

What's Inside



Power your way.
Choose how you pay.
Page 5



Small contributions
lead to big impacts in
local communities
Page 9



Easy Lemon
Blueberry Bars
Page 11

The Current

A Publication of Cotton Electric Cooperative Inc.

A Touchstone Energy® Cooperative

"The Current - Informing Our Members Since 1957"

VOLUME 69

January 16, 2026

NUMBER 5

2026 Energy Camp essay contest due in March

Cotton Electric is excited to announce an opportunity this summer at Red Rock Canyon for all incoming and current eighth graders wanting to develop leadership skills and learn about rural electrification at the 2026 Energy Camp.

This year's Energy Camp contest opened earlier this month and submissions are due March 26.

Energy Camp experience

If you or someone you know is an incoming and current eighth grader looking for an all-expense-paid trip to Red Rock Canyon this summer, then look no further than Energy Camp. When students attend Energy Camp, they will have opportunities to watch safety demonstrations, climb a pole, learn about the cooperative business model and network with students from other Oklahoma electric co-ops.

Contest information

To be eligible to enter the competition, contestants must be an incoming or current eighth grader in the Cotton Electric service area. The student and their families do not have to be Cotton Electric members.

This year's contest is broken into two rounds. First, applicants will submit an essay between 50 and 100 words to the co-op about why they would like to represent Cotton Electric at the 2026 Energy Camp.

Then, writers of the top 10 essays will move on to the second round for a live video interview with judges arranged by Cotton Electric. Lastly, the top four applicants will be selected to attend the all-expense-paid trip to the 2026 Energy Camp.

The deadline to submit an essay is 3 p.m. March 26. Contest deadlines, resources and contest submission can be found on our website at www.cottonelectric.com/energycamp. For questions or more information, please call 580-875-3351 or email zyoung@cottonelectric.com.

Cotton Electric is thrilled to invest in future community leaders through our youth programs, and we look forward to students experiencing these incredible opportunities. For more information, visit www.cottonelectric.com/youth-programs.



SCAN THE QR CODE FOR MORE INFO



Students representing Oklahoma electric cooperatives attended the 2025 Energy Camp in Red Rock Canyon. Photo courtesy of Oklahoma Association of Electric Cooperatives.

Power Cost Adjustment Calculated

The power cost adjustment now being applied to bills mailed after Jan. 1, 2026, is \$0.01807 per kilowatt-hour (kWh).

On a member's average bill of 1,300 kWh, this will amount to a charge of \$23.49 on the January bill.

December 2025 Temperature Extremes

Day	High	Low	Avg.	Day	High	Low	Avg.
1	39	23	31	16	64	37	51
2	51	20	36	17	60	33	47
3	54	31	43	18	63	29	46
4	42	32	37	19	64	23	44
5	53	27	40	20	71	29	50
6	44	28	36	21	64	38	51
7	49	27	38	22	74	37	56
8	50	27	39	23	80	39	60
9	69	24	47	24	79	44	62
10	60	34	47	25	83	47	65
11	71	29	50	26	79	42	61
12	62	33	48	27	85	40	63
13	58	29	44	28	69	26	48
14	38	20	29	29	44	20	32
15	53	19	36	30	57	17	37
				31	66	25	46

Average Daily High: 60 Average Daily Low: 30

Did You Know?

Have you downloaded the SmartHub app? With SmartHub, co-op members can check energy use, pay power bills and more! Download SmartHub in Google Play or the Apple Store.

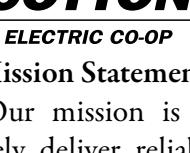
The next issue of *The Current* should arrive in mailboxes Feb. 13, 2026.

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 TheCurrent@cottonelectric.com.

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



Mission Statement

Our mission is to safely deliver reliable and affordable power, provide excellent member service, and improve the quality of life in the communities we serve.

From the CEO

Working together to lower demand

When outdoor temperatures drop, electricity use naturally rises. Colder weather drives us indoors, where we rely more heavily on home heating systems, more lighting and household appliances. Heating systems run longer and more frequently to maintain comfortable indoor temperatures. Combine that with the fact that most people use electricity at the same times — typically in the mornings and early evenings — and the result is significant pressure on our electric grid.

Cotton Electric Cooperative works closely with Western Farmers Electric Cooperative (WFEC), our local generation and transmission (G&T) cooperative, to plan for these seasonal weather patterns and changes and ensure you have reliable power every day of the year. This partnership involves detailed resource and infrastructure planning to make certain electricity is available whenever you need it. However, it's important to remember that our local system

is part of a much larger regional and national electric grid.

During the winter months, when homes and businesses across the country are using more electricity simultaneously, overall demand can approach — or occasionally exceed — available supply. This is especially true during severe weather events, such as ice storms, sudden temperature drops or equipment malfunctions that reduce generation capacity. In rare cases

when demand threatens to outpace supply, the regional grid operator Southwest Power Pool (SPP) may call for temporary, controlled outages — often referred to as rolling blackouts — to prevent broader system failures. This occurred in our area in 2021 during Winter Storm Uri. If such a situation arises, Cotton Electric will provide timely updates and information to members.

To prepare for these scenarios and minimize risks, Cotton Electric and our G&T WFEC take proactive measures to strengthen reliability year-round. These

include routine system maintenance and upgrades, pole inspections, tree trimming and comprehensive disaster response planning. These proactive steps are designed to ensure our portion of the grid remains resilient even under extreme conditions. Yet, maintaining a reliable electric system requires a collective effort — and every member plays an important role in lowering demand when the grid is under stress.

You can help by taking simple actions during periods of high electricity use, especially on the coldest days of winter:

1. Lower your thermostat slightly. Even reducing the temperature by a few degrees can help.

2. Delay using large appliances during high-demand peak hours in the winter, which are usually in the early morning from 6 a.m. – 9 a.m. and early evening from 4 p.m. – 9 p.m. Run dishwashers, washing machines and dryers during off-peak hours — usually midday or late evening.

3. Adjust your water heater.



Jennifer Meason, CEO

Setting it to 120 degrees F and spacing out showers helps conserve both energy and hot water.

4. Unplug unnecessary devices. Power used for lighting and electronics adds up and accounts for a significant portion of home energy use. Disconnect unused items to reduce energy waste.

Understanding how winter weather impacts electricity demand is key to maintaining system reliability. By practicing simple energy conservation habits at home, you not only save money on your monthly bill — you also help strengthen the resilience of the grid that powers our community. Together, through small actions and shared awareness, we can ensure that our homes remain warm, our lights stay on and our local grid continues to serve us reliably throughout the season.



POWER UNDER PRESSURE

Four Ways to Ease Grid Strain This Winter

Energy use spikes during periods of extremely cold weather, which adds strain to the electric grid. When our community works together to reduce energy use, we can make a big impact in supporting reliability. Here are four simple ways you can help:

1. Lower your thermostat. Even a difference of a few degrees can help.
2. Delay using large appliances. Run them in the evenings or midday when demand is lower.
3. Lower your water heater to 120 degrees and avoid back-to-back showers.
4. Unplug unnecessary devices. Electronics and lighting add up. Unplug any unused items.



Energy Efficiency Tip of the Month

Winter weather can cause your home heating system to work overtime. Check for air leaks and drafts around doors and windows, then seal them with weather stripping or caulk. Close fireplace dampers when not in use, and consider installing insulating curtains to help keep warm air inside. You can also save energy by lowering your thermostat a few degrees. Even small adjustments like these can reduce heating costs and improve comfort during the coldest months.

Source: Energy.gov

November 2025 Operating Stats

	2025	2024
Total Amount Billed/Accrued	\$6,266,694	\$6,032,530
Cost of Purchased Power	4,477,107	4,197,873
Taxes	119,043	117,233
Total Operating Expense per Mile	1,185	1,176
Average Farm and Residential Bill	134	127
Average Farm and Residential kWh	998	959
Total Meters Billed (Farm, Residential)	19,956	19,767
Miles Energized	5,289	5,281
Density per Mile	3.77	3.74
New Service Connects YTD	371	380
Services Retired	141	168

Upcoming Deadlines for The Current

February	
Ad Sales	Jan. 30
Classified	Jan. 30
Publish	Feb. 13
March	
Ad Sales	Feb. 27
Classified	Feb. 27
Publish	Mar. 13

The Current

Published monthly at Walters, Oklahoma, by Cotton Electric Cooperative, Inc.

Jennifer Meason CEO
 Shane Bowers Vice President
 Zach Young Director
 Carli Eubank Communications Specialist

Cotton Electric Cooperative, Inc.

