

The Current

A Publication of Cotton Electric Cooperative Inc.

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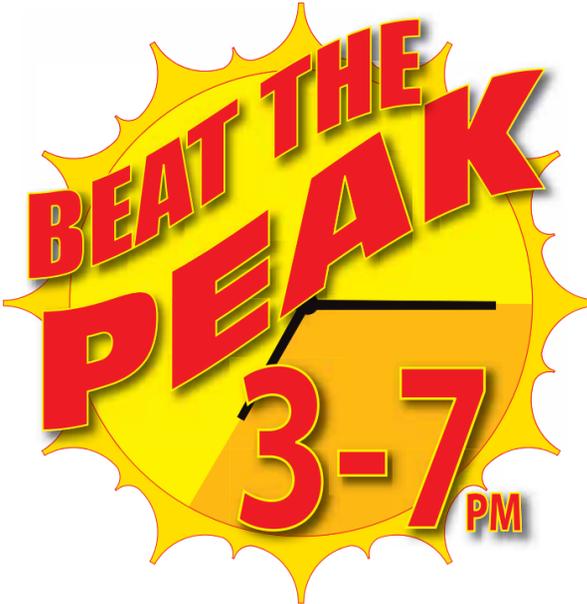
75 TH ANNIVERSARY • COTTON ELECTRIC COOPERATIVE • 1938-2013

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May 13, 2013

NUMBER 10

Summertime peaks just around the corner



During the third week of June, we enter the “peak period,” the part of the year when energy consumption soars. As temperatures rise, so does the demand for power to run things like air conditioners and pool pumps in addition to appliances used year-round. The higher the demand, the higher the cost of generation and the higher the price paid by co-ops and their members.

Western Farmers Electric Cooperative (WFEC) is a generation and transmission cooperative. It provides power for Cotton Electric and other Oklahoma and New Mexico co-ops.

In an effort to help co-ops hold down costs for members, WFEC sends out Peak Alerts on days that highest demand is predicted, particularly between 3 p.m. and 7 p.m. Alerts may be issued during the “peak period,” June 20 through Sept. 9, except on holidays and Sundays.

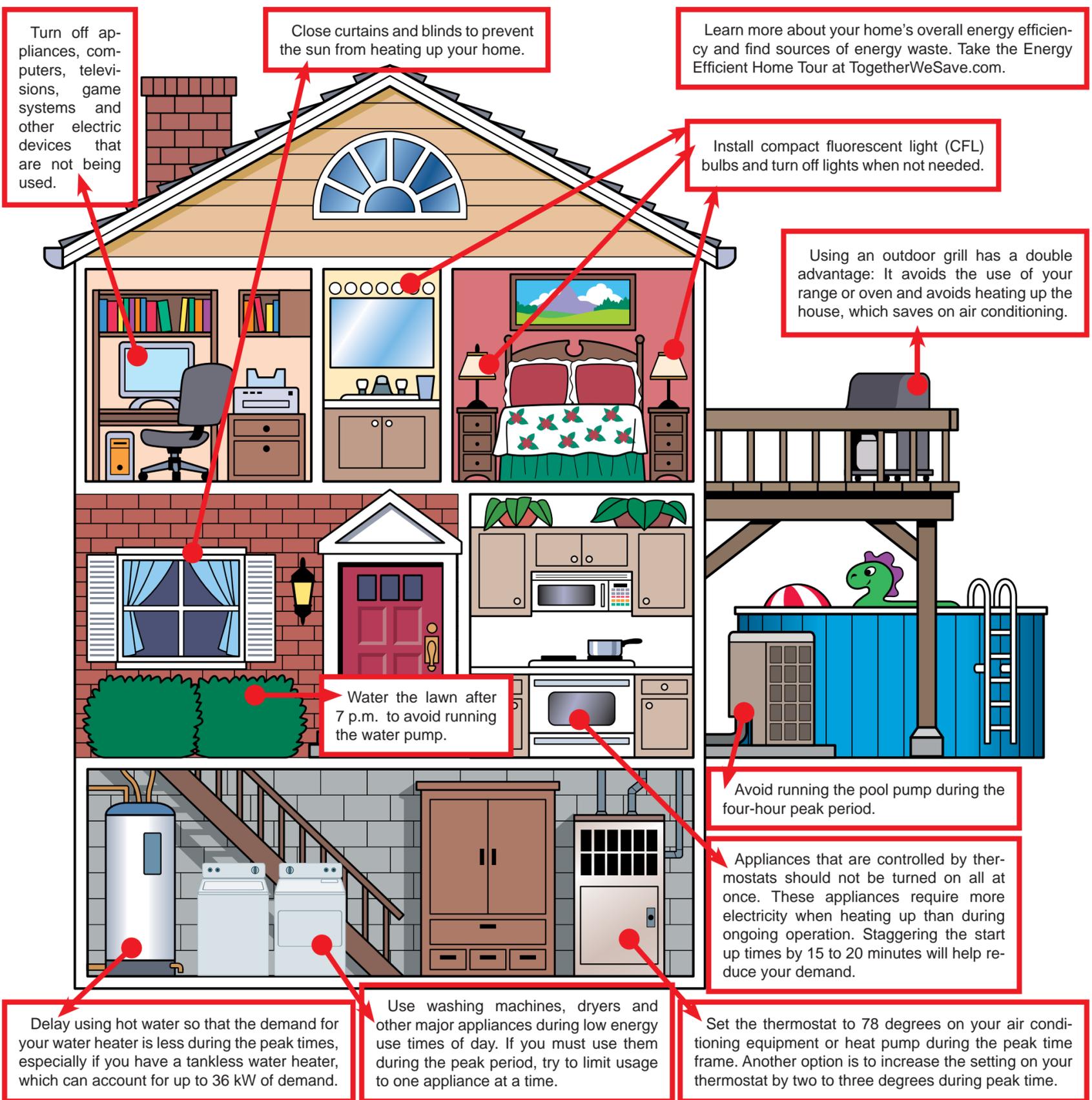
“Our goal is to call a peak day on the three highest load days of the season,” said Alan Derichsweiler, manager of Control Area Services for WFEC. “We try to limit the number of called days to 20 or less. Typically, the number of called days is about nine.” The last two summers have

been temperature record-breakers. Ten alerts were issued in 2012 and 16 in 2011.

Peak alerts are important because they are opportunities to control demand, which can mean lower power bills.

Cotton Electric members may be familiar with the Beat the Peak program, about to begin its fifth year. Members will be asked to conserve energy between 3 and 7 p.m., a time period adjusted forward one hour from previous years.

The illustration below shows some ways to help Beat the Peak in every room of your home.



Turn off appliances, computers, televisions, game systems and other electric devices that are not being used.

Close curtains and blinds to prevent the sun from heating up your home.

Learn more about your home's overall energy efficiency and find sources of energy waste. Take the Energy Efficient Home Tour at TogetherWeSave.com.

Install compact fluorescent light (CFL) bulbs and turn off lights when not needed.

Using an outdoor grill has a double advantage: It avoids the use of your range or oven and avoids heating up the house, which saves on air conditioning.

Water the lawn after 7 p.m. to avoid running the water pump.

Avoid running the pool pump during the four-hour peak period.

Appliances that are controlled by thermostats should not be turned on all at once. These appliances require more electricity when heating up than during ongoing operation. Staggering the start up times by 15 to 20 minutes will help reduce your demand.

Delay using hot water so that the demand for your water heater is less during the peak times, especially if you have a tankless water heater, which can account for up to 36 kW of demand.

Use washing machines, dryers and other major appliances during low energy use times of day. If you must use them during the peak period, try to limit usage to one appliance at a time.

Set the thermostat to 78 degrees on your air conditioning equipment or heat pump during the peak time frame. Another option is to increase the setting on your thermostat by two to three degrees during peak time.

Power Cost Adjustment Calculated

The power cost adjustment now being applied to bills mailed after May 1, 2013, is (\$0.00052) per kWh.

On a member's average bill of 1500 kilowatt hours (kWh), this will amount to a **CREDIT** of **\$0.78** on the April bill.

April 2013 Temperature Extremes

Day	High	Low	Avg.	Day	High	Low	Avg.
1	79	39	59	16	58	52	55
2	48	40	44	17	79	50	65
3	43	39	41	18	53	34	44
4	48	34	41	19	65	31	48
5	66	31	49	20	72	39	56
6	76	51	64	21	70	47	59
7	78	57	68	22	80	49	65
8	83	61	72	23	67	35	51
9	83	37	60	24	61	30	46
10	45	32	39	25	72	30	51
11	58	29	44	26	75	58	67
12	67	37	52	27	75	50	63
13	75	50	63	28	86	45	66
14	86	54	70	29	90	56	73
15	82	56	69	30	88	61	75

Source: srh.noaa.gov/oun/

Average Daily High: 70 Average Daily Low: 44

Did You Know?

