

The Current

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New faces, new experiences

Oklahoma teens make 50th trip to Washington, D.C.

By Karen Kaley

Every year, for 50 years, young people have been selected to represent electric cooperatives from across the nation in the Rural Electric Cooperative Youth Tour to Washington, D.C.

Altogether, the group numbered nearly 1,600 in 2013, with 72 of the soon-to-be high school seniors coming from Oklahoma. Four of them came from the Cotton Electric service area: Samantha Ciaramitaro and Kaitlyn Sieber, both of Lawton High, and Megan McCoy and Chance Stillwell, both of Walters High.

Kaitlyn Sieber said, "Meeting all of the amazing students from across Oklahoma and sharing special moments with them was the most exciting part of the trip."

The tour lasts a week, beginning with a get-acquainted banquet in Oklahoma City on a Thursday evening. An early Friday morning flight gets the

teens and adult chaperones to Baltimore where they board a bus to the nation's capital. They arrive in time to get in the first several of many, many miles they will walk during the week as they visit memorials, museums and historic places.

They have opportunities to sit, too. They attend a live production -- this year "Shear Madness," a comedy that has been running for 25 years at the Kennedy Center.

They sat as they listened to and asked questions of five Oklahoma lawmakers. Megan McCoy was impressed after talking to Reps. Jim Bridenstine and Markwayne Mullin.

"It was really encouraging to see that there actually are a select few in politics who care about America's youth, but more importantly, strongly believe in the phrase 'One nation under God,'" she said.

The young adults had moments of vigorous activity,

such as dancing through an evening cruise of the Potomac, climbing an enormous statue of Albert Einstein to pose for photos and, this year, scurrying to the bus to get out of the rain.

The Oklahoma group learned to be flexible this year, to "go with the flow" as it was described in a Youth Tour blog by Spike Momma -- aka Jennifer Dempsey, who coordinates the trip for the Oklahoma Association of Electric Cooperatives.

She said the rain kept them from seeing the Marine Corps Sunset Parade, but the young adults were happy to use that extra time prowling a shopping mall and heading back to the hotel a bit early.

There were a few other moments of adjustment, but the group made it to all other venues on the tightly-scheduled itinerary, making the most of their trip of a lifetime.

Another unexpected de-

velopment was a tour of the Capitol led by Oklahoma Rep. Markwayne Mullin. This came instead of a planned visit to the House floor.

After seeing the rotunda and the Hall of Statues, Chance Stillwell said he was especially impressed about "getting to see the amazing architecture inside the Capitol."

The group walked through and past many, many displays at the Smithsonian Museums, mugged for the camera with notable figures at Madame Tussauds, frolicked amongst the statuary at a memorial to Eleanor and Franklin Delano Roosevelt, and had quiet moments of reflection at the Holocaust Museum and memorials from the Korean, Vietnam and World wars. They visited historic homes and hip restaurants.

Samantha Ciaramitaro said she enjoyed visiting the Newseum and "learning about the trials and successes that jour-

nalists go through." She said she felt encouraged to continue her own passion for the media.

Every year, as the trip winds down, the newly-made friends promise to keep in touch as the teens return to their lives, their summer before their senior year in high school. Sometimes the promises are kept.

Every year, the members of the group vow to reunite. This year, that can happen for all Oklahomans who have gone on Youth Tour. Spike Momma has put together a special 50-year reunion on July 20 in Oklahoma City.

Registration is possible at OAEC.coop up to the last minute, so if this story brings back fond memories for you or someone you know, don't miss the once-in-a-lifetime chance to compare stories with hundreds of other Oklahomans who have taken the "trip of a lifetime."



New best friends Chance Stillwell, left, and Megan McCoy, both of Walters High, and Samantha Ciaramitaro and Kaitlyn Sieber, both of Lawton High, represented Cotton Electric Cooperative on the 50th Rural Electric Cooperative Youth Tour to Washington, D.C.

Power Cost Adjustment Calculated

The power cost adjustment now being applied to bills mailed after July 1, 2013, is \$0.00293 per kWh.

On a member's average bill of 1500 kilowatt hours (kWh), this will amount to a charge of \$4.40 on the July bill.

June 2013 Temperature Extremes

Day	High	Low	Avg.	Day	High	Low	Avg.
1	87	66	77	16	99	72	86
2	82	59	71	17	90	67	79
3	89	59	74	18	88	69	79
4	92	65	79	19	86	67	77
5	87	67	77	20	98	72	85
6	80	60	70	21	98	75	87
7	84	56	70	22	99	74	87
8	89	61	75	23	99	77	88
9	91	62	77	24	98	75	87
10	99	65	82	25	100	77	89
11	97	64	81	26	102	76	89
12	98	72	85	27	107	73	90
13	100	69	85	28	103	73	88
14	97	71	84	29	97	72	85
15	92	74	83	30	92	69	81

Source: srh.noaa.gov/oum/

Average Daily High: 94 Average Daily Low: 69

Did You Know?

Cotton Electric members in Districts 4, 7 and 9 will have an opportunity to meet and elect representatives this year. Times, dates and places of District Meetings will be in the next issue of The Current.

The August issue of The Current will be delivered on or about Aug. 12, 2013.

Contact Us

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

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

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

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More news at cottonelectric.com

From the CEO

Advertising keeps expectations high

Cooperatives across Oklahoma routinely pool resources to address common causes or problems. We work together on varied issues such as power restoration and providing workers' compensation insurance. We also do some joint advertising.

Not too long ago, I was complaining to a friend (you know, I really whine way too much) that this state level advertising budget had been drastically reduced. It was deemed that most of the money spent on advertising could be used better elsewhere. I'm not one to waste money, but I told my friend I felt communicating with the cooperative membership was one of the most important things we do.

Her response was, "Why do you even want to advertise? Your customers can't go anywhere, can they?"

Ouch! That hurt! Even though it's true, it still hurt.

I admit the question took me by surprise and my response was a little lame. I want to take this opportunity to properly answer the question: Why advertise when you have a captive audience?

There is no denying that competition makes you better. Our subsidiary, Cotton Electric Services, Inc. (CESI) operates in a fully competitive market. Customers choose to do business with CESI because we offer a quality product, at an affordable price with great customer service. These are the same qualities we



Warren Langford, CEO

strive for when your cooperative delivers electricity to your home.