Board of Trustees

Brian DeMarcus, Meers, President

Steven R. Robinson, Cache, Vice President

Tony High, Walters, Sec./Treas.

Clifford Dunham, Chattanooga, Asst. Sec./Treas.

Shan Files, Velma

Ken Layn, Marlow

Todd Clark, Duncan

Nichole Scott, Central High

Dell Farris, Comanche

"Cotton Electric Current" (USPS #134-020) is published monthly by: Cotton Electric Co-op,

226 North Broadway, Walters, OK 73572

Periodicals Postage paid at

Lawton, OK 73501-4649

Postmaster Send #3579

To The Cotton Current

226 North Broadway

Walters, OK 73572

This institution is an equal opportunity provider & employer.

Energy Efficiency

Save money with a DIY home energy audit

Want to cut costs and make your home more comfortable? A DIY home energy audit can uncover hidden energy drains, like leaky windows, drafty ducts and inefficient appliances. Identifying trouble spots now can set you up for savings and comfort year-round.

Before you dive in, grab a few basic tools: flashlight, dust mask, tape measure and something to take notes. We'll start with simple, no-cost changes you can do right away, then move on to tasks that take a little more effort.

Step 1: Adjust your thermostat

- Revisit your thermostat settings each season. Lowering the temperature at night or when no one is home is a simple way to cut costs.

- Use a smart thermostat for even greater savings. It automatically adjusts based on your schedule.

Step 2: Lower water heater temperature

- Lower your water heater temperature to save money and reduce the risk of scalding burns. Some water heaters are factory-set to 140 F, but most households only need 120 F.

Step 3: Find and fix energy vampires

- Shut off energy vampires — devices that draw electricity even when turned off. This idle load can account for 23% of your home's energy use.

- Unplug appliances when not in

use and fully power down devices like computers or gaming consoles.

- Use a smart power strip to shut off multiple electronics at once — it's an easy way to stop energy waste at the source.

Step 4: Check your lighting

- Swap out older bulbs, like incandescent or CFLs, for LEDs. They use less energy and last longer. Lighting can account for about 10% of your electric bill.

- Add dimmers or timers to cut down on wasted electricity.

- Don't overlook outdoor fixtures. Choose LEDs with features like daylight shutoff or motion sensors for even more savings.

Step 5: Review appliances

- Look for the Energy Star label when buying new. If your refrigerator, washer, dryer or heat pump is more than 10 years old, it may be worth replacing rather than repairing. Newer appliances are more energy efficient and can often pay for themselves in savings within a few years.

- Check your heating and cooling systems. Their life span can range from 10 to 30 years depending on the type and maintenance. If yours is older, start planning ahead for an upgrade.

- Replace air filters to keep your system running efficiently.

Step 6: Seal leaks

Air leaks can waste 10%-20% of your

home's energy each year, but they're often simple to fix. Here's where to look and how to seal them.

- Check baseboards, floor edges and wall-to-ceiling joints indoors.

- Focus on where different materials meet outdoors.

- Pay special attention to windows, doors, light fixtures, plumbing and outlets.

- Use caulk for gaps around windows, doors and baseboards.

- Add weather stripping to doors and operable windows.

Step 7: Inspect insulation

Check attic insulation

- Grab your dust mask and tape measure to check the depth of the insulation. It should be at least 12 inches deep, but you may need more depending on the type and your climate. Check www.energystar.gov for recommended R-values.

- Spread insulation evenly. Loose-fill or blown-in insulation should be fluffy with even coverage, while rolled batt insulation should fit snugly with no gaps.

Inspect exterior walls

- Check insulation by turning off the power, removing an outlet cover or switch plate and shining a flashlight into the cavity. Many homes built before the 1960s have little to no insulation, and houses from the 1960s-70s often need more.

- Call a professional to blow in in-



Heath Morgan,
Energy Efficiency
Coordinator

sulation (from the outside or inside) if wall insulation is missing.

Don't forget the basement

- Ensure rim joists (the area between the top of the foundation and the underside of the first floor) are well insulated in unfinished basements.

- Insulate the underside of the floor between the joists in crawl spaces.

- Add insulation to pipes and ductwork for an extra efficiency boost.

Enjoy your energy savings

Congratulations — you've taken important first steps toward lowering your energy bills and boosting comfort. If you'd like more information, your cooperative provides free energy efficiency home evaluations to our members, providing recommendations to reduce waste, maximize savings and make your home more efficient year-round.

Contact us at 580-875-3351 to learn more and schedule a professional energy efficiency home evaluation.

Simple changes make a big difference and add up to savings.

Learn more at www.cottonelectric.com or www.touchstoneenergy.com.

Heating Degree Day and Cooling Degree Day Calendar

DECEMBER

HDD YEAR CDD

557 2025 2

536 2024 0

563 2023 0

Degree days measure how cold or warm a location is by comparing the average of the high and low (mean) of the outdoor temperatures recorded in that location to the standard U.S. temperature, which is 65 F. The assumption is that we don't need heating or cooling to be comfortable when this is the outdoor temperature.

COTTON
ELECTRIC CO-OP

Download
Smarthub
today!

APPLE STORE



GOOGLE PLAY



Monitor energy consumption

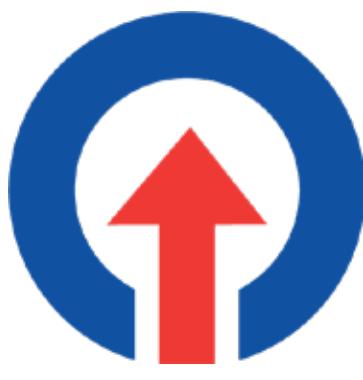
Update account information

Make and schedule payments and notifications

Monitor account balance and review payment history

Contact us





Cotton Electric Charitable Foundation

CECF announces fourth quarter grant recipients

Pennies, nickels, dimes and quarters – set enough of them aside on a regular basis, and the coins add up to dollars. That's how Operation Round Up (ORU) works.

Most Cotton Electric members participate in ORU, in which power bills are rounded up to the nearest dollar. The amount rounded up can be as little as 1 cent and is never more than 99 cents. On average, each participating member contributes about \$6 each year.

The funds are pooled and administered by the Cotton Electric Charitable Foundation (CECF),

a Board of Directors that meets quarterly to consider grant applications from individuals and organizations in the area. The Board consists of Jennifer Meason, the co-op's CEO; Brian DeMarcus, president of the co-op's Board of Trustees; and three representatives from the Cotton Electric service area: Cindy Zelbst, Carter Waid and Polly Krasser.

The Board met in December to review grant applications. Grants totaling \$21,542.47 will be distributed to five of the applicants. Fourth quarter grant recipients include: Bray Doyle Public School, Duncan Area Literacy Council,

Duncan Community Residence, Empire Public Schools and the FISTA Foundation.

First quarter applications are due March 10, 2026. The Board of Directors for CECF will meet again March 24 to review applications for the quarter.

CECF grant guidelines and applications can be downloaded and completed at www.cottonelectric.com/grant-applications. Applications can also be submitted by email to zyoung@cottonelectric.com or by mail to 226 N. Broadway, Walters, OK 73572.

Bray Doyle Public School

\$8,534.87 for machinery and tools for their Career and Technical Education (CTE) program

Duncan Area Literacy Council

\$2,241 for books

Duncan Community Residence

\$4,750 for ductwork replacement

Empire Public Schools

\$1,516.60 for a buzzer system for the academic team

The FISTA Foundation

\$4,500 for STEM materials

Quality used equipment for sale

2013 GENIE Z-45/25J DC - PRICE \$16,848 (USD)	
Description:	BOOM 43-46' ARTICULATING ELECTRIC
Make/Model:	GENIE Z-45/25J DC
Year:	2013
Serial #:	Z452513A-47059
Meter:	1632
Equipment #:	N78062
Location:	D62 - LAWTON, OK



2018 MEC 1330SE - PRICE \$4,025 (USD)	
Description:	SCISSOR LIFT 10-13' ELECTRIC
Make/Model:	MEC 1330SE
Year:	2018
Serial #:	16302264
Meter:	283.73
Equipment #:	57705BLA
Location:	D62 - LAWTON, OK



UNITED RENTALS (Store D62)
2420 S.W. LEE BLVD
LAWTON, OK 73505

Mon-Fri: 7:00AM-5:00PM Sat: CLOSED Sun: CLOSED



Valid through 02/01/2026
UnitedRentals.com | 800.UR.RENTS
© 2021 United Rentals, Inc.

