

The Current

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A Touchstone Energy® Cooperative 

“The Current - Informing Our Members Since 1957”

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NUMBER 8

Stay cool

All the hot dogs are big fans of fans



By Karen Kaley

It's a challenge. Some people have a particular date in mind, others are simply holding out as long as possible before turning on the AC for the summer. Keeping comfortable during an Oklahoma spring is easy – and energy efficient – through the proper use of fans.

Most households have several different types of fans. There are portable box fans, tower fans and fixed fans in ceilings and attics. The function of fans in the kitchen and bathroom can be overlooked.

All serve as ways to move air. Some provide a cooling effect by pushing air across your skin. Some create circulation, drawing fresh air in and pushing warm air out. Others help control humidity, which has a direct effect on comfort.

Mike Stephens, power use adviser for Cotton Electric, is a big fan of fans. He

helped with the list below of 10 tips for fan use.

Stephens also wanted to expand on the topic of whole house fans. He said many people are not aware of the contribution a whole house fan (WHF) can make toward keeping comfortable while holding down energy costs.

First he pointed out that an attic ventilator is not the same thing. Those devices remove heat from the attic only. A WHF has a broader function and will remove heat from, well, the whole house.

“A whole house fan takes heat out of the house and replaces it with cool air from outside,” Stephens said. “It is cheaper to operate a WHF than to use your air conditioner to exchange air in the house.”

He said a WHF works best during late spring and early summer when mornings

are cool. The devices will shorten the amount of time an air conditioner will run during these times.

Stephens said WHFs are common in older homes, built before air conditioning was a standard part of a home. A WHF installed in a newer home or included in those under construction offers a quick return for a small investment.

He had a few points of advice concerning the WHF.

- Location is critical. A WHF needs to be centrally located, and a hallway is usually recommended.

“I have found problems during audits,” Stephens said. “The air flow shouldn't be near a thermostat, a pull-down ladder or a return air vent. These factors will fight each other and affect efficiency.”

- Seal the louvers during the off season, similar to closing a damper when

a fireplace is not in use. Consider using auto-close dampers and timers.

“You lose a lot of conditioned air otherwise,” Stephens said.

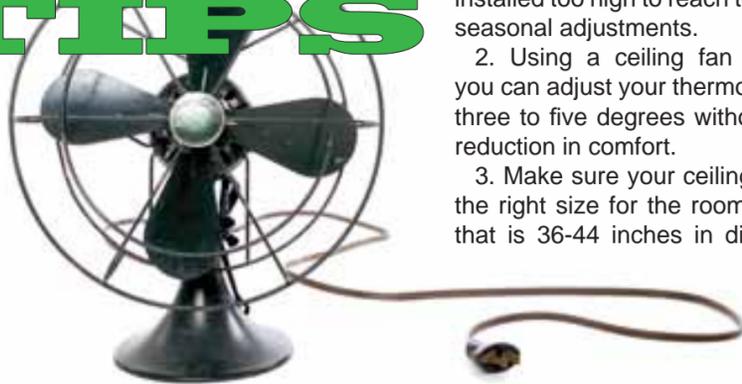
- Open windows about an inch when operating a WHF. This is a safety issue.

“When a WHF is operating, it will create backdraft on gas appliances,” Stephens said. “You must have several windows open to prevent backdraft. The fan will work to pull air and, if windows are not open, it will pull air from gas openings.”

- If you are considering installing a WHF, do some research. Make sure you get the right size fan in the right place.

If you need help finding information, give Stephens a call at 580-875-3351. He's a big fan of fans and will help you find the most efficient way to meet the challenge of hot air.

10 SAVE ENERGY • SAVE MONEY TIPS



1. Run ceiling paddle fans on medium, blowing down in summer. In the winter, run fans on low, blowing up. Choose a fan with remote control operation if it is to be installed too high to reach to make seasonal adjustments.

2. Using a ceiling fan means you can adjust your thermostat by three to five degrees without any reduction in comfort.

3. Make sure your ceiling fan is the right size for the room. A fan that is 36-44 inches in diameter

will cool rooms up to 225 square feet. A fan that is 52 inches or more should be used to cool a larger space.

4. When a room is unoccupied, turn the fan off. Fans are intended to cool people - not rooms. A running ceiling fan in an empty room is only adding to your electricity use.

5. Do not use a whole house fan during times of high humidity. It will reduce the comfort level in your home. Instead, use kitchen and bathroom exhaust fans to pull humidity out of your home.