No one likes choice more than me. I want to have a choice where I buy groceries, get a haircut or buy a car. My first impulse

is to feel the same way about which utility company I choose.

But why must utilities be a monopoly? There are many reasons:

- Electrical distribution plants are very expensive to build and maintain. Without the assurance of a certain rate of return, few companies are willing to enter the market.

- Electric utilities are considered a public necessity and must provide service to everyone. Because no one wants a pole in his or her yard, acquiring right of ways can be very painful.

- Finally, duplicating power lines is a very inefficient way to do business and a gross waste of natural resources.

As long as you continue to control and regulate your cooperative properly, I see no better alternative when it comes to delivering electrical power.

So, what is the need for advertising when we have no competitors? Advertising makes us live up to our claims.

When we say we deliver electric service that is second to none, you expect it. When we claim the purpose of the cooperative is to improve your quality of life, you want to see results. Failing to tell the membership

our capabilities is the first step to complacency.

The word "advertise" has morphed over the years. The term is now synonymous with marketing and communication. Every year, in our budget process, we expense a certain amount for advertising. The intent of this expenditure is to communicate with you, the existing member, not attract new customers.

It's important you know things like the cooperative's commitment to the community. You should be aware of the many ways this utility gives back to this region. We want you to know the technical aspects of what we are doing. Through advertising, we have told you that being rural is no longer an excuse. You expect, and should receive, service quality that is unmatched by anyone.

The communication process has told us you want innovation when it comes to your power bill. In response, we said we will offer new billing options that will help you control cost. We are working very hard to make that a reality.

A surprising number of members like pre-pay billing. Because we were able to reach out and come to understand your needs, that option is now available.

It is important that your cooperative conduct business in a manner that is responsible. The money we spend is equally important as the revenue received. In recent years, there have been cooperatives that struggle to overcome poor decisions. In every case, the first thing these cooperatives did was stop communicating with

the membership. Because we make the effort and take the time to communicate, we understand that Cotton Electric Cooperative is expected to conduct business with the utmost integrity.

It is true there is no one else knocking on your door to take our place, but this makes it even more important you know what to expect. This cooperative cannot get complacent. You need to know what the cooperative stands for, what signifies excellent service standards, and what is a reasonable price to pay for power. Because we communicate and keep you informed, the members of Cotton Electric Cooperative continually raise the bar on service standards.

Because of informed members with high expectations, we are held accountable. This is very important. Every morning, as employees come to work, our goal is to be better than we were the day before. Every day, we have the same two tasks that we must improve upon – provide quality electric service at the lowest possible rate.

The decision to reduce advertising spending at the state level has been made and, hopefully, it will be reconsidered. In the meantime, Cotton Electric will make sure the communication link remains as is. Experience shows that a smart, informed membership with high expectations is just as motivating as competition. We need to keep it this way.

The next time I see my friend, I'll be ready with the proper response. I hope she agrees. More importantly, I hope you agree.

Project underway to validate geothermal benefits

As part of our Beat the Peak program, Cotton Electric Cooperative has joined a coordinated effort between Western Farmers Electric Cooperatives, ClimateMaster, Bosch and the Cooperative Research Network to create the Geo Validation Project. The goal of the project is to validate the savings achieved when an existing air-conditioning system, on average 10-15 years old, is retrofitted with a geothermal unit.

Geothermal technology is extremely energy efficient and yields the lowest utility bills of any residential heating and cooling systems available today. When a homeowner converts to geothermal, he or she sees a reduction in overall energy costs and the cooperative serving the home sees a reduction in its overall demand.

There are two major factors that affect the price of electricity: the price of fuel such as coal or natural gas needed to generate power, and the demand for power. The demand for electricity in Oklahoma is greater in the hot summer months between the peak period hours of 3 p.m. and 7 p.m. when air-conditioning units are working overtime. These higher costs are reflected in the power cost adjustment applied to the monthly bill for the co-op and its members. The Geo Validation Project will enable the group to determine the kW demand reduced by the retrofit and the future savings for cooperative members.

MEMBERSHIP MATTERS

To accomplish this task, the group found 23 member homeowners across Oklahoma and New Mexico willing to participate in an 18-month study that will document the actual load profile use from both before and after the home is retrofitted with a geothermal heating and air-conditioning system. The test site for Cotton Electric is a home east of Walters.

Aggregately, the retrofitted homes should help the cooperative to defer and minimize future capacity expansion, thus lowering overall long-term energy costs. In addition, the project makes a positive impact on the environment through carbon reduction.

Cooperative staff estimates the project will result in an average demand reduction of around 0.65 kilowatts (kW) per ton of air conditioning converted to geothermal. The direct comparison of the data before and after the conversion on peak load days during the summer will provide information needed to validate the projections. This validation process is crucial as it could justify the introduction of various new services and programs that Cotton Electric might offer in an effort to achieve the potential demand reductions.

Fewer than 2 percent of Oklahomans use geothermal technology. Historically, the high initial cost of installing a geothermal system was prohibitive

for most consumers to take advantage of the technology. Cotton Electric offers a rebate program to offset the costs of installing a geothermal system. Members can receive rebates of up to \$650 per ton with a \$3,000 maximum rebate.

Look for more information on the Geo Validation Project to come in the near future as we provide a series of articles documenting our progress and results.

For more information about Cotton Electric's rebate program or the Geo Validation Project, contact Trent Marlett at 580-875-3351 or see details at CottonElectric.com.

The Current

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May 2013 Operating Stats

	2013	2012
Total Amount Billed	\$5,164,744	\$4,435,463
Cost of Purchased Power	3,608,463	3,066,775
Taxes	95,971	84,364
Total Operating Expense Per Mile	974	865
Average Farm and Residential Bill	124	119
Average Farm and Residential kWh	1,028	1,125
Total Meters Billed (farm, residential)	18,034	17,863
Miles Energized	5,130	5,138
Density Per Mile	3.52	3.48
New Service Connects YTD	151	150
Services Retired	112	98



COTTON
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.

Community Spotlight

If you would like your community event listed in the August issue, please submit information by Aug. 1, by calling 580-875-4255 or send an email to info@cottonelectric.com.

Walters rodeo coming up

All individuals, horse riders, clubs and organizations are encouraged to walk, ride a horse or drive a float in the annual rodeo parade kicking off the Walters Round-Up Club Rodeo.