For terms and conditions, visit unitedrentals.com/en/customer-care/terms/urtdisclaimer



FREE ESTIMATE

OKIE DIRT WORKS, LLC

HOME-FARM-BUSINESS



Services include but not limited to:

- Pad Construction
- Rough/Final Grading
- Tree/Brush Clearing
- Dirt/Gravel Delivery

Daniel Ballard

405-574-2955

New Year's financial resolutions: Making them stick

As the calendar flips to a new year, millions of Americans pledge to improve their financial lives. But without a concrete plan, those well-intentioned resolutions often fade quickly.

Financial goals consistently top the list of New Year's resolutions. A 2025 CFP Board study shows that financial resolutions are

prominent, with saving more money (45%) and reducing debt (32%) ranking among the top three goals.

Unfortunately, most resolutions don't last. A 2023 Forbes Health poll found that over half of people give up on resolutions by the four-month mark and only 1% make it the full year.

The challenge isn't a lack of desire for change. People may set the same resolution year after year, revealing a disconnect between intentions and action. Or it may be that they try to tackle too many goals at once, or aim higher than is realistic, setting themselves up for disappointment.

Set smart financial goals. Before crafting your action plan, consider which financial priorities matter most to you. If you need ideas, here are some areas where you may want focus in 2026:

- Regularly review your financial goals and track progress toward meeting them
- Increase your 401(k) contributions or max out your IRA and/or HSA contributions
- Pay down debt strategically and negotiate lower interest payments
- Build an emergency savings fund of six to 12 months
- Save more consistently

Be specific. Vague resolutions like "save more money" rarely succeed. Instead, it can help to make goals specific and measurable.

For example, rather than making a resolution to "start an emergency fund," commit to a specific goal, such as, "I will put \$100 a month into an emergency fund."

This shift from general to specific transforms wishful thinking into actionable steps. When goals are attainable, it's easier to track progress and stay motivated.

Find an accountability partner. Don't go it alone. Having someone to check in with can help you stay on track. This could be a spouse,

friend or family member who shares similar goals.

Consider working with a financial advisor who can help you create a realistic plan, monitor your progress and adjust strategies as needed. A professional can provide expertise and accountability, making it easier to stay on track throughout the year.

Start small and build momentum. Rather than overhauling your entire financial life all at once, focus on one or two priority areas. Identify where the largest gap exists between your current situation and where you want to be, then concentrate your energy there.

Breaking larger goals into smaller, manageable actions makes them less overwhelming and more achievable.

Each small win builds confidence and momentum for tackling the next challenge.

The new year offers a fresh start and renewed motivation to improve your financial health. With specific goals, a solid action plan and the right support system, this could be the year your financial resolutions finally stick.

Edward Jones, Member SIPC

Kelsey Avants

1110 N. 10th Street | Duncan, OK 73533 | 580-255-4408
kelsey.avants@edwardjones.com | www.edwardjones.com

Edward Jones

MAKING SENSE OF INVESTING

DeHart
Air Conditioning
Heating since 1920
ENGINEERING SERVICE & CONTRACTING

5755 N. Highway 81, Duncan, OK
580-252-2205
www.dehartair.com

30% Federal Tax Credit for Geothermal Systems

30% Federal Tax Credit EXTENDED Through 2032!

Call us today for more information! 580-252-2205



Cotton Electric Co-Op Rebates Available On: *16 Seer, 17 Seer, 18 Seer(+) Air Source Heat Pumps. *New Water Heaters And Mini-Splits. *New Geo-Thermal Systems & Replacement Systems.

Dehart Air Conditioning offers maintenance plans to keep systems healthy!

*Rebates Available in many OMPA Member cities *Restrictions apply

Your account. Your way.

Find a payment option fit just for you

At Cotton Electric, providing multiple payment options is one of the ways we strive to provide excellent member service to you. By choosing a payment method that's best for you, you can pay for your power, your way.

When making a payment, be sure to have your Cotton Electric account number handy, which can be found at the top left of your bill, just under your address. If you have multiple accounts, all numbers are required. Read more to find which payment option works best for you to manage your account:

SmartHub: electronic check / credit card

Members can sign up for online or mobile device account access and pay via electronic check or with Visa, MasterCard or Discover credit cards any time of day with no additional charge. First-time setup will require your Cotton Electric account number. Credit cards will not be accepted for payment on commercial accounts.

SmartHub is another option packed with features that can provide accessibility to manage your Cotton Electric account from anywhere, such as reviewing energy usage, making payments and reporting outages.

Another benefit SmartHub provides members with is the ability to sign up for paperless billing. Instead of waiting for your bill to arrive in the mailbox, members receive a notification when their monthly statement is available, so you can make or schedule payments online with ease.

Visit www.cottonelectric.com/smarthub to learn more and download the free SmartHub app for your Apple or Android devices.

MyChoice

MyChoice is a prepay energy solution that gives members the power of choice for paying for elec-

tricity how and when you choose with no security deposits or late fees. Purchasing electricity before you use it allows you to pay how much you want, when you want. Members will not receive a monthly statement with MyChoice. Your energy use and balance are calculated daily and can be tracked by mobile devices using SmartHub. Members can make the switch to MyChoice on our website or by calling 580-875-3351.

Monthly bank draft

Monthly bank drafts require an Authorization Agreement for Automatic Debit form and a voided, unsigned check. Forms are available at both of our offices, or we can mail the form to you. Once it is filled out and returned, it takes a few days to arrange for your checking account to be drafted 10 days after your billing date each month. Members are also able to sign up for this program on their own on SmartHub under the Auto-Pay Program.

Average Monthly Payment

Qualifying members for our Average Monthly Payment (AMP) plan must have a 12-month billing history, no more than two late payments in that 12-month period and the account is in current status. If more than two late payments are made when on this program the account will be removed from AMP.

Monthly bills are based on a rolling average of energy usage from the current month and the previous 11 months, which can cause bills to vary slightly each month. With AMP, instead of high and low bills as seasons change, bill amounts will tend to be similar to the same amount each month.

Any of the payment methods listed above can be used when paying on accounts using the AMP plan. Please contact our Member Service department at

580-875-3351 to make sure that you qualify for this plan.

By phone

Members can call 1-855-940-3923 to make a payment over the phone, by using a series of menu choices in an automated system. The system requires your Cotton Electric account number and credit/debit card or banking account numbers.

By mail

When you receive your monthly power bill, use the return envelope that is included to submit your payment by mail. We do not accept cash by mail, so make sure to enclose a check or money order along with the bottom portion of the bill.

In person

We accept cash, checks, money orders and credit cards at our headquarters, 226 N. Broadway in Walters, and at our Duncan office, 1101 W. Oak. Business hours at both offices are 8 a.m. to 5 p.m. Monday through Friday, except holidays.

Credit card payments can be made inside the front lobbies at either office or the outside kiosk at the Duncan office. Credit card payments are accepted in the lobbies until 4:45 p.m. and will not be accepted for payment on commercial accounts.

Moneygram

Moneygram transactions are handled at Walmart and CVS stores anywhere in the United States. There is a fee for this transaction and requires cash or a debit card. When using this payment option, you will need your account number and our billing code: 7933.

For questions or more information, stop by our offices, call 580-875-3351 or visit www.cottonelectric.com/viewpay-my-bill.



Comanche Lake Golf Course

286016 State Hwy 53A - Comanche, OK

cityofcomanchegolfcourse@gmail.com
(580)333-0013

This is an excellent 9 hole course lined with trees on one side and Comanche Lake on the other. We also have camp sites, kayak, canoe, and paddle boat available!

Chisholm Trail Trading Post

701 S Rodeo Drive - Comanche, OK

Outdoor Spaces are \$15/day or \$30/weekend
Indoor Spaces start at \$100/month
Free outdoor space for farmers to sell their produce!

trade@cityofcomanche.com
(580)439-8832

Call or Email to reserve your booth space

2026 Dates

January 9-11
February 6-8
March 6-8
April 10-12
May 8-10
June 5-7
July 10-12
August 7-9
September 11-13
October 9-11
November 6-8
December 11-13

Starlite Welding Supplies

Torch & Regulator Repair Welder-Torch Kit Specials

1 Yr. Cylinder Lease \$45.95

SPECIALS on Welders/Generators



526 Industrial Ave.--By Duncan Cemetery

Mon.-Fri., 8 am -5 pm; Sat., 8 am -11 am

Home-owned by Kenneth/Jeff Golay

Since 1991 580-252-8320

Bartling
INSURANCE

Comanche
580-439-8809

Waurika
580-228-2085

UNCOMFORTABLE?

Does your home have any of these symptoms?