Cotton Electric offices will be closed Monday, May 27, for the Memorial Day holiday. Emergency calls will be answered at 580-875-3351 or 800-522-3520.

The June issue of The Current will be delivered on or about June 17, 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.

What's Inside

Operating Stats.....	2
Co-op News.....	2
Community	3, 7
Co-op News.....	4-6
Crossword	7
Recipes.....	8
Health.....	9
Co-op News	10-13
Classifieds	14-20

More news at cottonelectric.com

CEC, WFEC contribute to area schools

There are many advantages to being a member of an electric cooperative, including the significant positive impact it can have on your community. Take taxes, for example.

It's hard to think of taxes in a positive way, but schools in the Cotton Electric Cooperative service area get a big boost each year from the gross receipts tax paid by its members.

On a percentage basis, electric cooperatives contribute more tax dollars to local school districts than do other utilities.

In Oklahoma, a 2 percent gross receipts tax on revenue at both the wholesale and retail level is levied upon electric cooperatives in lieu of ad valorem tax. All but 5 percent of that goes directly back to school districts in the areas they serve.

Investor-owned utilities pay ad valorem taxes instead of a gross receipts tax. Only 58 percent of this tax goes to school districts within which they own property. Municipal utilities contribute no tax money to public schools in Oklahoma.

The Oklahoma Tax Commission oversees the apportionment of the gross receipts tax. The amount paid to each school is based upon the number of miles of power lines that Cotton Electric Cooperative and Western Farmers Electric Cooperative have in each school district.

WFEC, Oklahoma's largest locally-owned power

District	\$\$	miles of CEC line	District	Amount	Miles
Apache	\$25,526.53	4.51	Frederick	43,745.34	9.07
Big Pasture	50,455.49	247.07	Geronimo	41,733.84	162.79
Bishop	234.85	1.15	Grandfield	38,800.93	190.00
Bray	68,681.31	133.29	Grandview	39,584.31	113.41
Cache	91,070.87	287.72	Indiahoma	51,740.25	146.16
Central	74,089.90	233.96	Lawton	34,473.51	123.01
Chattanooga	154,853.70	338.44	Marlow	47,216.64	231.21
Comanche	165,580.16	309.13	Ringling	64,133.09	25.66
Davidson	17,746.23	33.45	Rush Springs	100,192.82	149.19
Duncan	68,381.71	192.52	Ryan	33,594.46	120.92
Elgin	99,685.72	303.13	Sterling	51,459.17	164.11
Empire	68,181.68	237.34	Temple	50,436.00	237.11
Fletcher	39,355.24	26.93	Terral	14,156.21	69.32
Flower Mound	296.11	1.45	Velma	229,610.96	510.24
Fox	3,479.83	17.04	Walters	149,859.97	300.70
			Waurika	81,029.98	236.74
			Totals:	\$1,999,386.81	5,156.77

supply system, is a generation and transmission cooperative owned by 22 distribution cooperatives, including Cotton Electric.

In 2012, nearly \$2 million was distributed among

the 31 schools served by CEC and WFEC. The table below shows the miles of line serving each district and an estimation of amounts contributed through the 2012 gross receipts tax.

MEMBERSHIP MATTERS

By Jennifer Meason

Summer temps lead to big demand, high costs

I can't believe how quickly this year has flown by. Spring has arrived and the days are longer. It's been a great time to work outside getting the gardens ready and completing a few home improvement projects.

One easy project you can add to your to-do list is joining our Beat the Peak program. Members who participate in Beat the Peak will be entered to win a Cotton Electric prize package that will include a gift card to an area home improvement store to help complete those projects on your to-do list.

The Beat the Peak program is designed to help members learn how to use energy wisely during peak periods when costs are higher. In Okla-

homa, the demand is greatest in the late summer afternoons. If power is needed at this time, electric suppliers must produce the power themselves or purchase it on the market. Consequently, the costs are greater during this peak time when demand is high. These higher costs are reflected in the power cost adjustment applied to the monthly bill.

When Cotton Electric determines that a peak alert should be issued, members are notified with an email or text message asking that they reduce the energy used between 3 p.m. and 7 p.m. We also post alerts on Twitter and Facebook.

When you receive a peak alert, we



Sign up to be notified on peak usage days.

When Cotton Electric determines that a peak situation exists, participating members will be notified by email or text message.

How would you like to be notified? Email Text message

E-mail address: _____

Cell phone number: _____

Cell phone carrier: _____

Name: _____

Address: _____

Include form with a payment or mail it to Cotton Electric, 226 N. Broadway, Walters, OK 73572. This information can also be emailed to info@cottonelectric.com.

ask that you make a few small changes to help make a big impact overall. We ask that you turn off unnecessary lights or appliances, delay the use of major appliances such as dishwashers, washing machines and clothes dryers, and adjust your thermostat a few degrees.

We hope you'll join our Beat the Peak team and help beat the peak this

summer. We currently have 546 members who receive alerts. The more participation we have, the bigger the savings for the cooperative family. Plus, you'll be entered in our prize drawings and receive an e-newsletter with timely tips and information about energy efficiency.

To join the team, please visit our website at CottonElectric.com.

Power up safely during outages

One of the great things about the modern American electric grid is that power almost always flows when we need it. Given our dependence on electricity, it's understandable why portable generators are popular when the power goes out and stays out for a while.

But generators can cause more harm than good if not used properly. In honor of Electrical Safety Month, recognized each May, here are a few safety tips to protect yourself and our linemen who are working to restore your power.

First, never, ever plug a portable generator directly into one of your home's outlets — unless you have had a licensed electrician install a "transfer switch" in your home. If you don't have a transfer switch, power provided by the generator can "backfeed" along

Outages of more than 5 minutes should be reported by calling 875-3351 or 800-522-3520. Dispatchers are on duty 24 hours a day.

power lines, which can electrocute a lineman working on those lines.

In addition, portable generators create carbon monoxide, the odorless, colorless gas that can quickly become deadly if the generator isn't exhausted outside. Attached garages with an open door don't count — the carbon monoxide can still seep indoors and poison inhabitants. Generators must go *outside* in a *dry* area, which might mean you'll need to rig a canopy to protect it from precipitation at a safe distance from your home's windows, doors and vents. How far is a safe distance? Even 15 feet can be too close.

Other things to keep in mind: Plug appliances directly into the generator using heavy-duty, outdoor-rated extension cords, but don't overload it.

Follow the manufacturer's instructions for maximum load. Shut off the generator before refueling, or a fire could start — and it's a good idea to have a fully-charged fire extinguisher nearby, just in case.

Safety is a top priority at Cotton Electric Cooperative, for our employees and consumer-members alike. Contact us at 580-875-3351 or 800-522-3520 if you'd like to learn more about how to properly install and use a portable generator.

For more tips on how to stay safe during a power outage, visit the Safety page at CottonElectric.com.



Energy Efficiency Tip of the Month

Properly installed shades can be one of the most effective ways to improve windows' energy efficiency. Dual shades, with reflective white coating on one side and a heat-absorbing dark color on the other, can be reversed with the seasons and save even more energy.

Source: U.S. Department of Energy

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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.

March 2013 Operating Stats

	2013	2012
Total Amount Billed	\$5,202,102	\$4,139,057
Cost of Purchased Power	3,647,807	2,938,756
Taxes	93,866	85,790
Total Operating Expense Per Mile	973	862
Average Farm and Residential Bill	135	106
Average Farm and Residential kWh	1,251	911
Total Meters Billed (farm, residential)	17,982	17,784
Miles Energized	5,135	5,136
Density Per Mile	3.50	3.46
New Service Connects YTD	93	85
Services Retired	69	68

Community Spotlight

If you would like your community event listed in the June issue, please submit information by June 5, by calling 580-875-4255 or send an email to info@cottonelectric.com.

Armed Forces Day parade is May 18

Lawton's annual Armed Forces Day Parade begins at 10 a.m. May 18 at the intersection of Sixth and C avenues. Participants will march west on C to Fort Sill Boulevard and turn north to Ferris. The procession will head east until it reaches Elmer Thomas Park.

For information, call Tanna Vu at 580-355-3541.

Mt. Scott Kiwanis to host fish fry

The Mt. Scott Kiwanis will host its 21st annual fish fry from 11 a.m. to 8 p.m. May 21 at Fisherman's Cove on Oklahoma Highway 49 near Medicine Park. Meals will include fried catfish, hush puppies, coleslaw, french fries and a drink.

Tickets are \$12 in advance and \$13 at the door for adults, and \$6 in advance and \$7 at the door for children age 6 to 11. Proceeds are used to support education and local charities.