Parade lineup begins at 4 p.m. Thursday, July 18, at Broadway and Nevada for all entries except riding clubs, which will gather at Nevada and Sixth. Judging for riding clubs and floats will be during the hour before the parade kicks off at 5 p.m.

The rodeo begins at 8 p.m. nightly, July 18-20, at the Max Phillips Rodeo Arena west of town.

For parade information, call 580-875-3335. For rodeo information, call 580-658-5533 or 641-0142.

Farmers market open Saturdays

A farmers market hosted by the Southwest Growers Association is held from 8 a.m. to noon Wednesdays and 8 a.m. to 1 p.m. Saturdays at Comanche County Fairgrounds, 920 S. Sheridan Road, Lawton.

For information, visit Lawton Farmers Market on Facebook.

Dehydrator takes off July 27

The 23rd annual Dehydrator is a bicycle ride with varied mile routes and a competitive race. Riders in both events leave at 7 a.m. July 27 from the Simmons Center in Duncan.

Entry fees are \$25 per person, \$40 per tandem team, non-refundable. A free T-shirt goes to the first 1,000 entries. A \$5 late fee will be assessed on entries after July 21.

For information and registration forms, visit thedehydrator.org.

Old Settlers Picnic begins July 31

The Old Settlers 123rd Annual Picnic will be at Humphrey Park in Velma. Festivities kick off with a ranch rodeo at 7:30 p.m. July 31. Activities will continue through Aug. 3.

A rodeo will be held at 7 each night. Team roping slack begins at 9 a.m. Aug. 1 and 2. Steer tripping follows at 1 p.m. on Aug. 2 only. The final day begins with a parade at 11 a.m., rodeo at 1 p.m.

Admission is free to all events, including the dance featuring a live band Wednesday, Thursday, Friday and Saturday nights.

For information, call Chad Cowan at 580-444-3726 or 467-3897.

Scorcher set for Aug. 3

Runners and walkers are welcome at the third annual Southwestern Scorcher. Events include a 5K run, one-mile walks for kids and adults and a wellness competition.

Area Rodeos

- Walters Rodeo, July 18-20
- Velma Picnic, July 31-Aug. 3
- Lawton Rangers, LO Ranch Arena, Aug. 7-10
- Elgin Rodeo, Aug. 16-17
- Great Plains Stampede, Altus, Aug. 22-24
- Prairie Circuit Finals, Stephens County fairgrounds Oct. 17-19

Packet pickup will be from 3 to 7 p.m. Aug 2 at SWMC Center for Sports and Rehabilitation and 6:45 to 7:30 a.m. race day. The race begins at 8 a.m. Aug. 3 at Southwestern Medical Center, 5602 SW Lee Blvd., Lawton.

Proceeds will benefit the Wounded Warrior Transitional Unit at Fort Sill.

Registration and information is at SWMConline.com.

Fiesta in Fuqua is free fun

Fiesta in Fuqua is a free, fun-filled day in the park for school-aged children featuring opportunities to exercise and immunize. After completing activities, kids receive a package of school supplies.

Fun begins at 8:30 a.m. and runs through 11:30 on Aug. 3 at the park on U.S. Highway 81 in Duncan. All children must be accompanied by a parent or guardian. Those wishing to receive immunizations must have shot records with them.

Sponsored by New Hope Baptist Church West, a portion of the cost of the event is defrayed by a grant from Cotton Electric Charitable Foundation. For information, call Daisy Lawler at 580-439-5706 or email daisyl@pldi.net.

Lawton rangers host rodeo

More than 400 top cowboys and cowgirls are expected to compete in the Lawton Rangers Rodeo set for Aug. 7-10 at L.O. Ranch Arena, 2004 SE 60th Street in Lawton. Featured events include barrel racing, tie-down roping, team roping, steer wrestling, bareback and saddle bronc riding and bull riding.

Gates open at 6:30 p.m. each night and Grand Entry begins at 7:30. Reduced-price admission is on Family Nights, Wednesday and Thursday. Tickets can be purchased at Crutchers, Showman's Choice, Ruben's Shoes, Atwoods and all Lawton E-Z Go Stores.

LCT presents 'Spitfire Grill'

Lawton Community Theatre opens its 62nd season with "The Spitfire Grill." Auditions are scheduled for 7 p.m. Aug. 12 and 13 at the John Den-

Photo of the Month: Beat the Heat



How do 8-month-old twins Baylee and Carlee Cuyler Beat the Heat? With a dip in the duckie pool. They are the daughters of Amber and D. Cuyler and granddaughters of Ed and Robbie Cuyler, all Cotton Electric members who live near Meers.

Enter your "best shot" in our Photo of the Month contest. The theme for August is Dog Days of Summer. Entries can be emailed to info@cottonelectric.com or mailed to The Current, 226 N. Broadway, Walters, OK 73572. Winners will receive a Cotton Electric prize package of CEC goodies.

ny Playhouse, 1316 NW Bell Avenue, Lawton.

The presentation is a musical and those auditioning must have a prepared song and be dressed for dancing. Accompaniment will be provided.

Performance dates are set for Oct. 4-6 and 10-13.

For information, visit LCT-OK.org.

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First member

T.H. Ketels served 35 years on Cotton Electric board

Since its incorporation in 1938, many people have moved in and out of the Cotton Electric service area. It is estimated that the co-op has served more than 67,000 members in its 75-year-history. Many of the names are lost to time.

But not that of the first member: T.H. Ketels.

Bringing “the electric” to rural Oklahoma was no small feat. In the mid-1930s, only a few farm homes in Oklahoma had their own electricity. And, when word came that it might be possible to build electric lines to provide dependable power, Theodore Henry Ketels was one of the first to think the idea had merit and to begin to work for it.

It took a group of motivated people like him to learn about and take advantage of the new Rural Electric Administration (REA) established by Franklin Delano Roosevelt.

Ketels was one of several rural residents who gathered for an organizing meeting in August of 1938 in Duncan. Groups from Stephens and Cotton counties joined forces and began the work of establishing Cotton Electric Cooperative.

These men went to work “selling” people on the idea of a rural electric cooperative. Ketels didn’t need any selling. He was the first person to sign up to get electric lines run to his farm when rural electrification was just “in the talking” stage.

At the time, membership certificates were issued, and Ketels prized the title of “Number One Member of Cotton Electric.”