- Rooms that get too hot or too cold?
- High utility bills?
- Thermostat wars with your spouse?
- High humidity in summer?
- House just never seems comfortable?
- There doesn't seem to be enough airflow?
- Have been told by other contractors that the problem cannot be fixed?

If you answered **YES** to any of these questions, we can help!

Pippin Brothers has specialists that can pinpoint and correct these problems and, in many cases, you don't even have to replace your equipment, with the solution usually being easier and costing a lot less than you may think. There is no other contractor in Lawton more qualified than Pippin Brothers at diagnosing and correcting these annoying, inconvenient, unhealthy, comfort-compromising and energy-wasting concerns. Call us today and let us make your home **Feel As Good As It Looks!** After all, your home is your largest investment and you and your family deserve to be comfortable - don't you?



"Comfort Without Compromise"

Call Today:

580-248-7924

www.PippinBrothers.com

HOURS
M, T, W, T, F: 7:30-5:30

- **LARGE & SMALL ANIMAL**
- **GROOMING**
- **BOARDING**
- **QUALITY PET FOODS**

833-439-8884

COTTON
ELECTRIC CO-OP

A Touchstone Energy® Cooperative

Your quality electric utility

www.cottonelectric.com

Cotton Electric announces rebate standards for 2026

Cotton Electric has announced standards for the 2026 Rebate Program for the purchase and installation of certain energy-efficient equipment and fuel conversion measures. The program expanded in recent years to include rebates for air source heat pumps, mini-splits and water heaters installed under certain conditions. Rebate funds are available on a first-come, first-served basis. Once rebate funds have been exhausted, the program will end for the year.

The maximum rebate in 2026 will be \$4,000 per residence. Heat pumps and mini-splits must be installed by a licensed contractor. Indoor and outdoor equipment must be replaced at the same time. Members will need to provide a rebate application, a copy of their itemized invoice and, from the HVAC contractor or supplier, AHRI certification and Manual J calculation in order to qualify for the program. Verification by Cotton Electric personnel and an Energy Efficiency Home Evaluation are also required to receive the rebate.

Ground source heat pumps (GSHP)

Rebates are paid on new installations or GSHP to GSHP replacements. A desuperheater is not required but additional rebates are available if one is part of a GSHP installation. Minimum standards vary for closed and open loop installations and apply to the full load operation of a GSHP, not the partial load. The amount of rebate is determined by the size of each unit, its Energy Efficiency Rating (EER) and Coefficient of Performance (COP).

- Qualifying units can receive a rebate of up to \$750 per ton installed if the unit meets the minimum specifications, which are 15.9 EER and 3.3 COP for closed loop systems and 15.9 EER and 3.6 COP for open loop.
- To qualify for a rebate when replacing an existing GSHP system with another GSHP system, the new installation must increase the EER by at least 3.0. The minimum specification for COP is 3.3 for closed loop systems and 3.6 for open loop. Rebates are \$300 per ton.

Air source heat pumps / Mini-splits

Rebates are paid on replacement of existing heat pumps, new construction or conversion from natural gas or propane furnaces to total electric heat pumps. Rebates are per unit, not per ton. To qualify, units must meet standards that vary with the Seasonal Energy Efficiency Ratio (SEER) rating.

- A unit with a 17.00 to 17.99 SEER must have an SEER2 of 16.2 to 17.1. Rebates are \$500 per unit for a replacement and \$750 per unit for a fuel conversion or new construction.
- A unit with an 18.00 to 19.99 SEER must have an SEER2 of 17.2 to 19.0. Rebates are \$600 per unit for a replacement and \$850 per unit for fuel conversion or new construction.
- A unit with 20.00 or greater SEER must have an SEER2 of 19.1 or greater. Rebates are \$750 per unit for a replacement and \$1,000 per unit for fuel conversion or new construction.

Heat pump water heaters

Rebates are offered for heat pump water heaters replacing traditional resistance water heaters. Conversion from natural gas or propane to an electric, and new construction projects, also qualifies for a rebate.

- Rebates are \$250 per unit for a replacement and \$500 per unit for a fuel switching or new construction.

Water heaters should have a minimum 40-gallon capacity, an energy factor of 2.8 or greater and a manufacturer's warranty of 10 years or greater. Tankless water heaters are not eligible. Collecting the rebate requires a rebate application, AHRI reference sheet, invoice or receipt dated after Jan. 1, 2026, and an inspection by Cotton Electric.

To arrange an inspection or for information to make sure your purchase is eligible, please contact us at 580-875-3351 or visit www.cottonelectric.com/rebate-program.

Audiology & Hearing AID of Duncan



CORNISH PROPERTIES

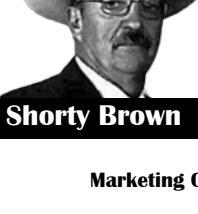
Insured & Bonded
Serving Lawton Since 1980



6209 W Gore Blvd, Lawton
580-536-0575

Thompson Cattle Inc.

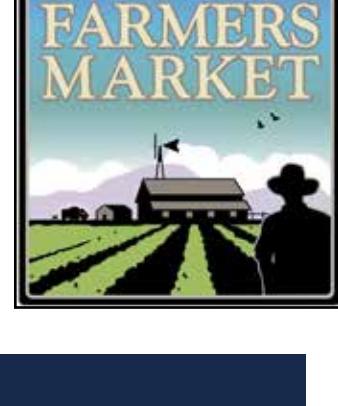
OKC WEST



Certified Cattle Appraiser
580-467-1468

Shorty Brown

Marketing Options Available



Lawton Farmers Market

Saturdays 8:00 a.m.-1:00 p.m.

77 SW 4th St.

A year-round market located in the heart of downtown Lawton, Oklahoma.

For vendor inquiries please call:

Cindy Nocton (580) 678-9472

LawtonFarmersMarket.com



BUYING OR SELLING PROPERTY?

CALL TURNER LAND COMPANY
Residential, Commercial,
and Land Sales

LEXI MACE
580-768-0178

**TURNER
AND
COMPANY**
LLC

Mike Faulkner - Managing Broker: 580-465-3571
www.turnerlandcompany.com

Is Your Water Safe?

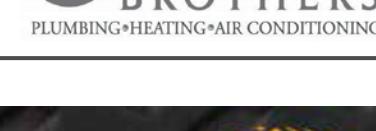
Give Your Back a Break...Stop Adding Salt to Your Softener

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.

Benefits of a No-Salt Water Conditioning System:

- Maintain healthy calcium & magnesium levels
- No sodium added to water
- No waste water vs. up to 10,000 gallons per year with salt softeners
- No environmental discharge of salt or chemicals
- Reduces iron staining
- Extends appliance life by 50% or more
- Descales inside of pipes & water heater
- Cleaner bodies, clothes, and dishes
- 25% or more reduced detergent use
- Clothing will last longer
- Cleaner more refreshing water
- Improves water heater efficiency and thus lowers energy bills

Call Today
580-248-7924
www.PippinBrothers.com



PLUMBING • HEATING • AIR CONDITIONING

WHOLESALE FOOD DISTRIBUTOR

Cable
MEAT & FOOD SERVICE
SINCE 1967

RETAIL HOURS
MON-FRI 7 AM - 4 PM

OFFICE HOURS
MON-FRI 5 AM - 4 PM

CABLEFOODSERVICE.COM **580-658-6646**

Understanding your electric bill

Your monthly Cotton Electric bill includes a lot of useful information. The example below shows a typical residential bill and explanations of expanded information.

Call us at 580-875-3351 or 800-522-3520 to get help with:

- Discontinuing paper bills through the mail and having them delivered via email instead.

- Signing up for automatic bank drafts, or switching from traditional to prepaid billing.

Account information

A member's account number, contact information, service address and statement date for this bill. In the case of a bill for multiple meters, there will be a member number and invoice number listed here.

Account Detail

This area will list your meter(s), bill type, service dates, readings and energy use recorded by the meter.

Energy Use Graph

Shows energy use history over the past 24 months. Members can spot their energy use trends at a glance.

Monthly Comparisons

Compares this month's energy use with the previous month and also the same month from the previous year.

Contact Us

General information about our business hours and phone numbers is located in the upper right corner. The Pay By Phone number can be used to make electronic check or credit/debit card payments.