Advance tickets are available at Fisherman's Cove or by calling 580-529-2353 or 580-529-2272.

Medicine Park hosts Red Dirt Ball

Medicine Park's fifth annual Mayor's Red Dirt Ball features live performances by up-and-coming Red Dirt artists from Oklahoma City, Fort Worth and points in between. Performances will run throughout the Memorial Day weekend.

Performances begin with Ali Harter at 7 p.m. May 24 at Main Stage. Samantha Rose follows at 8:30 p.m., and Brazos Stone at 10:30.

May 25 lineup at the General Store stage beside the Old Plantation includes Carter Sampson at noon, Rosen Carpenter at 2 p.m., The Blaine Gillespie Band at 4 p.m., Ken Morrow and Hired Guns at 6 p.m., the Bobby Dale Band at 8 p.m. and Quaker City Night Hawks at 10 p.m. Ali Harter will

perform with Carter Sampson from 2 to 4 p.m. at the Park Tavern Stage.

The weekend finishes up with May 26 General Store stage performances by East Cache Creek at 1 p.m., Shady 580 at 3 p.m., Riders Ford at 5 p.m., Camille Harp at 7 p.m. and The Damn Quails at 9 p.m. The Allen Biffle Band will perform from 1 to 3 p.m. at the Park Tavern Stage.

There is no admission charge, lawn chairs are encouraged and ice chests are forbidden. For information, visit MedicinePark.com.

Tour de Meers set for May 25

The 24th Tour de Meers, an annual bicycle ride through the Wichita Mountains beginning and ending in Meers, will be May 25.

Registration forms can be downloaded at tourdemeers.org. Registration the day of the event begins at 6 a.m. at Meers Volunteer Fire Department station, one mile north of the Meers Store on Oklahoma Highway 115. The ride starts at 7:30 a.m. and features a variety of distances from 10 to 63 miles.

For information, visit the website, call 580-429-2422 or email tourdemeers@gmail.com.

RRRocketeers plan launch

Red River Rocketeers, a sport model rocketry club based in Duncan, will host a rocket launch at noon on May 25. Signs will be in place to direct participants and the curious to the launch site west of town near 74th and Bois d'Arc.

All RRR launches are open to the public. No model rocket is required. Rockets are available for newcomers to launch.

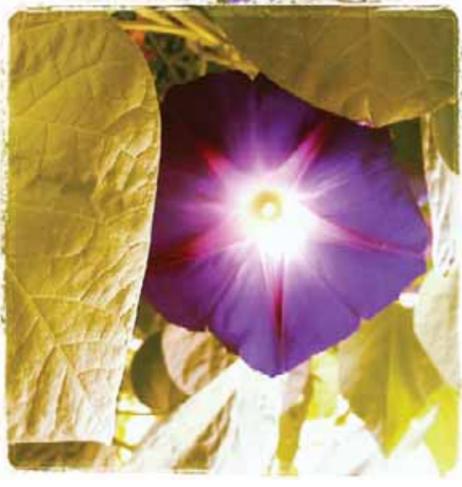
For information about the group, its meeting and launch dates, visit RR-Rocketeers.homestead.com.

Carp tournament begins May 31

Duncan Lake is the place to be when the 14th annual Carp Tournament begins at 5 p.m. May 31. There will be a youth division for anglers under 16,

Photo of the Month

Christina Clark of Duncan submitted the winning photo in our May Flowers photo contest. The photo got the most votes from among 8 entries.



Enter your "best shot" in our Photo of the Month contest. The theme for June's contest is Summer Fun.

Entries can be emailed to info@cottonelectric.com or mailed to The Current, 226 N. Broadway, Walters, OK 73572. Winners receive a Cotton Electric prize package.

and an adult division.

When the tournament ends at 2 p.m. June 1, prizes will be awarded for the most fish and the largest fish caught.

For information, call 580-255-9538

Two-day tackle show in Duncan

Antique lures and reels will be among the displays at the Duncan Fishing and Tackle Show from noon to 6 p.m. May 31 and 8 a.m. to 3 p.m. June 1 at the Stephens County Fair & Expo Center.

In addition to raffles and fishing and tackle vendors, this World Association Tackle Collectors Show will welcome special guest Danny King, two-time catfish angler of the year. There is no admission fee.

DLT presents 'Red, White & Tuna'

Duncan Little Theatre once again will give patrons an update on the residents of Tuna, Texas with presentations of "Red, White and Tuna" at 7:30 p.m. June 21, 22, 28 and 29 in the Simmons Center.

This is one of four plays featuring an affectionate look at life and attitudes in the small fictitious town. The comedy features numerous characters

played by only two men.

Tickets may be purchased at the box office.

CTAC sets Arts Explosion dates

Arts Explosion 2013, Chisholm Trail Arts Council's annual weeklong summer arts day camp for students who have completed fourth, fifth and sixth grades, will be 8:30 a.m. to 12:20 p.m. July 15-19 at the Stephens County fairgrounds. Students will have the opportunity to enroll in six offered classes.

Registration begins at the end of May. Brochures can be downloaded at chisholmtrailarts.com. Registration fee is \$65 for students registering before July 15, and \$75 for those registering on the first day of camp.

The week ends with a Friday night exhibition of finished projects. Family and friends can admire the works of art from 5:30 to 7 p.m. at the fairgrounds.

For more information concerning Arts Explosion or any other CTAC program, call 580-252-4160 or email director@chisholmtrailarts.com.

More community news, Page 7



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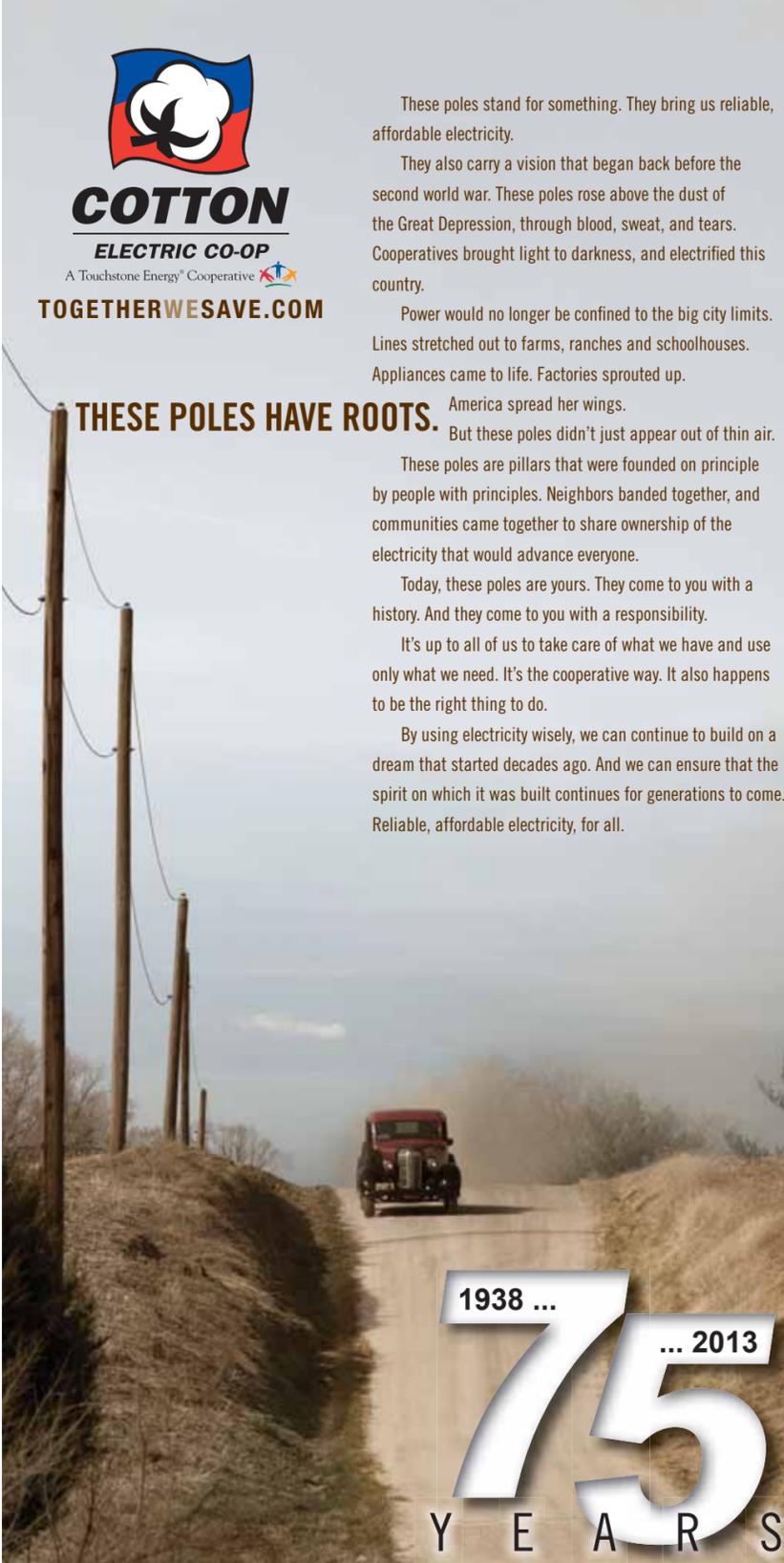
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These poles stand for something. They bring us reliable, affordable electricity.