T.H. Ketels was proud to be Cotton Electric’s first member

Ketels was a champion at bringing in memberships, which also earned him the title of “Mr. REA.” Signing up members was no easy trick when the country was gripped in the economic strife of the Great Depression and the region was suffering the effects of the Dust Bowl.

The big barrier in 1938 was the \$5 membership fee. Money was scarce and many were skeptical about the investment. Organizers like Ketels held meetings and drove the rural roads, talking across fences to farmers in fields, stopping at porches and in back yards and living rooms to explain how electricity might make a big difference in life on the farm.

A state charter was issued Sept. 15, 1938. In February 1939, the newly-formed cooperative was approved for a loan from REA to build 234 miles of line to serve 780 members in Cotton, Stephens, Comanche and Jefferson counties.

The cooperative has always been a democratic organization, and Ketels was elected president of the board of directors that year. As such, on Aug. 26, 1939, it was his honor to throw the switch that sent power to 150 homes along 109 miles of line.

Ketels represented the people around Hulen as the co-op grew and expanded. He served on the board of directors for 35 years, from the time of its formation until his death in 1973. By then, membership had swelled to about 12,000.

During the last 10 years of his life, Ketels enjoyed the comfort of a total electric home but he never forgot what life was like before “the electric.”

In an article in The Current remembering the late director, he was quoted as saying, “I never would have thought all this would be possible back when we were trying to talk folks into giving rural electrification a try.”

He would always shake his head in wonder as he recalled the remarkable transformation that had taken place in just a few decades.

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What Can All-Stars Teach Investors?

This week, Major League Baseball's All-Star game will be played at Citi Field in New York. If you're a baseball fan, you'll enjoy the annual gathering of the sport's best players. And if you're an investor, you may be able to take away some valuable lessons from the All-Stars — lessons that can prove valuable to you long after the game's final out is recorded.

So, what can you learn from the All-Stars? Here are a few of their traits:

• **Consistency** — All-Star teams rarely include ballplayers who are having one great year amidst a mediocre career; typically, All-Star players perform well every season. As an investor, you also want to seek consistent performers — those investments that, year in and year out, are likely to meet their objectives, whether those are growth, income or a combination of both. Of course, in the financial world, there are no sure things, so just like the best ballplayers, any investment can have an “off year.” Still, by sticking with quality investment vehicles, you should be able to improve the overall performance consistency of your portfolio.

• **Ability to avoid “errors”** — All-Star players (apart from pitchers) are typically superior hitters, but many of them also have superior defensive skills — which means they make few errors in the field. And as an investor, you will definitely want to avoid as many errors as possible, because these mistakes can be costly. Some of the most common “errors” are chasing after “hot” stocks (they may have already cooled off by the time you hear about them), investing too aggressively and investing too conservatively.

• **Durability** — The Major League Baseball season is 162 games long, which means that, over the course of six months, ballplayers play almost every day. And since

baseball is a physically demanding game, injuries are common — yet, many All-Stars seem to make it through the entire season without missing more than a few games. When you invest, you will need plenty of durability as well. Over the course of decades, you will see some bumps in the road — periods in which the financial markets are struggling. During these times, you may be tempted to take a “time out” from investing. But if you do, you could miss out on the beginning of a market rally. The best investors stay invested, through “up” and “down” markets, following a long-term strategy and keeping their focus on their goals.

• **Flexibility** — Not surprisingly, most Major League Baseball players are big, strong men. However, in recent years, many ballplayers — like other professional athletes — have discovered that various types of training, including yoga, can greatly increase their flexibility, allowing them to reduce injuries and play more effectively. As an investor, you, too, need flexibility in the sense of being able to adjust your portfolio, as needed, in response to changes in your life or in your goals. As part of this flexibility, you need, among other things, enough liquidity in your accounts to take advantage of new investment opportunities as they arise.

In all likelihood, you won't be swinging a bat or throwing a ball in front of a national audience — but by following the above suggestions, you may be able to become an “all-star investor.”



Kelsey Avants
 Financial Advisor

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Co-op brings power and much more for members, communities, schools

Editor's note: Four area high school juniors earned a trip to Washington, D.C., in Cotton Electric's annual Youth Tour essay contest. Each of the winning essays will appear in The Current.

Last night, as my little sister and I were cleaning the kitchen up after dinner, the light bulb in the ceiling fan went out. My sister, being a go-getter and anti-work enthusiast, immediately fled from the work needed to be done in the kitchen, and rushed into the other room to grab another bulb so she could change her first light. However, after she finished twisting it into the socket, I realized that the crooked bulb wasn't screwed in properly. So, after helping her fix the listing light bulb, I explained to her how an improperly placed bulb could not only burn out faster, but also raise the electricity bill, just as our father had explained to me only a few short weeks before, which he had learned from our very own electric company.

After bringing her into the light – quite literally I might add – I knew that we were, in some small way, saving a little bit of energy, just like our own rural electric company, Cotton Electric Cooperative. Since Cotton Electric Cooperative was founded in 1938, they have grown and expanded not only in size, wattage and membership, but also in their generosity and service to their community. Because of this, one might say that they have not only been lighting people's homes for 75 years, but also spreading the light of knowledge to people all throughout Oklahoma as well.

For starters, the Cotton Electric Cooperative began to boom in the 1950s, and has continued to grow since. For instance, according to the Cotton Electric Co-Op history page, in 1954 "Cotton Electric chose to heavy up crews, increase engineering and other assistance and added substations at strategic locations to bolster the power supply and assure quality service."

And, in the 1960s, "The network of electric lines continued to spread to rural homes, subdivisions, stores, lakes, and recreational sites, oil fields, schools and churches, rural industries and businesses."

It's easy to see that the CEC has, by no means, been idle.

Next, while many electric companies would simply raise the cost of their service in difficult times, Cotton Electric Cooperative taught its members how to save money by being energy efficient. For



Kaitlyn Sieber
Lawton High School

instance, in 1974, due to an energy crisis, CEC had to increase electric rates. However, instead of simply raising their rates they directed educational and informational efforts toward conservation and energy efficiency to help members live with rising utility costs. They also provided services such as providing qualified electricians for appliance repairs. Home energy audits were expanded to include insulation, weatherization and low-interest loans to finance such improvements. Through their actions, CEC has made it clear that their members are their number one priority.