Current Amount Due

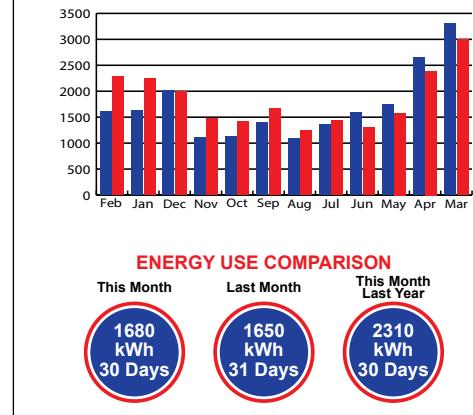
We know most members want to know only two things: What do I owe and how soon do I need to get it paid? That's why we made this big and put it at the top, so you can tell at a glance. If an account has an outstanding balance, the outer circle will be in red. Avoid a late fee and pay before the delinquent date.



A Touchstone Energy® Cooperative

ACCOUNT NUMBER 1234567890
Member Name COTTON MEMBER
Member # 5555
Statement date 02/15/2026
Phone # 580-875-3351

Service Address: NW-00-0N-00W



CURRENT AMOUNT DUE
\$186.00
DELINQUENT DATE 03/01/2026

Kiosk Bar Code

Unique to each member account, this bar code will automatically pull up the account when exposed to the code reader of a payment kiosk at the Cotton Electric office at 1101 W. Oak in Duncan. Cash or credit/debit card payments can be made at any time at this outside kiosk.

Kiosk

Office Hours: 8 AM – 5 PM Monday – Friday
580-875-3351 or 1-800-522-3520
Pay by Phone: 855-940-3923
Pay Online: www.cottonelectric.com

SAMPLE BILL

SERVICEDETAIL

Previous Account Activity	
Previous Balance	\$ 245.00
Payment Received 1/30/26 Thank you!	(\$ 245.00)
Account Balance Before Current Charges	\$ 0.00
Current Activity	
Facility Charge	\$ 30.00
Energy Charge	\$ 150.36
PCA Charge	\$ 7.27
Outdoor Light	\$ 8.81
Light PCA	\$ 0.30
Gross Receipts Tax	\$ 3.63
Operation Round Up Amt	\$ 0.77
Total Current Charges	\$ 186.00

PLEASE DETACH AND RETURN THIS PORTION WITH YOUR PAYMENT

Account #: 1234567890
CURRENT BILL AMOUNT \$ 186.00
BALANCE FORWARD \$ 0.00
AMOUNT DUE BY 03/01/26 \$ 186.00
AMOUNT DUE AFTER 03/01/26 \$ 191.58

MAKE CHECKS PAYABLE TO:
COTTON ELECTRIC CO-OP
226 N. BROADWAY, WALTERS, OK 73572
1101 W. OAK, DUNCAN, OK 73533

36022221770000210002745200002671030520191

Service Detail

This shows a detailed breakdown of charges. **There are no increases or additions to the fee structure**; we're just breaking everything out for you. This section shows the previous balance, payments, and the components of current charges.

Depending on the type of service a meter provides, the Service Detail box may include some of this information:

Facility Charge A cooperative member's equal share of fixed costs so power can be available at your location. This includes the cost of poles, wires, trucks, billing, vegetation management, meters, transformers and substations. This is a fixed cost attached to all meters.

Energy Charge The amount of electricity used as measured in kilowatt-hours, multiplied by the current rate. The amount of electricity used is controlled by you, the member.

Power Cost Adjustment (PCA) This can be a decrease or increase, depending on the true cost of wholesale power purchased from our G&T, Western Farmers Electric Cooperative. PCA is applied to kWh consumed and to fees for lights.

Outdoor Light Charges vary according to the type of light installed.

Gross Receipts Tax Cotton Electric is required to collect a 2% state gross receipts tax on all power bills. This is NOT a sales tax and is not eligible for exemption.

Operation Round Up Participants in Operation Round Up can see how much the bill is rounded up to the nearest dollar, an amount that will never be more than 99 cents.

Current Electrical Rates

General Service

Monthly Rate

Customer Charge:

Single-Phase Service \$30.00 per month

Three-Phase Service \$35.00 per month

Energy Charges:

All kWh \$0.08950 per kWh

The rate includes 6.25 cents per kWh of wholesale power in our base charge for electricity. Any amount above or below 6.25 cents will be computed in the Power Cost Adjustment.

Available To:

Available to general service customers for farm, home and residential use subject to the established rules and regulations of the Cooperative. No resale, standby or auxiliary service permitted.

Type of Service:

Single-phase, at available secondary voltage or three-phase at the discretion of the Cooperative.

Minimum Charges:

(1) A charge of \$30.00 per month for single-phase service and \$35.00 per month for three-phase service; or

(2) Compliance with Operational Policy 556, if applicable, of the Terms and Conditions of Service.

(3) A charge of \$30.00 per month for single-phase service and \$35.00 per month for three-phase service, plus a charge of \$1.00 per kVA of transformer capacity in excess of ten (10) kVA.

Adjustments:

The listed rates do not include power cost adjustments, Winter Storm Uri recovery, gross receipts tax and franchise taxes where applicable.

Service Reconnection:

When a reconnection of service is made for a Member at the same location within a 12-month period after the date the service was disconnected at the Member's request, a charge equal to the sum of the minimum monthly bills determined for the months that service was disconnected will be billed to the customer and must be paid, in addition to the charges for connection in compliance with Operational Policy 553 of the Terms and Conditions of Service.

General Service HD

Monthly Rate

Customer Charge:

Single-Phase Service \$25.00 per month

Three-Phase Service \$30.00 per month

Energy Charges:

All kWh \$0.07690 per kWh

The rate includes 6.25 cents per kWh of wholesale power in our base charge for electricity. Any amount above or below 6.25 cents will be computed in the Power Cost Adjustment.

Available To:

Available to residential consumers in franchised municipal areas with a line density of 11 customers per mile or greater, subject to the established rules and regulations of the Cooperative. No resale, standby or auxiliary service permitted.

Type of Service:

Single-phase, at available secondary voltage or three-phase at the discretion of the Cooperative.

Minimum Charges:

(1) A charge of \$25.00 per month for single-phase service and \$30.00 per month for three-phase service; or

(2) Compliance with Operational Policy 556, if applicable, of the Terms and Conditions of Service.

(3) A charge of \$25.00 per month for single-phase service and \$35.00 per month for three-phase service, plus a charge of \$1.00 per kVA of transformer capacity in excess of ten (10) kVA.

Adjustments:

The listed rates do not include power cost adjust-

ments, Winter Storm Uri recovery, gross receipts tax and franchise taxes where applicable.

Service Reconnection:

When a reconnection of service is made for a Member at the same location within a twelve-month period after the date the service was disconnected at the Member's request, a charge equal to the sum of the minimum monthly bills determined for the months that service was disconnected will be billed to the customer and must be paid, in addition to the charges for connection in compliance with Operational Policy 553 of the Terms and Conditions of Service.

Commercial Service

Monthly Rate

Customer Charge:

Single-Phase Service \$40.00 per month

Three-Phase Service \$45.00 per month

Energy Charges:

All kWh \$0.08620 per kWh

The rate includes 6.25 cents per kWh of wholesale power in the base charge for electricity. Any amount above or below 6.25 cents will be computed in the Power Cost Adjustment.

Available To:

Available for commercial and industrial consumers up to fifty (50) kVA of transformer capacity, subject to the rules and regulations of the Cooperative. Available for commercial and industrial consumers to one hundred fifty (150) kVA of transformer capacity at the discretion of the Cooperative. Service under this rate is not available wherein transformer capacity requirements exceed one hundred fifty (150) kVA. No resale, standby or auxiliary service permitted.

Type of Service:

Single-phase or three-phase at available secondary voltages.

Minimum Charges:

(1) A charge of \$40.00 per month for single-phase and \$45.00 per month for three-phase service plus a charge of \$1.00 per kVA of transformer capacity in excess of ten (10) kVA; or

(2) Compliance with Operational Policy 556, if applicable, of the Terms and Conditions of Service.

Adjustments:

The listed rates do not include power cost adjustments, Winter Storm Uri recovery, gross receipts tax and franchise taxes where applicable.

Commercial Service HD

Monthly Rate

Customer Charge:

Single-Phase Service \$35.00 per month

Three-Phase Service \$40.00 per month

Energy Charges:

All kWh \$0.07940 per kWh

The rate includes 6.25 cents per kWh of wholesale power in our base charge for electricity. Any amount above or below 6.25 cents will be computed in the Power Cost Adjustment.

Available To:

Available for commercial and industrial consumers up to fifty (50) kVA of transformer capacity, in incorporated areas with a line density of 11 customers per mile or greater, subject to the rules and regulations of the Cooperative. Available for commercial and industrial consumers to one hundred fifty (150) kVA of transformer capacity at the discretion of the Cooperative. Service under this rate is not available wherein transformer capacity requirements exceed one hundred fifty (150) kVA. No resale, standby or auxiliary service permitted.