They also carry a vision that began back before the second world war. These poles rose above the dust of the Great Depression, through blood, sweat, and tears. Cooperatives brought light to darkness, and electrified this country.

Power would no longer be confined to the big city limits. Lines stretched out to farms, ranches and schoolhouses. Appliances came to life. Factories sprouted up.

THESE POLES HAVE ROOTS.

America spread her wings. But these poles didn't just appear out of thin air.

These poles are pillars that were founded on principle by people with principles. Neighbors banded together, and communities came together to share ownership of the electricity that would advance everyone.

Today, these poles are yours. They come to you with a history. And they come to you with a responsibility.

It's up to all of us to take care of what we have and use only what we need. It's the cooperative way. It also happens to be the right thing to do.

By using electricity wisely, we can continue to build on a dream that started decades ago. And we can ensure that the spirit on which it was built continues for generations to come. Reliable, affordable electricity, for all.

1938 ...

75

... 2013

YEARS



"I never was that young," Jackey Glenn said when he looked at a photo of himself from his early days at Cotton Electric, above. "I was cool, wasn't I? I see a young whippersnapper who thought he knew everything. But, I still don't know everything. I can still learn things from a six-month apprentice. They've got ideas, so I let them talk."



Photo by Cindy Glenn

Last rodeo

Jackey Glenn climbing down after nearly 42 years as co-op lineman

By Karen Kaley

"It's not about me," Jackey Glenn said over and over. "It never has been. It's about my family and my co-op family."

When telling the story of his years as a lineman for Cotton Electric, Glenn wanted to talk more about other people and not so much himself.

He mentioned George Anderson first. "George said, 'You might want to remember this day,' so I wrote the date on the frame of a map hanging in the Waurika warehouse."

The brand new lineman's helper wrote Aug. 30, 1971, on the first day he went to work as a lineman's helper.

He worked in Jefferson County, first with Anderson, then with John Ross, for about five years before moving to Duncan. He spent more than 20 years in Stephens County, working alone for a time, then with a helper. He formed new working relationships with Gene Ossenbeck and Lowell Wren, among many others.

He and his wife, Cindy, established a home. He described Cindy as the light of his life and said, "If everybody could have a lineman's wife like her, they'd probably be in pretty good shape."

The couple became a family in 1976. Michael joined them in 1976 and Eric was born in 1980. Glenn made a point of being active in their lives, coaching their teams of Little League baseball, football and wrestling.

"Everything they did, I was with them."

Being involved with family remains a top priority for Glenn. He plans to make the most of time he can spend with his grandkids when he retires at the end of May. Michael and Nicole Glenn live in Duncan and have two children, Garrett, 13, and Abby, 11. Eric and Brenda Glenn live in Norman and have two daughters, Bailey, 5, and Autumn, 8 months.

"I want to be there for them," Glenn said. He told a story about how he already has had an opportunity to avert disaster, taking a pair of cleats to Garrett, who had misplaced his shortly before he was to play in a football game in Ardmore.

He also looks forward to spending more time with his mother, Ruby Glenn, and his brothers, David and Richard, all of whom live in Temple.

He and Cindy plan to travel to Kansas City in July for a niece's wedding. Glenn said he would like to

go to Kansas City again in the fall to help out with the International Lineman's Rodeo.

Mention of the rodeo got Glenn talking about some experiences he truly enjoyed sharing with fellow linemen. Cotton Electric started sending linemen to the competitions in 2007, but Glenn said, "I wish we had started earlier."

"It is a great working tool and an opportunity to build a closer relationship with other linemen."

He said he hopes the co-op puts together a young team that can work together on rodeo skills for several years.

"They'll do well," he said with confidence.

Rodeo competition requires a lot of pole climbing, which Glenn said young linemen need to do on a regular basis.

"Climbing is always a handy skill because you can't always get a truck to a spot. You can't always do a job from a basket."

Then he added, "But do it safely."

That thought got him talking about the top priority for any lineman. He said there have been many changes during his long career, and working with safety in mind has been the best improvement.

"Things like battery-operated crimping tools, jib arms and hydraulic tools have helped ease difficult tasks. Computers and their technology have made things better, but those are tools, not safety shortcuts."

To underscore his point, he spoke of tragic accidents and lost friends and offered advice that is good for everyone, not just linemen: "Use your head in everything you do."

He said it is also important to work well with each other. Since coming to work in the Walters area about a decade ago, he has seen the working relationship between the various co-op crews become one that benefits all. While he takes no credit for it, as foreman of the western districts, Glenn has played a role in building that camaraderie.

Some of his colleagues have asked why he doesn't stick around a bit longer, maybe set a longevity record at the cooperative.

"Nah," he said. "This is my last rodeo."

"I don't want to be remembered as one who was here the longest. I want to be remembered as the one that did his job, got along with others, taught others something."

Jackey Glenn has climbed utility poles throughout his career at the co-op. He is shown here climbing competitively at a lineman's rodeo.

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PUBLIC AUCTION
Saturday, May 18, 2013, 10:00AM
Lake Humphreys Area A - Lot 8 (Improvements Only)
 Gary Criswell Auction Service & Real Estate, Inc. has been commissioned by Mr. and Mrs. Frizzell (Grady and Charlene) to offer at Public Auction a nice 2 Bedroom Home (approximately 1,408 square feet), Master Bedroom (12'x16') with Walk-In Closet, Large Living Room (18'x24'), Kitchen with Breakfast Area, Utility Room and a 1-3/4 Bath.
 Additional Improvements: Include a Metal Roof on Home (June 2005), Detached Prestige Metal Building/Storage Area (20'x30') Like New (6/2010), Open Back Porch (8'x44'), and Open Front Porch (5'x22'). All situated on a Nice Lot with Lake View with 99' Frontage, 153' back and 260' deep.
 Personal Property Includes: Household Furnishings, Glassware and Collectibles, Nice Dishes, and a Variety of Kitchenware. Lawn Equipment and Tools and Miscellaneous.
 Terms of Sale: 10% Earnest Money on Home and Improvements on the day of Sale. Balance due at closing upon delivery of Bill of Sale. Personal Property - Cash, Personal or Company Check accepted. Positive I.D. required. Buyers Must provide Auction Company a copy of Sales Tax Permit to avoid Sales Tax.
 Preview of Home with Improvements and Personal Property will be held Friday afternoon, May 17, 2013 from 1:00 pm to 6:00 pm. Announcements made day of sale supersede all other advertisements. Please plan to attend this Public Auction.
 Auctioneer's Note: This is a nice Home, custom built by Mr. and Mrs. Goad (Bueford and Helen) in 1976. Home is situated in a Good Location with a Great View. Mr. and Mrs. Frizzell reserves the right to accept or reject final bid on Home and Improvements. Home and Improvements will be offered "As-Is - Where-Is." Stephens County Abstract Company will serve as the Closing Agent on the Real Estate.
Gary Criswell Auction Service & Real Estate, Inc.
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Cotton Electric lights the way

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

I remember a time, when I was 8 years old, that I experienced a dangerous ritual seemingly every night. In the darkness as everyone slept, I would push aside the Scooby-Doo sheets and perch myself above the edge of my bed; preparing to leave its safety. As the house creaked outside my closed, wooden door like the whispers of monsters and ghouls, I imagined that greedy hands waited under my bed to grab my ankles, but I had to go ... I drank too much water before bedtime.

So, taking a deep breath, I would leap as far as I could and dash for the light switch, determined to reach it before the boogeyman did because I knew the miracle of light. I knew that once the lights were on, the monsters couldn't get me and, thanks to determined electricity providers like Cotton Electric, the lights would never fail me.

In fact, much like the light switch snuffing out childhood nightmares, Cotton Electric Cooperative has been battling the real-world monstrosities of economic recession, educational finances, and treacherous weather conditions for 75 years through efficient company actions and community connection.