However, in the 1980s, the cooperative showed that they not only cared about their members, but about their surrounding communities as well by pioneering the "Good Neighbor" concept, adding a "Crime Watch" to prevent vandalism in rural areas, offering health fairs, community and youth programs and other programs.

Cotton Electric also made heads turn when they started a trend by donating satellite receiver systems to 24 area schools. They even went so far as to loan specific kitchen appliances to school kitchens, and later sold the units to the schools at wholesale prices.

Because of their continuous giving, it's easy to see that those working at Cotton Electric Cooperative are focused on generosity, and spreading the light in many different ways.

In conclusion, because my dad learned from Cotton Electric Cooperative, and I from him, I was able to teach my sister a lesson that will help her save money and energy throughout the years. Thanks to companies like Cotton Electric Cooperative and Touchstone Energy, my family and many other families across Oklahoma are able to receive the physical and intellectual light.

2013-14 Oklahoma hunting regulations available online

Hunters can now log on to wildlifedepartment.com to view the newest version of the Oklahoma Hunting guide, which provides regulations and dates for the 2013-14 hunting seasons.

The 62-page full-color guide, produced by the Oklahoma Department of Wildlife Conservation, also features a wide range of hunting-related articles and other helpful information, such as a sunrise/sunset table, hunter education requirements, game warden listings and detailed information on the state's wildlife management areas.

"The Oklahoma Hunting guide is an important publication for hunters, because it summarizes the laws and regulations that hunters need to know," said Don P. Brown, information specialist and hunting guide editor for the Wildlife Department.

The free guide will also be available in printed form in late July anywhere hunting licenses are sold.

To find the new Oklahoma Hunting guide online, log on to wildlifedepartment.com/laws_regs/huntingguide.htm



Members save big using Co-op Connections Card

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

During the month of June, members used their cards at pharmacies in the CEC service area when filling 180 prescriptions not covered by insurance. A total of \$2,724.75 was discounted on 98 prescriptions for an average savings of \$27.80 per use.

The total savings since the program's inception in April 2008 has been \$502,910.

The card is free to all members and can be obtained by calling 580-875-3351.

To find a participating pharmacy call Member Services at 800-800-7616 or visit www.locateproviders.com. Type 22203 into the Group field and click 'log in' to start your search.

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Photo by Tonya Mayberry

Campers at Camp Lu-Jo KISMIF give a thumbs up for a Cotton Electric Charitable Foundation grant. The funds will be used to complete work on the camp's storm shelter expansion project.

CECF issues second-quarter grants

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 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, a board of directors that meets quarterly to consider grant applications. The board consists of Warren Langford, the co-op's CEO; Tim McCary, president of the co-op's board of trustees; and three representatives from the Cotton Electric service area: Carly Douglass, CECF president; Keith Hooker, CECF vice president; and Carter Waid, CECF secretary and treasurer.

The board met June 12 to review 24 grant applications. Grants totaling \$21,500 will be distributed to 10 of the applicants, and funds are earmarked for two more.

Second-quarter grant recipients include:

- ◆ Camp Lu-Jo KISMIF, Inc., \$5,000 for electrical work on a storm shelter expansion.

- ◆ Chisholm Trail Arts Council, \$1,500 for supplies and artists costs for kids' show and workshop.

- ◆ Duncan Senior Citizens Center, \$2,000 for vehicle maintenance and operation.

- ◆ First Christian Day Care, \$1,500 for shelving and storage boxes and set-up assistance.

- ◆ Girl Scouts of Western Oklahoma, \$5,000 for program support and volunteer training.

- ◆ Prevent Blindness Oklahoma, \$500 for supplies to aid vision screening.

- ◆ Regional Food Bank of Oklahoma, \$2,000 for Food For Kids backpack program in schools in the Cotton Electric service area.

- ◆ Town of Chattanooga, \$2,000 for breakaway poles and street signs.

- ◆ Specialized Alternatives for Families and Youth, \$1,000 for discretionary funds for transitional youth.

- ◆ United Way of Stephens County, \$1,000 for a computer and software.

Projects in progress for which grant money has been earmarked include:

- ◆ Leadership Duncan XVI, which is spearheading a project to replace the fencing at Kiddie Land Park in Duncan. CECF has pledged \$2,500 to be added to the project when other funds are raised.

- ◆ The Town of Indianoma plans to replace the heating and cooling units at Town Hall. CECF has set aside \$5,000 to add to additional funds needed to carry out this project.

CECF has awarded grants totaling \$673,362.47 since the foundation was established in 2004.

Applications for third-quarter grants are due by Sept. 11. Downloadable applications are available at CottonElectric.com.

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Accepting a Cotton Electric Charitable Foundation grant are Devon Cadell, administrative assistant, left, and Lauren Ellis, executive director of United Way of Stephens County, from Bryce Hooper, director of marketing and economic development. The funds will be used to purchase a computer and software.



Chattanooga Mayor Phil Humble, left, office manager Jamie Fisher and grant writer Paul Fischer, accept a Cotton Electric Charitable Foundation grant from Bryce Hooper, director of marketing and economic development. Funds will be used to purchase break-away poles and street signs.

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Bryce Hooper, director of marketing and economic development, left, presents a Cotton Electric Charitable Foundation grant to Kimberly Durham, treatment director for Specialized Alternatives for Family and Youth; Julie Allen office manager; and Courtney Green, family youth therapist. The grant supplies discretionary funds for transitional youth.



Bryce Hooper, director of marketing and economic development, front row, left, presents a Cotton Electric Charitable Foundation grant for vision screening supplies to Marcia Peppel and Dianna Bonfiglio of Prevent Blindness Oklahoma. They are joined by members of members of the Marlow Masonic Lodge No. 103 and Eastern Star No. 38, who provide support for screenings in the Cotton Electric service area. They include, second row, David Eads, Al Conrad, Phyllis Cherico and Chris Cherico; and, back row, Jared Pollard, Gene Brooks, Dee Chatfield, Ken Belden and Chuck Dory.



Bryce Hooper, director of marketing and economic development, presents a Cotton Electric Charitable Foundation grant to Augelica Burrell, community development executive for Girl Scouts of Western Oklahoma. The funds will be used for program support and volunteer training.



Bryce Hooper, director of marketing and economic development, left, presents a Cotton Electric Charitable Foundation grant to Darcy Reeves, executive director of Chisholm Trail Arts Council. The funds will be used for supplies and artists costs for kids' show and workshop.



