

Providing electric service requires equipment ranging from computer keyboards to large digging augers. About 88 CEC employees carry out tasks as varied as pushing reams of old documents into a paper shredder while Ashley Shortt and Clint Ingram have 15 safe to riding a bucket 60 feet in the air to repair a highvoltage line.

That is an important accomplishment, so imporwhose safety records have passed five-year increments. As CEC's Safety and Loss Control Director, Hooper In 2018, seven CEC employees achieved those five-year

> Employees recognized include Brenda Peirce and Rex Heibert who have worked five years without a time-loss

> Matt Winburn has worked accident-free for 10 years,

Cindy Benefield was recognized for 30 accident-free Every piece of equipment and every task presents a years and Bill Pulis has a 40-year safety record.

Reduce up to 1/5 of your heating bill by repairing drafts and sealing leaks around your home Safe Electricity.org

Employee of the Year

Chad Cowan

Chad Cowan was named 2018 Cotton Electric Em-

As a Journeyman Lineman, Cowan's primary responsibility is overseeing the underground service out of the Duncan warehouse. He manages power quality in the

Cotton Electric members benefit from Cowan's dedication to his work. He started as a Crewman in March

of 2005 but quickly earned the title of Journeyman

Lineman in 2009. His nominator said, "Chad is very dependable and always available when outages happen. He fills in wherever he is need and ensures a job is done correctly and safely before he leaves it. He always per-

Cowan admits that his favorite part of the job is "helping members out during outage situations." He and his wife of 19 years, Jenny, live in the Velma area. Together they have two daughters, Gracie and Sadie.

Being announced Employee of the Year was a big sur-

prise to Cowan but he said he was happy to accept it.

eastern side of Cotton Electric's service territory.

forms his job with members in mind."

ployee of the Year in December.

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*Rebates Available in many OMPA Member cities *Restrictions apply

ENERGY CONSERVATION TIPS FOR KIDS



Did you know there are small things you can do to help your family conserve energy at home? Fill in the blanks below to learn how you can help. Use the word bank below if you need a hint!

Turn the _____ off while you're brushing your teeth. You can save several gallons a month just by taking this simple step.

2 Any time you leave a room, remember to turn off the ______. Ask your parents if they use LED lights, which save the most energy!

3 With the help of your parents, _____ glass, plastic, paper and aluminum items.

4 When the heat or air conditioning is running, always keep ______ to the outside closed.

5 Take short ______ instead of baths to conserve water use.

Word Bank Showers Doors Water Recycle Lights

	2		7	1	6			4
7			5			2	1	
4	1					7		
			4					
6	4	7		8			9	
1	3			2		6		
9	5		6		8			
			3	5	9	4	7	
	7	6			1			5

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Editors Note:

For 2019 we will be alternating between crossword and sudoku puzzles to challenge the mind differently each month. The crossword puzzle will be back in February. For now, test your skills with this sudoku.



See Comanche Rewards Club for details.

Gambling Problem? Call 1-800-522-4700.

Time, money wasted on detoxification schemes

Tis the season of New Year's Resolutions, and businesses can't wait to take advantage of your quest for a healthier you. Detoxes, cleanses and magic weight loss pills and potions are the most popular products this time of year. But do you really need them?

Your body is built for detoxification. Your liver, kidney, pancreas, intestines,

the clock to remove toxins from your body.

of your detox organs is diseased or has been removed, your body just needs you to eat right, exercise and get

plenty of sleep to properly detoxify. We all know how your doctor and a Registered Dietitian Nutritionist to to do this; the hard part is actually doing it.

Begin by drinking water, eating more vegetables and fruits and exercising. These actions will help your body produce plenty of enzymes which assist with natural detoxification. Enzymes are proteins that help natural chemical reactions in the body work efficiently and are essential to organ function. Enzymes are produced by your pancreas, small intestine, salivary glands, liver and stomach. Exercising increases your respiration rate and will produce sweat – both are ways your body naturally rids itself of toxins.