For instance, with the nation's unemployment rate remaining at 7.8 percent and debt becoming a rampant problem through the country, I now realize that monsters under the bed were the least of my problems. In fact, energy-related business failures have reached an estimated 47.6 percent, so I find it truly glorious when, during an annual meeting held on Sept. 27, 2012, David Butler, secretary and treasurer of the Cotton Electric board of directors, reported the co-op was in sound financial condition.

Unfortunately, numerous families nationwide suffer from financial instability, especially in rural areas where the economic crisis has hit very hard. Luckily, Cotton Electric is a not-for-profit entity whose goal is to break even, nothing more, and has made quality electric service at the lowest possible rate its biggest mission. In fact, a majority of the co-op's money is spent building power lines and taking advantage of the latest technology, which, as CEO Warren Langford reports, has resulted in improved electric service.

However, despite a bright house, the future looks bleak for many American students as college tuition continues to grow and looming debt seems to be an unavoidable fate. So with Cotton Electric having a long history of being involved with local school districts, many members, including Langford, felt that it was evident that improvements could be made only by working together. Through a program called Operation Round Up, 85 percent of cooperative members allow their power bill to be rounded to the next highest dollar. Toward the end of 2012,



Samantha Ciaramitaro
Lawton High School

the money collected totaled a whopping \$17,800, which was broken up and given to local programs such as the Velma Community Center to purchase children's gifts, the Temple Area Food Pantry, and most importantly, elementary schools like Indianoma Elementary school, which then purchased incentives for the Accelerated Reading Program. Grants like the one provided by Cotton Electric inspire the community to come together and promote education at a young age so that hopefully children in the Accelerated Reading Program can one day obtain a scholarship for higher education and reduce their chances of falling into the dark pit of debt.

Furthermore, Cotton Electric has fought against the unforgiving, unpredictable and sometimes downright cruel properties of Oklahoma weather. In fact, Charles Spencer, past-president of the board of trustees, said at the 2012 Annual Meeting, that during his tenure, the co-op had weathered a devastating ice storm, an exceptional drought, and severe damage to the headquarters from a localized flood. So, knowing how precious it is to keep Oklahoma soil from eroding away, the cooperative encouraged civilians to purchase seedlings for trees, flowers, bushes and other vegetation from the Oklahoma Department of Agriculture. But they didn't just encourage others, Cotton Electric went as far as to have a semi-truck full of seedlings to be open for business to the public in the Cotton Electric area.

Even though I've grown out of the age of believing in monsters, I still understand that the members of Cotton Electric work hard every day to protect citizens from the hellish prices of high electricity bills through sound company goals and regimens. Cotton Electric battles the demons of recession and brings the future of the nation to a high place through Operation Round Up, which provides money grants for much-needed local services such as schools. They even give back to the environment, and with a semi-truck full of seeds. I think they want more than just a green thumb, but a green Oklahoma.

I believe Cotton Electric has proven time after time that they are the heroes to rely on when in need of some light in this dark time for the nation and especially for the community.

If there's something strange in your neighborhood, when the lights go out and it don't look good, who you gonna call? Cotton Electric.

Registration open for Youth Tour reunion

Since the program began in 1964, Cotton Electric Cooperative has sent 144 high school juniors on the Rural Electric Youth Tour, a week-long expense-paid trip to Washington, D.C. The 2013 trip will be the 50th anniversary of the event. Time for a reunion!



Oklahoma Association of Electric Cooperatives coordinates the trip each year and is planning a 50th anniversary bash on July 20 in Oklahoma City. Festivities will take place at Reed Convention Center on I-40 and Sooner Road in Midwest City. Youth Tour alumni will get a special reunion T-shirt. The day's activi-

ties will include a photo booth, video presentation, guest speakers and more.

Registration is open to anyone who has ever gone on Youth Tour,

whether as a student, chaperone or as a co-op sponsor. Each participant and one guest can attend the reunion free of charge. There is a \$10 fee for additional guests, to help cover the cost of food.

Longtime Youth Tour coordinator Jennifer Dempsey, aka Spike Momma, said, "I would love, love, love to get 500-plus people at this reunion. I hope everyone comes to help celebrate this awesome anniversary."

Registration form is at OAEC.com. Click on Registration under the Member Services and Training tab and click on the link labeled "Youth Tour Alumni Reunion ..."

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Public Auction
Saturday, June 1, 2013, 10:00 AM
202 East Idaho Street
Temple, Oklahoma
Gary Criswell Auction Service & Real Estate, Inc. has been commissioned by to offer at Public Auction the Real Property and Personal Property of the "Estate of Jack Wayne Tisdale".
Real Property Consists of a 2 Bedroom Frame Home (approximately 992 square feet) with a Living Room, Kitchen with Breakfast Area, Utility Room and a Full Bath.
Additional Improvements include a Detached One Car Garage (12'x20') with a 7'x20' Storage Area/Shop. All situated on a nice corner lot (Lot 11 and Lot 12) with a Fenced In Backyard in a good location.
Personal Property Includes Household Furnishings, Appliances, TORO Lawn Mower, Large Variety of Fishing Rod and Reels and Shop Tools and Equipment. Also included in the Auction is a 1998 Cadillac DEVILLE - All Power - 141,463 Miles - Good Condition, a 1997 Cadillac DEVILLE - Needs Repair (Parts Car) and a 1986 GMC SIERRA CLASSIC 2500 Pickup (Farm Truck).
Terms of Sale: 10% Earnest Money on Real Property on the day of Sale. Balance due at closing upon delivery of Title and Deed. Sale of Real Property will be subject to Confirmation of Sale and Court Approval. Personal Property - Cash, Personal or Company Check accepted. Positive I.D. required. Buyers must provide Auction Company a copy of Sales Tax Permit to avoid Sales Tax.
Preview of Real Property and Personal Property will be held Friday afternoon, May 31, 2013 from 1:00 pm to 6:00 pm. Announcements made day of sale supersede all other advertisements. Please plan to attend this Public Auction.
Auctioneer's Note: This will make someone a Nice Home. The Estate of Jack Wayne Tisdale reserves the right to accept or reject the final bid. Real Property will be offered "As-Is - Where-Is." Stephens County Abstract Company will serve as Closing Agent on the Real Estate.
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Energy Camp winners announced

Eight lucky eighth-graders from across the Cotton Electric service area will be headed to Youth Power Energy Camp May 28-31. The students wrote essays about why they would like to attend the camp and were selected after an interview.



Students selected to represent Cotton Electric at this year's camp include Lani Stallcup of Chattanooga; Chloe Dunlap of Comanche; Cale Schreiner and Hayden Rochell, both of Duncan; Katie Ashton of Lawton; J.D. Martin of Ryan; and Kyle Graham and

Gage Hart, both of Walters. Youth Power Energy Camp is designed to help students develop their leadership skills, have summertime fun and, at the same, time learn about one of rural America's most important industries – rural electrification.

Teens from all over Oklahoma will spend a week at Canyon Camp near Red Rock Canyon east of Hinton.

At Energy Camp, which is sponsored by Oklahoma's electric cooperatives, students learn first-hand the world of electric co-ops through demonstrations by electric crews. Campers will have opportunities to climb a pole and ride in a bucket truck. Plus, they will set up and run their own cooperative business.

Activities will include nature hikes, games and other outings.

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Save money on prescriptions with Co-op Connections Card

Cotton Electric Co-op members get extra relief by presenting their Co-op Connections Card when getting prescriptions filled at participating pharmacies. In April 2013, members used their cards at pharmacies in the CEC service area when filling 264 prescriptions not covered by insurance. A total of \$4,043.19 was discounted for an average savings of \$15.32 per use.

The total savings since the program's inception in April 2008 has been \$495,911.61.

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.



Tyson Potter completed the four-year lineman's apprentice program in January 2013. Kendall Beck, president of the OAEC board of directors, presented the Cotton Electric lineman with a journeyman lineman's certificate during an award ceremony held April 8 in Oklahoma City.

Kohout survives helicopter crash in Korea

By Karen Kaley

Sometimes big news stories can crowd out other stories. While a great deal of attention was focused on tragic events in Boston and West, Texas, an accident that endangered U.S. soldiers in South Korea was a bit overshadowed.

For Cotton Electric employee Greg Kohout, it was the biggest news of the day.

Kohout's son, Dillon, 21, is a lance corporal serving in the 31st Marine Expeditionary Unit. His main base is in Hawaii, but the young man's unit had been in winter training in Japan and Korea.

On April 16, a CH-53 Marine helicopter carrying Kohout and 20 other U.S. military personnel crashed upon landing. The aircraft was returning from exercises near Cheolwon, some 54 miles north of Seoul. The crash was the result of a "hard landing."

While there were a few serious injuries, everyone survived the accident that destroyed the helicopter. All 21 on board were taken to a local hospital. Six, including Kohout, were



Dillon Kohout

hospitalized in stable condition, and the other 15 were released.