Donna Lemons, assistant director, left, and Laura Franklin, director of First Christian Day Care in Duncan, accept a Cotton Electric Charitable Foundation grant from Bryce Hooper, director of marketing and economic development. The grant will be used to purchase and install shelving and storage boxes.

Bryce Hooper, director of marketing and economic development, left, presents a Cotton Electric Charitable Foundation grant to Luana Shufeldt, director of Duncan Senior Citizens Center. The funds will be used to continue providing transportation for seniors.



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The team of Darrin Beller, left, Jason Hendrix, Seth Dehart and Mark Dehart tied for first with a score of 56 and had the lowest back-nine score, 28, in the Championship Flight of the CECF Summer Classic.



The team of Brad McAdoo, Luke Burns, Adam Doty and Ron Everett, representing Crescent Services, was second in the Championship Flight with a back-nine score of 29 and an overall score of 56.

Summer Classic draws 86 golfers

Stiff breezes and temperatures in the 70s made for a pleasant outing when 86 golfers turned out for the Cotton Electric Charitable Foundation Summer Classic on June 24 at The Territory in Duncan.

The fifth year for the event drew 22 teams that were divided into two flights.

The team of Darrin Beller, Jason Hendrix, Seth Dehart and Mark Dehart, representing Air Products Supply Company of Oklahoma City, tied for first with a score of 56 and had the lowest back-nine score, 28, in the Championship Flight.

The team of Brad McAdoo, Luke Burns, Adam Doty and Ron Everett, representing Crescent Services, was second in the flight with a back-nine score of 29 and overall score of 56.

Three strokes behind, the team of Rick Hornbeek, Dan Bryan, John Vitali and Charles Braun had a score of 59, putting the Hornbeek Vitali and Braun law firm team at third in the Championship Flight.

In the "A" Flight, first place went to the Arvest Bank team of Robert Armstrong, Megan Whan and Craig Taliaferro for its score of 66, with a tie-breaking score on the back nine of 32.

Second place went to Texas Meter and Device team composed of Sam Gonzales, Cody Pennington, Jason Red Elk and Josh Belcher. Diversified Electric's team of Marvin Hammerlein, Les Swalley, Bruce Foster and Craig Cooper came in third.



The Arvest Bank team of Robert Armstrong, left, Megan Whan and Craig Taliaferro tied for first with a score of 66 and had the lowest back-nine score of 32 in the "A" Flight of the Cotton Electric Charitable Foundation Summer Classic.



Representing Texas Meter and Device, Sam Gonzales, left, Cody Pennington, Jason Red Elk and Josh Belcher placed second in the "A" Flight of the Cotton Electric Charitable Foundation Summer Classic.

Since its inception in 2004, CECF has issued grants to a variety of groups:

VFD	\$205,439.00
Community	121,959.55
Youth	89,648.11
Services	78,696.55
Schools	67,071.26
Individuals	44,250.00
Public Safety	40,699.00
Seniors	25,599.00
Grand Total	\$673,362.47

Deadline for third-quarter 2013 grant applications is Sept. 11

Red Elk was closest to the pin on the eighth hole and made the men's longest drive on Number 10. Zana Crowson of D&R Right of Way made the ladies' longest drive on the 10th hole.

"We would like to express our appreciation to the players who took time to support this great cause and to the hole sponsors and contributors who helped make the tournament a success," said Bryce Hooper, director of marketing and economic development for Cotton Electric.

Proceeds from the tournament exceeded a \$10,000 goal and will be distributed to organizations and individuals in need.

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5th Annual Cotton Electric Charitable Foundation Summer Classic

Special event planned at CTHC

Chisholm Trail Heritage Center in Duncan has big plans for the National Day of the Cowboy on July 27. The special day begins at 10 a.m. and ends at 5 p.m. with free admission to the facility and family-friendly activities.

Theme this year is "Black Cowboy: Tall Tale or Top Hand" celebrating the black cowboy's accomplishments during the Chisholm Trail era to present. Activities include a showing of "African American Cowboy: The Forgotten Man," a short documentary by Victoria Lioznyansky.

Special guests will include Fred Whitfield, eight-time world champion tie-down roper from Hockley, Texas. Fred will be here to promote his autobiography, "Gold Buckles Don't Lie: The Untold Tale of Fred Whitfield." Fred will be selling and autographing his book for fans.

His autobiography is a classic American adventure story that begins when Fred's mother, Miss Marie, goes to work for the lady across the street as her maid in 1972. There, the lady's son introduces the 5-year-old to rodeo and it opens the door through which he will escape. Poverty and violence plague Fred's childhood, but the joy and hope he finds in rodeo are bigger than any obstacle in his path.

Whitfield is a piece of Americana, a larger-than-life-warrior who, at 45 years old, tells stories that only old men should remember. The walls went up early and, through it all, Fred never told the full story until now.

Wallace Moore, a professional reenactor from the Lawton area, will be on hand to promote his book, "Ebony Horse Soldier," which tells the stories of the Buffalo Soldiers in poetic fashion. The book is written about the history of African Americans in the military during the Indian War period.



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4. Holds rubbish
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11. Bird with a laugh-like cry
12. Little Vienna on the Mures
13. The termination of a story
21. Executive responsible for operations
22. Local area network
25. Make thirsty
26. Spurious wing
27. Invader of 13th-C Russia
29. Country legend Haggard
30. Superior of an abbey of monks
31. Worn and shabby
37. Louise Ciccone
38. AKA threadworm
40. British rule over India
41. Induces vomiting
42. Hard rind vine fruits
43. Grass bristle
45. Instrument for weighing
46. Source of a special delight
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48. Track for rolling vehicles
49. One of two born at the same time
50. Samoan capital
51. Noisy talk
52. Tooth caregiver
55. Side sheltered from the wind

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Daily required level of Vitamin D important part of healthy aging

Vitamin D deficiency becomes more likely as you age because of decreased sun exposure and decreased food intake. Low levels have been linked to increased risk of death in adults over 60, especially those adults considered frail or already in declining health. It is recommended that adults consume 800 International Units (IUs) of vitamin D daily. Meeting this goal is important for healthy aging.

Vitamin D helps your body use calcium and phosphorus, minerals that are key to healthy bones and teeth. As you age, healthy bones are essential to maintaining independence and avoiding falls, and healthy teeth are important so you can continue to eat a balanced diet.