Limit your intake of alcohol. Alcohol is a toxin. Your salivary glands, lungs and stomach already work around liver will focus on getting alcohol out of your body first, which takes away from its other important functions. Unless you suffer from a rare genetic disorder or one Reducing alcohol consumption will also reduce your caloric intake and may help you sleep better.

If weight loss is a goal for you in 2019, work with guide you to a customized healthier you.

customize a plan that will work for you.

It may involve a medication, a diet, a meal replacement program or a meal kit program. The key is customizing to your lifestyle, likes and dislikes, family situation, and schedule. Working with healthcare professionals costs money but it will produce lasting results versus a quick fix that didn't address the underlying reasons of why you gained weight.

Don't fall for the marketing schemes that promise detoxing, cleansing or rapid weight loss. They are unnecessary and some actually impede the body's natural ability to remove toxins. Some methods are downright

Spend your time and money eating right, exercising and working with healthcare professionals who can

3 Steps to a Healthier You

FAMILY PEATURES

tarting a diet or diving headfirst into a workout plan may be the first steps to enhancing your personal health, but once you've started down the path to better fitness and nutrition, it's important to find ways to stay on track.

Instead of burning yourself out on a diet that's too stringent or workouts that are too intense, moderate your healthy lifestyle and use simple tricks to avoid falling into bad habits. Consider these tips from celebrity trainer and food coach Valerie Waters, author of "Red Curpet Ready," to help ensure you stick to your plan.

Bank your fitness. Interruptions in life happen frequently. Travel, for example, whether for business or pleasure, can disrupt workouts and access to nutritious food. To allow a little room for a missed workout or a special meal, put some fitness in the bank by tightening your diet a couple weeks ahead of your trip. You can also put some extra effort into workouts by

adding inervals, additional weight or simply going a little longer.

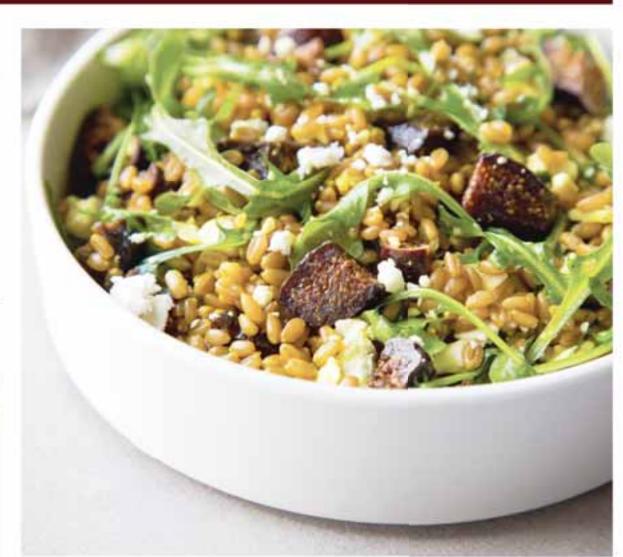
Kim Bandelier, MPH, RD, \overline{LD}

■ THOUGHT

Strategy rumps willpower. While willpoweris certainly part of maintaining a diligent sealthy lifestyle, strategizing can be of ven more importance. Planning: full day or even week of meals canhelp you curb cravings and avoid indéging in extra, unnecessary calories. Istead of white-knuckling through alemoon eravings at work, try bringing ago-to snack like California Figs, which are filling, portable, rich in antioxidats and fat-free.

Eat simpy. Eating foods as close to their natual state as possible can help you avoidconsuming excess sugar and fat. Plus, vy incorporating more natural foods and snacks into your routine, you're les likely to eat items loaded with preservatives or ingredients you may not even recognize. Focus on lean protein, fuit, veggies and nuts available in recipeslike this Farro and Fig Salad with Arusila and Feta.

Find mere nutritional tips and information at californiafigs.com.