Type of Service:

Single-phase or three phase, at available secondary voltages.

Minimum Charges:

(1) A charge of \$35.00 per month for single-phase service and \$40.00 per month for three-phase service plus a charge of \$1.00 per kVA for transformer capacity in excess of ten (10) kVA; or

(2) Compliance with Operational Policy 556, if applicable, of the Terms and Conditions of Service.

Irrigation Rate

Monthly Rate

Customer Charge \$32.50 per month

Energy Charge \$0.06650 per kWh

Horsepower Charge \$2.70 per horsepower of connected load per month

Available To:

Available to Members for pump irrigation service subject to the established rules and regulations of the Cooperative. Service under this rate shall be under the standard Cooperative contract. Motors shall be ten (10) horsepower or greater. No resale, standby or auxiliary service permitted.

Type of Service:

Single-phase or three-phase, at available secondary voltages.

Minimum Charges:

(1) \$32.50 plus a charge of \$2.70 per horsepower of connected load per year; or

Need help crossing off New Year's resolutions?

1. Be awesome.



2. Save money.



We've got you covered.

Co-op Connections® Card



COTTON
ELECTRIC CO-OP

A Touchstone Energy® Cooperative 

Visit Connections.coop to Save

SAVE ON
- DINING
- TRAVEL
- HEALTH
+ MUCH MORE

LOCAL
AND
NATIONAL
DISCOUNTS

DOWNLOAD
 
TODAY

Find out more here: www.connections.coop



WWW.DARBYSFURNITURE.COM

COMMISSION FREE SALES STAFF

FREE DELIVERY

HIGH'S AUCTION & REAL ESTATE SERVICE Appraisal Services, Inc.

LISTING 1:

187677 N. 2590 Rd.
Walters, OK 73572
Price Reduced: \$550,000
SE S17 T3S R11W, Cotton County
From Walters: 5 south to 5A, then 3
West to 2590 Rd, Then North to
property. 160 Acres native grass,
hill top view. + 2641 sf home with 4
beds and 3 baths.

Listing 2:

1025 acres in 3 tracts. Will divide.
List price: \$2,200/acre
S18 T4S R11W, Cotton County
All weather county roads. 2 Miles
North of Highway 70 on N2580.
Rural water and electricity. Good
fences, corrals.

Sale Pending:

112-114 Ross,
Walters, OK 73572
Duplex for sale. 4 bed, 2 bath, 2 car
garage. Across from the youth park.
List price: \$85,000

Sale Pending:

SE S28 T1S R11W, Cotton County
160 acres, 123 cultivation bal. From
Walters West 2 miles to 2600 road
Then North 5 miles to property.
List price: \$400,000

Sale Pending:

W2 NE S1 T2S R12W
Cotton County, 78 acres, m/l per
survey. All grass, good fences,
ponds, access to rural water
List price: \$194,000

Rick High 580-875-6500
210 N. BROADWAY, WALTERS OK 73572
rrhigh@sbcglobal.net
www.hightsaution.com

CHISHOLM TRAIL ARTS COUNCIL
PRESENTS

Soft Hands YACHT ROCK

FRIDAY JANUARY 30

7:30PM

SIMMONS CENTER THEATER

for Tickets 580-252-4160 or www.chisholmtrailarts.com























Lawton Septic Tank & Storm Shelter

Over 25 Years Experience • Licensed, Bonded & Insured
Manufacture • Installation • Inspection • Tank Pumping • Maintenance
We manufacture and install all types of septic systems
and specialize in aerobic systems.
Offer complete service or sell parts for do-it-yourselfers!
Financing available on aerobic repairs.
Mon-Fri 8am-5pm • 2401 SE 45th St., Lawton
24-Hour Service

580-248-3131



Co-op Life

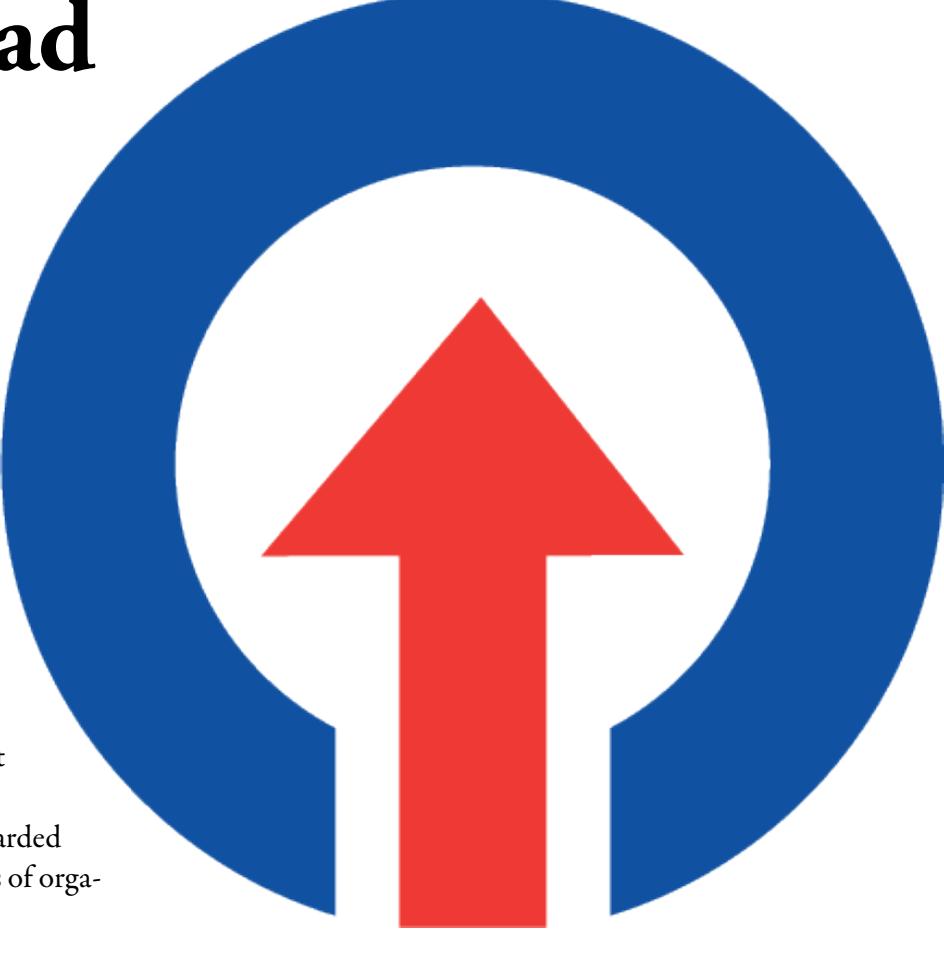
Small contributions lead to big impacts in local communities

When members participate in Operation Round Up, their power bills are rounded up to the nearest dollar and all of those partial dollars are pooled together. It adds up to some significant funds that can make a huge difference in the quality of lives throughout the Cotton Electric service area.

Thanks to you, our generous members, the Cotton Electric Charitable Foundation issued 29 grants in 2025 for a total of \$73,815.40. Grant recipients included schools and youth programs, volunteer fire departments, nonprofit organizations and communities.

"The goal of CECF is to improve the lives of our members, and we feel these contributions have made a difference in improving the quality of life in southwest Oklahoma," said Jennifer Meason, Cotton Electric Cooperative CEO.

Since its beginning in 2004, Cotton Electric Charitable Foundation has awarded more than 625 grants for a total of approximately \$1.68 million to assist the needs of organizations and individuals in our community.



2025 CECF Grant Recipients

AmVets Post 11
 Bray-Doyle Public Schools
 Central High Public Schools
 Chattanooga Feeds Our Warriors
 Chattanooga Fire and Rescue
 Chattanooga Police Department
 Chisholm Trail Arts Council
 Christians Concerned
 Cotton County Fair Board
 Duncan Area Literacy Council
 Duncan Community Residence
 Duncan Senior Citizens Center
 Empire Public Schools
 FISTA Foundation
 Grandfield Multi Purpose Center

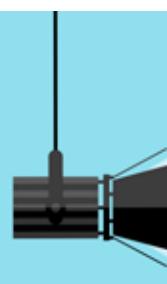
Hulen Volunteer Fire Department
 Indiana Community Food Bank
 Indiana Public School
 Jefferson County Free Fair/Livestock Show
 Lawton Food Bank
 Stephens County Humane Society
 Town of Temple
 Tri-County Coop
 Velma-Alma Elementary School
 Vizavance
 Walters Police Department
 Waurika EMS District
 Waurika Senior Citizens Center, Inc.
 Wichita Mountains Prevention Network



**FIRST QUARTER
APPLICATION DEADLINE**

MARCH 10, 2026

[www.cottonelectric.com/
grant-applications](http://www.cottonelectric.com/grant-applications)



Community Spotlight

If you would like your community event listed in the February issue, please submit information by calling 580-875-3351 or emailing TheCurrent@CottonElectric.com by Jan. 30. Only events occurring after Feb. 13 will be published in the next issue.