6. If you suffer from allergies, do not use a whole house fan when

pollen counts are high.

7. When using a whole house fan, windows throughout the house should be open at least one inch. This is a safety issue and will prevent a backdraft from gas appliances.

8. Consider using automatic dampers and a timer to keep whole house fans from pulling conditioned air into the attic.

9. Do not use roof-top power ventilators for attic exhaust as they may draw conditioned air from your home.

10. Remember to use the kitchen exhaust fan when cooking. Turn it off after cooking.

Power Cost Adjustment Calculated

The power cost adjustment now being applied to bills mailed after April 1, 2017, is (\$0.00314) per kWh.

On a member's average bill of 1,500 kilowatt hours (kWh), this will amount to a CREDIT of \$4.71 on the April bill.

February 2017 Temperature Extremes

Day	High	Low	Avg.	Day	High	Low	Avg.
1	60	33	47	15	57	31	44
2	41	29	35	16	68	30	49
3	49	28	39	17	72	33	53
4	59	34	47	18	73	47	60
5	70	30	50	19	76	49	63
6	80	40	60	20	69	50	60
7	75	40	58	21	76	45	61
8	53	32	43	22	81	38	60
9	57	26	42	23	88	42	65
10	82	31	57	24	57	41	49
11	91	47	69	25	48	27	38
12	64	47	56	26	61	37	49
13	55	41	48	27	79	39	59
14	42	36	39	28	74	56	65

Source: srh.noaa.gov/om/
Average Daily High: 66 Average Daily Low: 38

Did You Know?

Cotton Electric serves more than 18,200 farm and residential meters. The system consists of 5,160 miles of line spread across eight counties. Find these and other statistics about the co-op on Page 2.

The next issue of The Current should arrive in mailboxes on April 17, 2017.

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	2-4
Community	5-6
Puzzles	7
Co-op News	8
News	9
Co-op News	11
Recipes	12-13
Classifieds	15-19

More news at CottonElectric.com

From the CEO

Electric cooperatives' policy priorities

Cotton, NRECA promote members' concerns in Washington, D.C.

As a member of Cotton Electric Cooperative, you know that providing you with safe, affordable and reliable electricity is our top priority 365 days and nights a year.



Jennifer Meason, CEO

But it might surprise you to know just how much the work we perform in the communities we serve can be affected by what lawmakers and regulators are doing in Washington, D.C.

We do this, in part, through our membership in the National Rural Electric Cooperative Association (NRECA). This national service organization represents the interests of more than 900 electric cooperatives through interactions on Capitol Hill and before federal agencies.

America's electric co-ops in the next couple of years.

Strengthening rural America

Electric cooperatives built and improved the infrastructure to bring electricity to people living in rural America who were being left in the dark and left behind.

The U.S. Department of Agriculture (USDA) has been a long-time partner in helping co-ops fund a wide variety of activities, including electric infrastructure improvements and expansion of rural economic opportunities.

Co-ops also are keenly aware that tens of millions of rural Americans continue to live without access to high-speed internet service. Bridging the digital divide continues to be a critical economic development issue for rural America, and it's a big priority for co-ops in Washington this year.

A little farther down the road, in 2018, the U.S. Congress is scheduled to produce a new Farm Bill. Co-ops will track this closely to ensure that updates of our nation's agricultural and rural policies also strengthen rural America.

Avoiding regulatory overreach

Electric cooperatives strongly advocate for public policies that are driven by our members' interests and needs - not a "Washington knows best" mentality. Overreaching federal regulations have a significant negative impact on rural America, so co-ops are asking Washington policymakers to revisit a number of federal rules that have hurt rural communities and threatened co-ops' mission to provide affordable and reliable electricity.

We're also looking ahead to future rules and actions under major environmental laws, such as the Endangered Species Act and Clean Air Act, to ensure that they carefully balance the nation's environmental and economic goals without imposing undue burdens on rural America.

Improving infrastructure

One of the themes that ran through last year's presidential

campaign is the need to improve the nation's infrastructure. Electric co-ops have been in the infrastructure development and improvement business for decades and hope to work with leaders in Washington to continue this important progress.

Co-ops continuously improve the cyber and physical security of our systems and have been leaders in developing and using smart grid technologies. Here again, a strong public-private partnership remains essential, particularly in the area of cyber security.

Electric cooperatives also support a wide range of research activities to help improve our nation's future energy infrastructure. The U.S. Department of Energy and other agencies remain key partners in advancing this research, as well.