When the elder Kohout first heard his son had been in a helicopter accident, he assumed the worst, but was quickly reassured that was not the case. The younger Kohout called his parents a few hours after the accident.

Dillon told his father that something did not seem right as the chopper was landing and he did not immediately release his safety restraints upon touchdown as he had been trained. He

said it came down hard, went back up for a moment and came down hard again, then rolled. People were thrown around inside the cabin. When the aircraft came to rest, Dillon could see fire and got out immediately.

Dillon told his family he was sore and bruised but OK. Some of his personal belongings were burned, including a photo of his fiancée, Heather High.

The two Walters natives are planning to marry when Dillon is home on leave in June. He will be a welcome sight for his parents, Greg and Michelle Kohout of Walters and Kim Smith of Ponca City. He'll get a big hug from siblings Nathan Kohout, Shelby Moon, and Kayla Kohout and her children, Kiley Jo, Mason and Lane.

Once he got over his initial concern for his son's welfare, Kohout

said he was very proud of how his son and fellow Marines handled this challenging episode. "America doesn't have anything to worry about with people like them serving the country."

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 Wedding Anniversary Celebration



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 Fletcher Christian Church

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Stand Down for Homeless Vets set for May 17

The first-ever Stand Down for Homeless Vets in southwest Oklahoma will be May 17 at Centenary United Methodist Church, 704 SW D, Lawton.

The event is free to all homeless vets. Free transportation to and from the Stand Down will be provided at pickup points.

Breakfast will be served starting at 6:30 a.m. Services and assistance for veterans will be offered from 8 a.m. to 4 p.m. Lunch will be served at 11:30 a.m.

Opportunities and assistance are being offered to homeless veterans by veterans organizations, the Department of Veterans Affairs and other federal, state and local organizations, churches and volunteers. They include two meals; haircuts, showers and toiletries; shelter and housing assistance; veterans benefits (including for women and disabled vets); employment assistance; Social Security; dental screen-

ing and care with a mobile dental center; medical screening and referrals; mental health, counseling and substance and alcohol abuse treatment information; a representative from the Lawton Indian Hospital; human services and child support assistance; legal assistance; Comanche County district attorney misdemeanor forgiveness and IRS help. In addition, there will be a clothing closet for both male and female homeless vets.

The definition of "homeless veterans" eligible for services and assistance at the Stand Down is those housed in shelters and sleeping on couches at family members' homes or bouncing around from friend to friend — anyone who does not have a permanent home — not just those who are on the streets.

The Stand Down in Lawton is for homeless veterans in Wichita Falls and the 16 counties in

Southwest Oklahoma served by the Lawton Housing Authority's Continuum of Care — Beckham, Caddo, Comanche, Cotton, Custer, Garvin, Grady, Greer, Harmon, Jackson, Jefferson, Kiowa, McClain, Roger Mills, Stephens and Tillman counties.

Lawton locations for pickup are the Salvation Army, 1306 SW E at 6:30 and 7:30 a.m., and the Carter Crane Shelter, 1203 SW Texas at 6:45 and 7:45 a.m. Other pickup locations in Oklahoma are Altus, American Legion Post 44, Commerce and Main at 6 and 7 a.m.; Duncan, American Legion Post 55, 321 South U.S. 81 at 6 a.m.; and Chickasha, the Resurrection House, 910 W. Chickasha at 6 a.m. All homeless veterans will be returned to their pickup points after the Stand Down.

For more information call 940-322-1801 in Wichita Falls; 580-678-0232 in Lawton; and 405-456-3195 for all other areas.



Fathers! June 16, 2013
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LCT presents '9 to 5 The Musical'

Thought-provoking and even a little romantic, "9 to 5 The Musical" will be presented by the Lawton Community Theatre. Three unlikely friends conspire to take control of the company and learn there's nothing they can't do, even in a man's world in this tale of teaming up and taking care of business.

Performances are scheduled for 8 p.m. June 7, 8, 13, 14 and 15. Matinees will be at 2 p.m. June 9 and 16. All performances are in the John Denney Playhouse, 1316 NW Bell Ave., Lawton.

For information, visit www.lct-ok.org or call 580-355-1600.

International Festival planners meet monthly

Planning is underway for the 34th annual International Festival scheduled for Sept. 27-29 in Lawton. It is not too soon for those interested in participating as a sponsor, food or sales vendor, community performer or volunteer to contact the Arts and Humanities Division at 580-581-3470 or 581-3471.

Festival meetings are open to the public and convene at 6 p.m. on the first Tuesday of the month at the Lawton Public Library. Information is available at CityofLawton.ok.us/lahc/if.

WMASC activities listed

Wichita Mountains Area Senior Citizens offers a variety of activities and sponsors weekly and monthly events at the Legion Building near Medicine Park.

Cecil Gardner's famous homemade Indian tacos are featured at the Indian taco sale, held on the second Saturday of each month. Drinks and desserts are included at \$5.50 per plate.

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

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

Walters food pantry open twice monthly

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

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

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

ACROSS

- 1. Selects
- 5. A cutting remark
- 9. Teaspoonful (abbr.)
- 12. Having two units or parts
- 13. Quality perceptible to the sense of taste
- 14. Expression of surprise
- 15. Italian Island
- 16. A coarse cloth with a bright print
- 17. Propose a price
- 18. Sedimentary material
- 19. Tree toad genus
- 20. Passed time agreeably
- 22. Custodians
- 24. 3rd largest city in Zambia
- 25. 18th Hebrew letter (var.)
- 26. Coasted on ice
- 27. Libyan dinar
- 28. Displayed exaggerated emotion
- 31. Andalusian Gypsy dances
- 33. Material
- 34. Article
- 35. Ballplayer Ruth
- 36. 5th largest Greek island
- 39. Hand drum of No. India
- 40. A style of preparing food
- 42. Former ruler of Afghanistan
- 43. AKA Cologne
- 44. Not generally occurring
- 46. Auto
- 47. Print errors
- 49. Interspersed among
- 50. Electrocardiogram

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- 51. Churns
- 52. Ice hockey feint
- 53. Drive obliquely, as of a nail
- 54. Dried leaves of the hemp plant
- 55. Ardour
- 7. Mythological bird
- 8. Urban row houses
- 9. Sensationalist journalism
- 10. Carried on the arm to intercept blows
- 11. Estrildid finch genus
- 13. PA 18840
- 16. S.W. English town & cheese
- 21. Runs disconnected
- 23. Mourners
- 28. Old world, new
- 29. Atomic #25
- 30. Sweet potato wind instrument
- 31. Legend
- 32. 3rd tone of the scale
- 33. Russian jeweler Peter Carl
- 35. Capital of Mali
- 36. Extremist sects
- 37. Violent denunciation
- 38. Tooth covering
- 39. Music term for silence
- 40. Smoldering embers
- 41. Writer Jong
- 43. Actor Kristofferson
- 45. Adam and Eve's 1st home
- 48. Fish eggs

DOWN

- 1. Lyric poems
- 2. Hungarian sheep dog (var. sp.)
- 3. A pad of writing paper
- 4. Lists of candidates
- 5. Base, basket and foot
- 6. Samoan capital

Savor a satisfying fresh fruit salad

(Family Features) Delicious taste, beautiful colors, packed with healthy nutrients – what’s not to love about fresh fruit? And with fresh fruits available all year long, you can enjoy them in mouth watering, healthy meals any time you want.

These satisfying fresh fruit salads showcase the flavors and healthy benefits of Chilean fresh fruit. Here are some of the reasons eating fresh fruit is so good for you:

- ◆ Adding the bright colors of

fresh fruit to your plate can help lower your risk of heart disease, cancer and Alzheimer’s.

That’s because the rich colors found in brightly colored fruits and vegetables indicate the presence of powerful natural protectors called phytonutrients and antioxidants.

◆ Scientific evidence has shown that eating whole fruit is best for optimal nutrition benefits rather than taking supplements to provide each nutrient separately.

- ◆ Fresh fruits can satisfy a

sweet tooth without adding unhealthy fat or excessive calories to your diet. That’s because fruits contain naturally occurring sugars suspended in a natural healthy matrix of calorie-free plant fibers and water. They help you fill up without filling out.

Since it’s summer in Chile when it’s winter here, fresh fruits such as grapes, blueberries, peaches, plums and kiwi can be added to recipes like these all year. For more recipes, visit www.fruits-fromchile.com



Spinach Salad with fresh Grapes, Plums, Peaches and Kiwis

Serves 6

- 4 cups washed baby spinach
- 1/2 cup red grapes
- 1/2 cup green grapes
- 2 plums sliced
- 1 peach sliced
- 2 kiwis sliced for garnish
- 1/2 cup toasted almonds

Place spinach and sliced fruit in a salad bowl and toss with kiwi vinaigrette. Garnish with additional fruit pieces and top with toasted almonds.