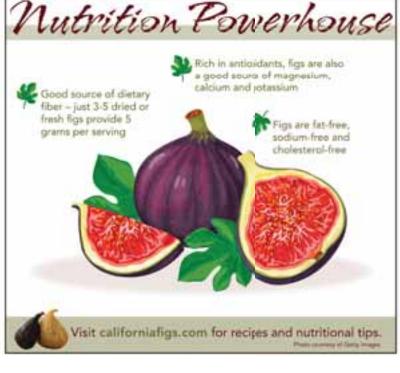
Farro and Fig Salad with Arugula and Feta

- 1 cup semi-pearled farro cups water
- tablespoons lenon juice tablespoon red wine vinegar
- tablespoons extra-virgin olive oil
- medium shallor, minced (2 tablespoons) teaspoon Dijon mustard
- 1/2 teaspoon kosher salt 1/4 teaspoon black pepper
- 1/4 teaspoon dried turmerie
- 3/4 cup California Dried Golden or Mission Figs, stemmed and chopped (6-8 figs)
- cups arugula

ounces crumbled feta cheese (about 1/2 cup)

In medium saucepin over high heat, bring tarro and water to boil. Lower heat to simmer, cover with lid and cook until farro is tender, about 25 minutes. Remove from heat and let rest, covered, 10 minutes.

In large bowl, whisk lemon juice, red wine vinegar, olive oil, shallot, mustard, salt, pepper and turmeric. Add farro, figs and arugula; toss well. Crumble feta over top and toss again. Serve warm or at room temperature.





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FUEL UP for a Busy Day

FAMILY FEATURES

hile some may say being busy is good, it's not always good for a healthy lifestyle. With less time to prep, the thought of planning nutritious meals and snacks may feel overwhelming, but with simple changes, you can power through your hectic schedule.

This full menu of quick and easy recipes is part of the Atkins lowcarb lifestyle, a long-term, healthy eating approach focused on high-fiber carbohydrates, optimal protein and healthy fats. The plan also aims to reduce levels of refined carbohydrates, added sugars and the 'hidden sugar effect" - when carbohydrates convert to sugar when digested. You don't see the sugar, but your body does.

Consider these tips from Colette Heimowitz, author of "Atkins: Eat Right, Not Less" and vice president of nutrition and education at Atkins.

Fill up with fiber. Fiber-rich foods, such as vegetables, nuts and seeds, lowglycemic fruits and whole unrefined grains, are considered carbohydrates but they don't raise your blood sugar the way processed carbs do. Fiber slows the entry of glucose into your bloodstream so you don't experience the insulin spikes that encourage your body to produce and store body fat. Additionally, fiber can help you feel full longer. If possible, try to eat 25-35 grams of fiber each day.

Start the day with breakfast. Start your mornings with a hearty breakfast like an Almond Butter Smoothie Bowl. The nutritious combo of protein and healthy fats can set you up for a productive day and prevent mid-morning donut or bagel cravings. For another quick option that takes just 10 minutes, a Power Mug Muffin with Cinnamon Butter can provide the fuel you need to start your day right.

Snack smart. If you're in the midst of a traffic-clogged commute, on-thego snacks can be an ideal solution for the whole family. For a fun, tasty option, try these Portobello Pizzas, full of nutrients and fiber

Find more recipes to kickstart a nutritious eating plan at Atkins.com.



Portobelo Pizza

Active time 10 minutes Total time: 40 minutes Serves: 4

Olive oil spray

4 large Portobello mushrooms, stems removed

1/2 cuplow-sugar marinara sauce

1/2 cup(2 ounces) shredded mozzarella cheese

16 slices pepperoni sausage or 1 chorizo link, thinly sliced

Heat oven to 375 F.

Line baking sheet with parchment paper. Coat with olive oil spray. Using spoon, scrape out dark gills from mushrooms; discard gills.

Place mushrooms stem-side up and top each with 2 tablespoons sauce. Sprinkle each with 2 tablespoons mozzarella cheese and four slices pepparoni or chorizo.

Bake 20-25 minutes, until cheese is bubbly and mishrooms are soft.





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