Vitamin D also plays a role in boosting your immune system and promotes normal cell growth – meaning it could play a role in the prevention of cancer.

Although not naturally high in vitamin D, milk and other dairy products are the most common sources of vitamin D because of vitamin D fortification. Oily fish



Kim Bandelier, MPH, RD, LD

Food For THOUGHT

such as salmon and sardines contain some vitamin D. The body also makes vitamin D through skin exposure to sunlight.

One cup of skim milk fortified with vitamin D contains between 115 and 124 IUs of vitamin D, 3 ounces of sockeye salmon contains 447 IUs of vitamin D, and 6 ounces of yogurt fortified with vitamin D contains 80 IU.

Eggs, margarine, liver, and sardines are natural sources of vita-

min D but a serving of each contains less than 100 IU.

Very few foods are naturally high in vitamin D, so fortified foods play an important role in consuming enough vitamin D. Read the Nutrition Facts labels on food products to determine if a food product contains vitamin D.

If you spend limited amount of time in the sun, do not include natural or fortified sources of vitamin D in your diet, do not take a multivitamin that contains vitamin D, or have osteoporosis, you should be tested for vitamin D deficiency. If you do not fall into any of these categories, talk to your primary care physician about his or her thoughts on testing for vitamin D deficiency.

Even without being tested, you can make changes to your diet to increase your consumption of vitamin D by including natural and fortified sources in your diet and taking a multivitamin. Higher doses of vitamin D supplements may be required if you are found to be deficient.

For more information about vitamin D, visit the following reputable websites: Oklahoma State Cooperative Extension Fact Sheet on Diet and Osteoporosis at <http://pods.dasnr.okstate.edu/docushare/dsweb/Get/Document-2401/T-3152web2011.pdf>; WebMD Osteoporosis Fact Center at <http://www.webmd.com/osteoporosis/features/the-truth-about-vitamin-d>; the National Institutes of Health Office of Dietary Supplements fact sheet on vitamin D at <http://ods.od.nih.gov/factsheets/VitaminD-QuickFacts/>.



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When washing your car, use a hose nozzle with a shut-off valve. This will save up to 100 gallons with every washing.

Double up on conservation

Monitor water use to cut down on pump use

By Trent Marlett

Last month, I talked about saving energy when it comes to our water heaters. In this column, I want to talk a little bit more about water.

Here in southwest Oklahoma, water has been a serious issue the last couple of years because of the lack of rain. Cities are establishing plans to conserve water, and lake authorities are at the drawing boards figuring out ways to beat the drought.

My main focus is helping Cotton Electric members save energy, but perhaps saving energy and saving water can go hand-in-hand.

Cotton Electric provides electricity mostly to rural communities and residents. I perform a lot of energy audits for co-op members and, quite often, I find that a home gets its water from a well and requires using a water pump.

Water pumps cannot just be turned off, like light bulbs, but lowering the water demand in a household may help

Simple Savings

save energy, too, by not running the pump as often.

A common household water pump is usually rated between 1/2- and 3/4-horsepower. Converting horsepower to watts, a 1/2-horsepower pump will use approximately 375 watts and a 1-horsepower pump will pull around 750 watts.

The pump will come on any time water is needed. To estimate how much energy the pump uses, one can use this formula: Multiply the horsepower of the pump by the number of hours used – either daily or monthly – then multiply again by 0.746. The solution to that equation will give you kilowatt hours.

Keeping a water pump from coming on as much will not only save ener-

gy, but water, too. Here are some ways to conserve water and energy:

- ◆ Collect water from the roof and rain gutters for use on indoor and outdoor plants.

- ◆ Direct rain gutters toward dry areas in the yard or plants with high water needs

- ◆ When washing your car, use a hose nozzle with a shut-off valve. This will save up to 100 gallons with every washing.

- ◆ If your shower fills a one-gallon bucket in less than 20 seconds, replace the showerhead with a water-efficient model or install an aeration filter in the showerhead. These changes can save up to 750 gallons of water a month.

- ◆ Shortening shower time by one or two minutes can save up to 150

gallons of water per month

- ◆ Brushing your teeth without the water running saves 25 gallons a month

- ◆ Of total household water use, the washing machine accounts for approximately 14 percent. Run the washing machine only when it is full. This can save up to 1,000 gallons a month

- ◆ When the kids want to cool off, use a sprinkler in an area where the lawn needs it the most

There are hundreds of little ways we can start conserving water. Hopefully, these examples will not only help save water, but help us save energy, too.

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Doug Rowe, PA
Southwestern Medical Clinic at Walters
402 N. Broadway
Walters, OK 73572

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Discover new ways to cook at Gourmet Gadgetré

By Karen Kaley

“It smells wonderful in here – what do I smell?”

June Harris smiled and said, “Would you like some coffee? Today we’re having almond amaretto.”

Ever the accommodating hostesses, the store owner and her staff at Gourmet Gadgetré offer a cup of coffee to all their customers. In the kitchen area near the back of the store, Manager Kathy Coe and Assistant Manager Holly Camping set out taste-tempting morsels including June’s Pickled Carrot Stix or Dill Pickles that burst with flavor when you bite down on them and crackers meant to be slathered with a savory spread made of cream cheese and Boursin cheese mix.

Another sample is surrounded by signs warning that the hot is not just hot, it is HOT! HOT! HOT! It is a Bajan hot sauce, made from a 200-year-old award-winning recipe handed down to the late Del Harris by his grandmother.

For those who are adventurous eaters or daring cooks, Gourmet Gadgetré offers the implements and ingredients to feed their souls. For those who think cooking is popping a take-out container into the microwave, June, Kathy and Holly invite them to spend some time at Gourmet Gadgetré. What they have to offer is more than gadgets, but a new way to enjoy cooking and eating.

First-time customers would need to plan to spend some time browsing in the store at 1105 NW Ferris Avenue in Lawton. Cotton Electric members should remember to take a Co-op Connections Card to get a 10 percent discount on regular-priced merchandise.

The place is true to its slogan: One nice thing after another. There is so much to look at, to smell, to taste, to discover, consider and imagine.

At Gourmet Gadgetré, the ordinary becomes extraordinary. Coffee, tea and spices are stocked in bulk and variety. Each customer can choose blends and grinds to suit his or her specific taste.

There are packages of prepared spice blends, rubs and garnishes. There are olive oils and vinegars, infused with more spices and flavors.