Kiwi Vinaigrette

- 3 kiwis peeled and chopped
- 1 tablespoon rice vinegar
- 3 tablespoons

- orange juice
- 1/2 teaspoon Dijon mustard
- 2 - 3 tablespoons olive oil
- 1 tablespoon agave or honey

salt and black pepper to taste

Place all ingredients in a food processor or blender and blend until smooth. Set aside.

Salmon, Fresh Chilean Blueberries and Lemon Salad with Chive Vinaigrette

Serves 4

- 8 cups salad greens, in small pieces
- 1 pound salmon fillet, poached
- 1 1/2 cups fresh blueberries
- Lemon zest to garnish

Vinaigrette:

- 2 tablespoons fresh lemon juice
- 1/2 cup olive oil
- 2 tablespoons white wine vinegar
- Salt and pepper to taste
- 1 tablespoon fresh chives

Divide salad greens on four salad plates. Tear salmon into medium pieces and arrange on greens. Sprinkle on blueberries. Top with lemon zest. In a jar with a lid, add all vinaigrette ingredients. Shake well. Serve salads chilled with the dressing alongside.



LAND AUCTION

Friday, May 24th, 10 am

To settle the estate of F.A. Simmons Jr., High’s Auction & Real Estate will be selling the following real and personal property.

Real Property to be sold: Parcel 1: 160 Acres m/l located in the SE S1 T5S R12W of the I.M. Cotton County, Ok. Parcel 2: Lots 1-6 Block 94, Randlett, Ok
Personal property: 1 McCormick Farmall Tractor SN: 76364

Sale Location: From 277/70 at Randlett, Ok Go East 2 miles on Hwy 70, then South 2 miles, then 1/2 mile East to property. **WATCH FOR SIGNS!!**

Auctioneers note: 160 Acres to be sold has an exceptional view, improved grass, cultivation, good fencing and has been well maintained. Do not miss this opportunity.

Parcel 1: SE S1 T5S R12W, Cotton County

- 160 acres more or less
- Good fencing
- Approx. 40 x 40 pole barn
- 93.5 Acres cropland, Bal. in native and improved, Bermuda
- 2013 Estimated taxes: \$328.00
- July 1st, 2013 possession.
- Minerals owned to be conveyed. Under review.

Parcel 2: Lots 1-6 Block 94, Randlett, Ok

Directions to parcel 2: From Hwy 70, turn N. on 9th St., go 1 block to F Ave., then East to property.
Personal property: 1 Antique McCormick Farmall Tractor.

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Maintain healthy weight as you age

As you enter your 40s, your energy needs start to decline. The challenge as you age is to maintain energy balance while still getting the vitamins and minerals you need to stay healthy. Focusing on nutrient dense foods and increasing your physical activity levels are key to maintaining a healthy weight as you age.

Although your energy needs decrease, your need for many vitamins and minerals essential to health remains the same or, in some cases, increases. The trick is to cut back on calories without cutting back on nutrients. You need to focus on foods that are nutrient dense, foods that have more nutrients per calorie than others.

Whole milk versus skim milk is a good example of this concept. Skim milk is more nutrient dense than whole milk because skim milk has fewer calories and the same amount of vitamins and minerals as whole milk.

Foods that fit the nutrient dense criteria include the following: vegetables and fruits, lean meats, low-fat and fat-free dairy, and whole grains. Given the need to manage your calories wisely, be careful about adding extra calories to these foods through added fats or sugar.



Kim Bandelier, MPH, RD, LD

Food For THOUGHT

Turn to herbs and spices for added flavors and more nutrients to keep you healthy and to help remedy a loss of taste that often occurs as you age.

You can still eat your favorite foods that may not match the definition of nutrient dense, but you have to eat them less often and eat smaller portion sizes to avoid eating too many calories. You can have your cake and eat it, too, but just not as often and a much smaller piece.

Being physically active as you age makes maintaining your weight easier, as well as keeps your bones healthy, maintains

your muscle mass, and helps prevent injuries. Daily physical activity such as taking a walk as well as lifting light weights can help maintain muscle mass, making it easier to maintain a healthy weight.

Depending on your ability to take in enough of certain nutrients, your physician may recommend certain vitamin and mineral supplements. Of particular concern are Vitamin D, Vitamin B12, and calcium, which even with a nutrient-rich diet, may still require higher levels of intake as you age.

If your current diet includes more high-calorie foods and fewer low-calorie, nutrient dense foods, make your diet transformation one step at a time. You can start with eating smaller portions of less nutritious foods and eating them less often. You can set a goal of having a fruit or vegetable at every meal.

You could also start walking 15 to 20 minutes per day while you think about what changes need to be made in your diet. It's never too late to make changes to your diet to help maintain a healthy weight as you age without sacrificing critical nutrients that help you stay healthy.

Make keeping fit an enjoyable activity

(Family Features)

Regular physical activity at any age can help you live longer, feel better and reduce health problems. But far too many people, including baby boomers, don't get the exercise they need. According to the 2012 Participation Report from the Physical Activity Council (PAC), 35 percent of Americans over the age of 55 are physically inactive. Since regular exercise helps control blood pressure, body weight, cholesterol and so much more, boomers need to find ways to get their bodies moving so they can live longer, healthier lives.

"Though any amount of exercise is beneficial, ultimately adults should work up to getting at least 30 minutes most days of the week, as long as they feel comfortable and pain-free," said world-renowned nutritionist Joy Bauer. "From taking a Zumba class to walking and stretching, getting regular physical



activity helps the joints stay loose, maintains muscle mass, and gets the blood flowing - all of which make everyday tasks easier."

The American Council on Exercise recommends older Americans choose exercise programs that include cardiovascular, muscle conditioning, and flexibility exercises. Low-impact, non-jarring exercises such as walking and swimming are good options. A key to sticking with a fitness program is making sure it's enjoyable.

Whenever beginning a new fitness activity or program, make sure you do it safely.

◆ Wear comfortable shoes that fit well.

◆ Stay hydrated with plenty of fluids.

◆ Listen to your body. If it hurts or it feels like too much, stop.

You also need to be aware of danger signs while exercising. Stop the activity and call your doctor or 911 if you experience pain or pressure in your chest, arms, neck or jaw; feel lightheaded, nauseated or weak; become short of breath; develop pain in your legs, calves or back; or feel like your heart is beating too fast or skipping beats.

"It's important to see your doctor before beginning any workout

routine to receive a thorough cardiovascular evaluation," said Bauer. "Once you've been cleared by your doctor, I recommend starting out slowly."

The best way to find a regimen that will stick is to choose something that you enjoy. You'll be more likely to stick with it and reap all the benefits the physical activity has to offer.

Bauer adds that a program like Zumba is great because, if you enjoy dancing, it won't feel like exercise and it can also be a social outlet: "Combining physical activity with social time is a total win-win."

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Nadine McLain looks over some relics from her family's life before electricity. She said she remembers Cotton Electric employee Earl McLain, right, flipping the switch to turn on the power. He later became her brother-in-law when Nadine married his brother, Newt.



75TH ANNIVERSARY

'Electricity opened up so many things ...'

"I do remember when the light came on," Nadine McLain wrote in a note to Cotton Electric recently.

"We all gathered in the kitchen and a Cotton Electric employee flipped the switch."

A 100-watt bulb lit up and electricity became

a part of the Mart and Frances Maloney farm home in Stephens County.

"Darkness and inconvenience were gone," Nadine wrote. "The kerosene lamp packed away. The wooden ice-box replaced with a new electric model. No more hand-milking cows in the dark."

The family went from darkness to light, literally.

"I had a good lamp to read at night. With the kerosene lamp, the light had been yellow and dim.

"Electricity was the greatest thing for people in rural areas."

Nadine still lives within a mile of the spot where her parents' house still stands, though it is unoccupied and no longer belongs to the family. She still has a few items from the pre-electricity days.

As she looked at a glass oil lamp, a metal lantern and a flat iron with a detachable wooden handle,

she recalled many of the contrasts of life before and after electricity.

"It must have been summertime in 1947 when the power came on," she said.

"It was odd, the anticipation of things we would have. Electricity made life easier, the biggest advantage was the work it took away."

She remembers using a lantern when milking cows early in the morning before the sun came up. Electricity provided better light.

"My brothers, Rick and Ray Maloney, went into the hog business, but couldn't have done it without electricity. Electricity in the hog pens meant heat in the winters for the babies.

"We had a well and had to draw water up in a bucket. Electricity meant a pump and later we were able to bring running water into the house.