Editor's Note: We recommend checking for cancellations with local sources before attending any event.

Coin show returns to Duncan

Enjoy the Stephens County Coin Club's 57th Annual Coin Show for gold, silver, coins, currency, tokens and more. There is free parking and admission. The event is set for Friday, Feb. 20, from 10 a.m. to 5 p.m. and Saturday, Feb. 21, from 9 a.m. to 5 p.m. at the Stephens County Fairgrounds in Duncan. For more information, contact Ed at 580-475-4570 or Dan at 580-467-0168.

Annual Medicine Park Polar Bear Plunge

Enjoy a day of winter events at the 28th Annual Polar Bear Plunge at Bath Lake in Medicine Park. Hear live music, sample treats and more. Costumes are encouraged. Participants will meet at Park Tavern at 1:45 p.m. and join other plungers in a parade starting at

2 p.m. leading to the big plunge. The event is set for Feb. 7 at Park Tavern in Medicine Park. For more information, call 580-529-2825 or follow their Facebook page.

Food pantry open once monthly

Walters Community Food Pantry is open from 8 a.m. to 11 a.m. on the second Saturday of each month. The pantry is in the old City Hall, 131 1/2 W. California St. Pantry organizers try to provide a two-week supply of basic staples to anyone with identification and proof of Cotton County residency. Monetary donations may be sent to Food Pantry, c/o Paul Metcalfe, 211 E. Colorado St., Walters, OK 73572. For information, call Roger Noland at 580-591-6826.

Blessings Boutique open monthly

Marlow First United Methodist Church opens its Blessings Boutique from 11 a.m. to 2 p.m. every first and third Tuesday of the month. Clothing donation drop-off days are Tuesdays, or donors can call the church at 580-658-2765 to make other arrangements.

PHOTO OF THE MONTH



The Current

2026 Publication Dates

January
Ad Sales Deadline Jan. 2
Classified Deadline Jan. 2
Publish Date Jan. 16

February
Ad Sales Deadline Jan. 30
Classified Deadline Jan. 30
Publish Date Feb. 13

March
Ad Sales Deadline Feb. 27
Classified Deadline Feb. 27
Publish Date Mar. 13

April
Ad Sales Deadline Mar. 27
Classified Deadline Mar. 27
Publish Date Apr. 10

May
Ad Sales Deadline Apr. 24
Classified Deadline Apr. 24
Publish Date May 8

June
Ad Sales Deadline May 29
Classified Deadline May 29
Publish Date June 12

July
Ad Sales Deadline July 3
Classified Deadline July 3
Publish Date July 17

August
Ad Sales Deadline July 31
Classified Deadline July 31
Publish Date Aug. 14

September
Ad Sales Deadline Aug. 28
Classified Deadline Aug. 28
Publish Date Sept. 11

October
Ad Sales Deadline Oct. 2
Classified Deadline Oct. 2
Publish Date Oct. 16

November
Ad Sales Deadline Oct. 30
Classified Deadline Oct. 30
Publish Date Nov. 13

December
Ad Sales Deadline Dec. 4
Classified Deadline Dec. 4
Publish Date Dec. 18

Classifieds: \$5 for non-members & subscribers

To place a classified ad, email classifieds@cottonelectric.com or call 580-875-3351.

Subscriptions: \$10 annually

Cotton Electric member Michelle Romero began learning her new hobby of making gluten free sourdough bread about three months ago.

Enter your "best shot" in our Photo of the Month contest. The theme for February is Loving Life! 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.

STORM PREPAREDNESS CHECKLIST:

FLASHLIGHT

BATTERIES

GENERAC WHOLE-HOME GENERATOR

Let Our Team Work for You!

580-252-3880

580-467-4068

Land Pros

Home Pros

Auction Pros

Scan QR to Meet Our Team

Land Pros Real Estate & Auction Co.

1705 South Highway 81 • Duncan, OK 73533

www.farmsranchesland.com

Exclusive to co-op members

Contact Heath Morgan for details at 580-875-3351

Ultra-processed food associated with early colon cancer



Kim Bandelier, MPH, RD, LD

Food THOUGHT

A study published by Chen Wang and colleagues in Nov. 2025 in *JAMA Oncology* added additional insight into the rise of early-onset colorectal cancer or EOCRC (defined as being diagnosed before age 50). While most colorectal cancer cases are still in older adults, scientists have seen an alarming increase in colorectal cancer in younger patients. This increase in EOCRC in younger patients started in the 1980s and appears to affect people born after 1950.

To add to the body of research specific to EOCRC versus colon cancer in all ages, Wang and colleagues examined data from the Nurses' Health Study II, a study that monitored lifestyle behaviors and medical conditions in over 100,000 female registered nurses living in the United States between 1991 and 2015.

Wang and colleagues identified a subset of NHS II participants who were younger than 50 years old and underwent a lower endoscopy, a procedure used to look at the inside of the colon. The researchers cross-referenced the detection of polyps called conventional adenomas with participants' dietary intake of ultra-processed food (UPF). Conventional adenomas could potentially become cancerous if not removed.

There is no official definition of ultra-processed food, so most experts look to the NOVA system to classify foods as UPF or not. Per NOVA, UPFs are made with industrial equipment to break down whole foods and combine them with other ingredients not often used in home kitchens. These ingredients can include isolated sources of protein (soy, whey, gluten, etc.), isolated starches or sweeteners (maltodextrin, dextrose, fructose,

high-fructose corn syrup, etc.), isolated fiber sources (inulin, psyllium, cellulose, etc.), modified oils and other ingredients that serve to enhance the food's flavor, color or texture. This does not include whole foods that have been chopped, cooked, frozen or dried without adding fats, salt or sugar or foods prepared away from home that do not have the additional ingredients previously listed.

While the NOVA system is widely used to classify foods as UPF, it has received some criticism from groups like the American Heart Association for not considering nutrient density. For example, all cereals would be considered a UPFs, but you can find cereals that are less processed and naturally contain high amounts of whole grains, increasing the nutrient density. While NOVA would consider cereal a UPF, for some, minimally processed cereal is a healthy way to get whole grains and fiber.

Wang and colleagues found an association (not cause) between the consumption of UPFs and the presence of conventional adenomas; participants reporting eating the most UPFs had 45% higher odds of the presence of the pre-cancerous polyps. Participants reporting

the lowest intake of UPFs had the lowest odds of precancerous polyps. The results held true even when controlling other contributing factors like weight and the presence of other chronic diseases.

This study does not definitively prove that UPFs contribute to colorectal cancer in younger women. It points out a strong association with a type of food that has also been associated with many other health conditions in various age groups and often contributes to higher intakes of less desirable nutrients like salt, fat and sugar. This study also reinforces previous research associating healthier diet patterns like the Dietary Approaches to Stop Hypertension (DASH) and Mediterranean diet with lower overall risk of colorectal cancer for all age groups.

A healthy dietary pattern is associated with lower risk of colorectal cancer for all ages and now is also associated with a lower risk of early-onset colorectal cancer. Healthy dietary patterns that emphasize fewer ultra-processed foods and more nutrient-dense, minimally processed foods should be the goal for all stages of life.



Take sweetness to new heights in the new year

(Family Features) Whether you can't quite give up on the holiday treats or the festivities are continuing into 2026, these Easy Lemon Blueberry Bars offer a light, fruity bite. The melted white chocolate drizzle is just what gatherings with loved ones call for. Visit Culinary.net for more delicious desserts to enjoy this year.

Easy Lemon Blueberry Bars

Recipe courtesy of "Cookin' Savvy"

Ingredients:

1 stick butter, melted
1 box lemon cake mix
2 eggs
1/3 cup fresh blueberries
2/3 cup white chocolate chips, divided
1/3 cup chopped pecans

Instructions:

Heat oven to 350 F.
In bowl, combine butter, cake mix,

eggs, blueberries, 1/3 cup white chocolate chips and pecans.

Butter 7-by-11-inch pan and spread mixture evenly into pan. Bake 30-35 minutes.