Kathy Coe, left, and Holly Camping have spent a combined 33 years welcoming customers at Gourmet Gadgetré in Lawton.

There are jars of pickled peppers, pickled tomatoes, pickled watermelon rinds. There are salsas and preserves, chocolates, pine nuts and hard-to-find lentils.

And then, there are gadgets. Scoops and scrapers, graters and strainers, skewers and squeezers. There are things to cut with and cut on. Gadgets fill a wall-full of baskets and dangle from a “gadget tree” built by the late Del Harris.

There are things to cook food, things to serve food, things to store food. There are the special implements for exotic foods. There are the special accompaniments that transform ordinary meals into fabulously-presented feasts.

This is a great place for a bride and groom to register. The store carries everything needed to stock a first-time kitchen, with items that fall into every price category. Layaway and gift certificates are also available.

Something offered by Gourmet Gadgetré that is a bonus for the most novice of cooks and the most experienced: Opportunities to learn and to share knowledge.

This summer, the store has hosted classes for young people, hoping to encourage future cooks. An upcoming class for 8- to 12-year-olds will have an Asian theme. The group will prepare lettuce wraps, noodle stir-fry, mixed fruit and fried doughnuts in

Gourmet Gadgetré
10% discount on regular-priced merchandise



a gathering that will last from 11 a.m. to 1 p.m. on July 24. Call the store at 580-248-1837 to register and find out about the modest fee.

The staff would also welcome calls from those who have a special cooking flair and would like to lead a class or demonstration. The kitchen is ready and waiting and can accommodate up to 14.

There is one other thing to find at Gourmet Gadgetré for which there is no price: Excellent customer service. Visitors can expect a warm greeting, a cup of coffee, so many new and unusual things to discover and answers to the questions they generate. If the store doesn’t happen to have a specific item, June, Kathy or Holly will take contact information and add it to a “want list.”

Customers coming out of Gourmet Gadgetré are bid farewell with a sincere invitation to return. It is like coming away from time spent with good friends over a great meal.

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June Harris stands next to a “gadget tree” built by her late husband, Del Harris. The store carries his Bajan hot sauce, made from a 200-year-old family recipe.



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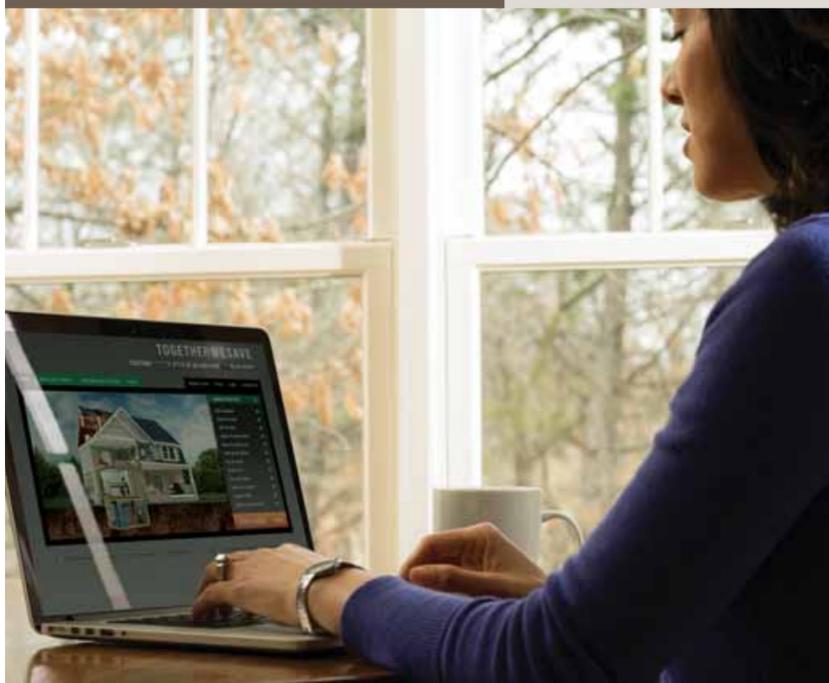
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Grill up big flavor in 5 minutes



1 Place chicken, pork or steak with your marinade of choice in a resealable plastic bag.



2 Push air out of the bag and seal tightly.



3 Massage the meat for 5 minutes, turning the bag over often so meat absorbs most of the marinade. Remove the meat and grill. Discard remaining marinade.

The start of grilling season is here, and backyard cooks are turning up the heat with new trends from the “McCormick Grill Mates & Lawry’s Flavor Forecast 2013: Grilling Edition.” According to the experts in the McCormick Kitchens, the technique to master this grilling season is 5-Minute Marinating, a hands-on technique that infuses popular cuts of meat with big flavor in less time than it takes to heat the grates.

“This technique is fast and easy enough for any home griller to try,” said Chef Kevan Vetter of McCormick. “For the best result, I recommend boneless chicken breast, pork tenderloin or flank steak

combined with marinades offering bold flavors.”

Perfectly marinated meats on the grill can be achieved in three easy steps:

Step 1: Place meat with the marinade of your choice in a resealable plastic bag.

Step 2: Push the air out of the bag, and seal tightly.

Step 3: Massage the meat for five minutes, turning the bag over often so the meat absorbs most of the marinade. Remove the meat and grill. Discard remaining marinade.

For more flavor-boosting trends and recipes, visit www.grillingflavorforecast.com. To connect with other grilling enthusiasts, join The Grillerhood at www.facebook.com/GrillMates.

Grilled Sweet Tea & Soy Pork Tenderloin

Prep Time: 10 minutes
Cook Time: 30 minutes
Makes 8 servings
1 package McCormick Grill Mates Smokin’ Sweet Tea Marinade

- 1/4 cup vegetable oil
- 2 tablespoons soy sauce
- 2 tablespoons cider vinegar
- 1 tablespoon McCormick Sesame Seed
- 1/2 teaspoon McCormick Ground Ginger
- 2 pork tenderloins (about 1 pound each)

Mix all ingredients except pork in small bowl. Reserve 2 tablespoons marinade for brushing.

Place pork in large resealable plastic bag. Add remaining marinade and seal bag; turn to coat well. Massage pork and marinade for 5 minutes. Remove pork from marinade. Discard any remaining marinade.

Grill pork over medium heat 25 to 30 minutes or until desired doneness, turning occasionally and brushing with reserved marinade.

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