"Food preservation changed. Before electricity, meat had to be

hung and cured, vegetables had to be canned. With electricity came refrigeration and the deep freeze.

"Appliances simplified our lives."

She picked up the iron and showed how the handle detached. There were two or more solid metal irons to switch between, using one until it cooled while the other sat on a heat source.

"We would heat a flat iron on the wood stove. Sometimes it got too hot and would scorch the fabric. With an electric iron, we could control the heat."

She said, "Communication with the rest of the world improved with access to electricity. We had a radio, but the signal was no good when it was powered by battery.

"Electricity opened up the world to us.

"All this because someone cared enough to bring electricity to rural Oklahoma."

- Nadine McLain



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Evelyn Chavez remembers her father, Rudolph Buchwald, right, traveling to Oklahoma City to help get Cotton Electric Cooperative incorporated. He served as a board trustee for 35 years.

‘We really celebrated. We had lights!’

What does Evelyn Chavez remember about life before electricity?

“It was dark.”

Chavez was young, about 6 or 7, when electricity came to her childhood home near Faxon. She remembers “part of our house was already wired, as my father had years before put together 12 batteries and a generator. He would go out and start them up, long enough for us to do our lessons.

“It would start getting dim on us, and Dad would ask, ‘Are you about through or do you need some more?’ If we needed more, he’d go back out and run it again.”

Chavez said her father was in-

strumental in getting Cotton Electric Cooperative started.

“My father, Rudolph Buchwald, and a friend, Mr. T.H. Ketels, drove to Oklahoma City at their own expense to the Corporation Commission to get the Rural Electric started.

“Mr. Ketels lived east of Lawton and my parents lived at Faxon, I can remember in approximately 1939 when they started building lines, that we were the first house on this side of the county and the Ketels’ was the first house on the east side of the county to have been hooked up with electricity. What a celebration!

“I can remember mother made

angel food cakes and the neighbors coming over when they flipped the light on. I remember people yelling when the light came on and I was dancing around with my older brother. We really celebrated. We had lights!”

Rudolph Buchwald did more than celebrate. He served on Cotton Electric’s board of trustees for 22 years, from 1949 to 1971. Ketels served as a board member for 35 years, from 1938 through 1973.

“My father’s and Mr. Ketels’ pictures hang in the Cotton Electric building, and they both enjoyed serving on the board of directors for many years.”

– Evelyn Chavez

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Beth Phillippi, left, physical therapist, explains and demonstrates the value of a multi-head ultrasound application to Jefferson County Hospital CEO Jane McDowell. It is one of several functions available on a new device purchased with a grant from Cotton Electric Charitable Foundation.

Jefferson County Hospital provides quality health care for rural residents

By Karen Kaley

Living in rural Oklahoma can mean a lot of distance between neighbors and services, but some things are closer than one might think. For instance, in Jefferson County, a sparsely populated 774 square miles called home by just under 6,500 souls, there is a hospital.

Near the intersection of U.S. Highways 81 and 70 in Waurika, the 17,000-square-foot facility has been serving the area since 1972. Jefferson County Hospital (JCH) plays a vital role in the health and well-being of area residents simply by being there and not somewhere else.

Health care in rural areas is often complicated by location. While most country folk accept that one-time specialized care can mean a 30-minute or longer trip to the "big city," the miles really add up if there is a need for continued therapy. It is also too far for family and other familiar faces to offer support during an extended recuperation from an illness or injury.

It is especially too far in many emergency situations.

JCH offers a simple answer to the distance complication. Jane McDowell, CEO, described JCH as a rural hospital serving the hardy people who live in rural America.

She said JCH is part of a good network of community hospitals in this country.

"When rural residents really need a facility, small hospitals are always there. They are not large but provide basic

quality services to their communities."

JCH provides a wide variety of inpatient and outpatient services. The list is quite extensive: Outpatient standard procedures and acute inpatient care; skilled nursing; emergency services; radiology including diagnostic X-ray, CT scanning, bone densitometry and ultrasound/Doppler; laboratory services; physical therapy offering both inpatient and outpatient services; respiratory therapy and sleep studies.

There are many values to having the facility in Jefferson County. In an emergency situation, the value is quite significant.

"A lot of people are still alive because they had access to a small rural hospital," McDowell said.

"Area residents may not use us all the time, but they are glad we are here for emergencies, glad we are close. Many times, people have said 'I don't know what I would have done if the hospital hadn't been there.'"

She said there is what's sometimes called a "golden hour," a window of time when the chance to survive a traumatic episode is better. Having a nearby facility to intervene can improve the outcome.

As an example, she said, "We can stabilize cardiac patients before sending them on for specialized care."

The hospital provides a lot of non-emergency care. It often serves a transitional role, preparing patients before specialized care and is

a place to recuperate after something like major surgery.

For some patients, rehabilitation is enhanced in a facility closer to home.

"It's easier to have friends and family visit," McDowell said.

"Familiar faces help with recuperation. Patients say, 'It feels like I'm home again.' They are more comfortable in this setting and sometimes may heal better."

McDowell said the ratio of nurses to patients is sometimes 4 to 1, which is greater than what he or she would find in a larger facility.

"Patients often know the nurses," she said, which offers another level of comfort.

Rehab patients usually get to know Beth Phillippi, the hospital's full-time physical therapist. Phillippi is very excited about a new piece of equipment acquired late last year, thanks to matching grants from Cotton Electric Charitable Foundation and the Hospital Auxiliary, locally referred to as the Pink Ladies.

A 15-year-old device used for ultrasound and electrical stimulation had simply worn out and could no longer be repaired. Advances in technology mean the new device has enhanced and added features, and Phillippi described it as "three machines in one." The ultrasound function includes large and small heads to deliver focused therapy as needed. It also has a head with four transducers that can operate automatically to deliver even pressure and therapy.

The e-stim function helps control muscle spasms and stimulate muscle movement. In turn, blood circulation improves and aids healing.

The cold laser function on the device is new for the hospital. It allows deep heat therapy that enhances the body's ability to heal quickly.

Phillippi said the new device has been a valuable addition to the JCH facility. She said it is used many times every day in therapy sessions with patients.

McDowell added that it will get plenty of use in the years to come, if figures from last year are any indication. In 2012, hospital staff handled 6,500 outpatient visits.

Looking forward, McDowell said, "The hospital will continue to provide quality care within its scope."

She said the facility has earned the respect of the community, as is evidenced in the long-term support they have provided each other.

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Cotton Electric members can monitor energy consumption at MyUsage.com

By Trent Marlett

Part of my job is to help members figure out what has happened when they receive an energy bill that seems higher than normal.

When I get a call like that, the first thing I do is look at the member's energy use report on software we use at Cotton Electric. I look for irregularities and use patterns and see if recent power use is out of sync with the member's past history or if the rate of consumption is odd for the weather at the time.

Once I've spotted something different, if at all, I start asking questions of the member to see if anything has changed. Any new appliances? Age of appliances? Washing a lot of clothes? Taking a lot of baths?

Next, I schedule a trip to the house so I can look for ways to make improvements or other changes to save energy and help the member.

I'm sure you have all noticed Cotton Electric crews out and about replacing meters at members' homes. One of the many new features these meters offer is the ability to diagnose and keep up with daily energy use. Daily use information is available to Cotton



Electric members, too, through MyUsage.com.

There are a few easy steps to setting up a free account at MyUsage.com. Then members can monitor energy use and see the same information I look at to begin an energy audit.

The site will ask for an email address and your name in the first step of setting up an account. Then you will create a password. Next, you will be asked to identify your energy provider. You can select Cotton Electric from a drop-down menu.

Then it will ask for your Cotton Electric account number. You can find it in the top right corner of your power bill.

Now you can start monitoring your energy use.

The place on the website that will give you the most information is under the Usage History tab. A chart will show high and low temperatures and the amount of

energy used during each day.

Showing temperatures and consumption together helps illustrate how hot and cold weather cause heating and cooling systems to work harder – and use more energy – to maintain the temperature inside your home.

Also, if you see a spike in energy use on MyUsage.com, you can start asking a few questions, such as: Did I do extra loads of laundry that day? Was there a lot of in and out traffic that day, letting conditioned air escape? Was that the day I did a lot of cooking and baking for a family gathering? You get the idea.

Also, MyUsage.com provides an opportunity to see how much energy you can save by making some energy-efficient changes.

For instance, if the thermostat is usually set at 74 degrees in the heat of the summer, try bumping the thermostat

up to 78. Check the energy use numbers for days when the temperature was about the same before and after the adjustment. This is a great way to really see how much energy you can save.

By using this free service offered for Cotton Electric members only, you can become your own energy auditor and can start seeing when energy is used and how to save more of it. Give it a try!

Happy monitoring.

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