Let cool then melt remaining white chocolate chips and drizzle over bars.

Tip: If melted white chocolate chips are too thick, add a little oil before drizzling.

YOUR FIGHT IS OUR FIGHT!

We embrace new and innovative treatments that emerge each year in the fight against cancer! Our doctors and nurses are cancer specialists. Our staff is highly trained to support you as a patient. You will not fight alone.

We encourage you to get routine cancer screenings. Early detection improves outcomes and saves lives.

Hope & Healing RIGHT HERE AT HOME



ALTUS
1200 E. Broadway St.
Altus, OK. 73521
580.379.6000



LAWTON
104 NW 31st St.
Lawton, OK. 73505
580.536.2121



DUNCAN
2465 N. Whisenant Dr.
Suite 100
Duncan, OK. 73533
580.251.6600



CHICKASHA
2222 W. Iowa Ave.
Chickasha, OK. 73022
405.222.9222

Altus • Lawton • Duncan • Chickasha

CANCER CENTERS
of Southwest Oklahoma

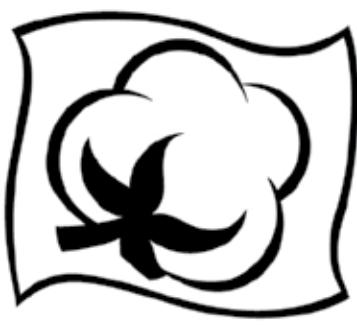
A SERVICE OF COMANCHE COUNTY MEMORIAL HOSPITAL

For more information, visit our website
CCSWOK.COM


Ochsner Dozer-Trackhoe Service
Pond, Terraces, Tree Clearing,
Building Pads, NRCS Work, etc.
For estimate on your job call Jeff
580-704-2226


RE/MAX
1586 N 15TH ST, DUNCAN, OK 73533
580-252-7800
OUR TEAM CAN MEET YOUR REAL ESTATE NEEDS
Bryan Fisher 580-251-1195
Shorty Brown 580-467-1468
Brenda Knabe 580-251-0278
Clint Phillips 580-333-0027
Karl Jacobs 580-467-4915
Vanessa Bishop 580-775-7468


FRONTIER
Equipment
2301 S. Hwy 81
Marlow, OK 73055
580-475-8879
Skid Steer Grapples, Augers,
Mowers, Forks, Etc.



COTTON

ELECTRIC CO-OP



Energy Explorers

POP QUIZ

Electricity Terms

How well do you know terms related to electricity? Test your knowledge! **Read the definitions below. Then, look at the word bank to match the correct terms to the definitions.** You can only use the words once, so choose carefully. Check your work in the answer key.



Word Bank:

Conductor Circuit Insulator
Volt (Voltage) Static Electricity

1. A complete path that electricity flows through.
2. Something that allows electricity to pass through, such as metal or wire.
3. The standard unit of measurement for electricity.
4. Something that does not allow electricity to pass through easily, such as rubber.
5. Electricity build-up caused by rubbing two surfaces together.



Answer Key:
1. Circuit 2. Conductor
3. Volt (Voltage) 4. Insulator
5. Static Electricity

ACROSS

1. Mechanical lever
7. Rocky peak
10. Leave a country
12. Discount
13. D.C. ballplayer
14. Partner to "oo-hed"
15. Engine sound
16. Japanese ornamental box
17. Fido is one
18. Amounts of time
19. DiFranco and Phylo are two
21. Yearly tonnage (abbr.)
22. Make secret plans
27. "Tiny Bubbles" singer
28. "His Airness"
33. Morning
34. Perfected
36. Winger guitarist
- Beach
37. Abba __, Israeli politician
38. Self-immolation by fire ritual
39. A way to save money
40. Pulpit
41. Make ecstatically happy
44. Once more
45. Works on
48. Nocturnal S. American rodent
49. State again
50. Expression of disappointment

DOWN

1. Yugoslavian communist leader
2. Exchange rate
3. High school dance
4. Peter's last name
5. When you anticipate arriving
6. Israeli city __ Aviv
7. Goat-like mammals
8. Margarine
9. End-of-the-spectrum color
10. Make poisonous
11. Popular beverage
12. Actress Lathan
13. Type of door
14. Where planes a dispute
15. Partner to "oo-hed"
16. Discount
17. D.C. ballplayer
18. Yearly tonnage (abbr.)
19. Japanese ornamental box
20. Make secret plans
21. "Tiny Bubbles" singer
22. "His Airness"
23. Morning
24. Perfected
25. Winger guitarist
26. Beach
27. Abba __, Israeli politician
28. Self-immolation by fire ritual
29. A way to save money
30. Pulpit
31. Make ecstatically happy
32. Once more
33. Works on
34. Nocturnal S. American rodent
35. State again
36. Expression of disappointment
37. Israeli city __ Aviv
38. Goat-like mammals
39. Margarine
40. End-of-the-spectrum color
41. Make poisonous
42. Popular beverage
43. Actress Lathan
44. Type of door
45. Where planes a dispute
46. Yearly tonnage (abbr.)
47. Discount
48. Nocturnal S. American rodent
49. State again
50. Expression of disappointment

Toll Free: 1-800-259-2384
Fax: 580-228-3290

Bus: 580-228-2383

Eck Drug & Gift

Health Mart
PHARMACY

For all your prescription needs!

Dana "Biff" & Valerie Eck
Doctors of Pharmacy

101 S. Main
Waurika, OK 73573

Bill Robinson

ROBINSON FENCING

Pipe Fencing • Wire Fencing • Corrals • Gates

Cell: (580) 450-3077

METAL BUILDINGS | METAL ROOFING | PURLIN TUBING

J AND E
METAL SALES

1706 N. 2nd Street, Marlow, OK



Metal Building Components
for
Commercial, Residential, Farm,
& Ranch

580-658-1156

PSC
PARAMORE SUPPLY COMPANY

401 E. MAIN, DUNCAN WWW.PARAMORE.COM

BUY IT - RENT IT - BUILD IT

WE RENT EQUIPMENT

FOR DIY AND PRO'S ALIKE!



OUR NEW SHOWROOM HAS EVERYTHING ELSE YOU NEED! COME SEE US, THEN **BUILD IT!**

580-255-4147

FOR SALE

10 Acres Frontage on West Elk, Adjacent East of 3213 West Elk (Near Bypass, North Side of Elk)
330' Frontage on Elk Avenue, Duncan, OK
\$150,000 - MLS - 39688

COMMERCIAL PROPERTY

921 West Walnut, Duncan, OK
Former Conway Filling Station with 3 Overhead Garage Doors, 10,000 Pound Post Lift, Certified Fuel Tanks, Nice Office Area (Zoned C-4)
\$225,000 - MLS - 39689

102 North Highway 81, Duncan, OK
Former LaFortuna Restaurant, with Commercial Kitchen, Dining Area and Restrooms (2)
Offered "As Is-Where Is" (Zoned C-4)
\$175,000 - MLS - 39495

679 South Industrial Ave., Duncan, OK
(Industrial Park)
OWNER SAYS SELL!

A Number of Enclosed Sheet Metal Buildings on .876 Acres (Zoned C-4) MLS - 39042
NOW \$99,500

1603 North Brookwood Avenue, Duncan, OK
MLS - 39068
\$55,000

Four lots to be sold as one parcel.
Zoned commercial with restrictions.

Gary Criswell Auction Service & Real Estate, Inc.

580-255-8162 • 806 West Main • Duncan, OK • 580-467-2248

(Auctioneer/Broker/REALTOR) email: garymcriswell@gmail.com

Welding Equipment
Wilcox
SERVICE

We Service All Major Brands of
Electric & Portable Welders
Warranty – Service – Parts

109 Bois D'Arc, Duncan 580-255-0207

www.WelderRepair.net welderrepairs@att.net

DON PRATER DOZERS

Building Farm Ponds & Private Lakes
In the Cotton Electric Service Area
"Wealth is not measured in dollars."



-Farm Pond and Lake Construction-

- Fence Rows • Building Pads •
- Land Clearing • Dredging • Pond Repair •

Serving the Southwest Area

Bulldozers, Trackhoe Scrapers & Loaders



Call Bruce At- 580-641-1952

Hardzog's

9201 State Highway 17
Elgin, OK 73538
580-492-4906

Be My
Valentine

Find your perfect gift!

- flowers
- jewelry
- gifts
- and more

We deliver!




Hillary

INTERNET • PHONE • TV

**Always
Innovating**
because every community matters

(580) 529-5000
HILLIARY.COM