These are just a handful of examples of co-ops' major policy priorities over the next couple of years. It is by no means an exhaustive list. But hopefully it demonstrates that America's electric cooperatives are working just as hard in Washington as we are here at home to keep the electricity flowing and to improve the quality of life for our members.

ROW update

Cotton Electric's Right-of-Way (ROW) program is a proactive effort to ensure quality power delivery. Aggressive and preventive vegetation management is a good value to the co-op's members from a service and an economic perspective.

Scott Crew, vegetation management coordinator for Cotton Electric, oversees an in-house crew and several contract crews in the year-round effort to clear trees

and prevent regrowth.

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

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

After trees are cleared, crews return to the area at regularly scheduled intervals to apply a specially formulated herbicide that will prevent tree growth while protecting grasses. Unusually warm weather has encouraged an early growing season, and spraying to control new tree growth may begin as soon as mid-April.

During the remainder of the spring, clearing crews are working in these areas:

NRS of Vinita is completing work on lines extending from the Cache and Indianoma substations. Their next focus will be lines extending from the Geronimo substation.

NRS has another crew working on lines extending from the Comanche substation. The lines are in Stephens, Jefferson and Cotton counties and the project could last well into the summer.

Family Tree Service is clearing trees west of Marlow in the Glendron Addition.

Cotton's vegetation management crews will work with district linemen on ROW clearing throughout the service area.

Scott Crew said his crews are always looking for land and home owners in need of free untreated wood chips. Because these chips are untreated, it is not recommended to use them next to a structure.

Chips will be delivered to members nearest the day's work location. Work crews will deliver wood chips only to members they can reach by phone and whose location is nearest the day's work. There is no guarantee a member will receive wood chips at any particular time.

Leave a message at 580-875-4224 to have your name added to the list of members willing to take wood chips.

Tolbert represents co-op at Leadership Summit



Sean Tolbert

High school senior Sean Tolbert represented Cotton Electric Cooperative at the 17th annual Touchstone Energy Leadership Summit held Feb. 11 at Chesapeake Energy Finish Line Tower in Oklahoma City. Sean was among 15 students from across the state selected to participate in the event sponsored by Cotton and other Touchstone Energy cooperatives in Oklahoma.

Sean was chosen from the finalists participating in Cotton Electric's 2016 Youth Tour essay contest. He attends Lawton High School and is the son of

Stephen Tolbert.

During the summit, students had the opportunity to hear nationally known speaker Rhett Laubach and former FFA state officers Kelly Barnes and Sarah Esdal, all Oklahoma natives. They presented topics to encourage and inspire the students to reach within and find their inner leader.

In addition to leaving the workshop energized with new communications tools and greater leadership knowledge, each teen in attendance took home a \$250 college scholarship.

January 2017 Operating Stats

Table with 3 columns: Metric, 2017, 2016. Rows include Total Amount Billed/Accrued, Cost of Purchased Power, Taxes, Total Operating Expense Per Mile, Average Farm and Residential Bill, Average Farm and Residential kWh, Total Meters Billed (farm, residential), Miles Energized, Density Per Mile, New Service Connects YTD, Services Retired.

The Current

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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.



COTTON
ELECTRIC CO-OP
C.A.R.E.S.



Cotton Electric member Meagan Dunn was pleased to have the opportunity to thank Larry Williams in person for his respectful manner when her family suffered a loss. Williams is a staking engineer for Cotton Electric.

Cotton CARES was created to educate our members and employees about what sets Cotton Electric apart from other utilities. The program summarizes what you, the members of Cotton Electric, should expect from your cooperative.

Cotton CARES stands for Community, Accountability, Respect, Engagement and Safety. Below is a brief summary of the five aspects of the program.

RESPECT – Respect boils down to doing what is right and living by the Golden Rule. Respect for the cooperative principles, for each other and for our communities is expected.

We work for you, not out-of-state stockholders. We have a vested interest in the success of the friends and neighbors we serve.

Gesture of respect reflects cooperative service goal

By Karen Kaley

Respect is shown in a variety of ways. Sometimes, a public act of respect is easy to spot. Sometimes it is quiet and subtle.

Cotton Electric fosters a culture of respect toward the members of the cooperative. Many co-op employees are also co-op members, which makes it easy to treat the people they serve as they wish to be treated.

Respect is a well-established characteristic of many who live in southwest Oklahoma, so it came as no surprise when this email showed up in the Cotton Electric Inbox recently:

“Just wanted to say a HUGE thank you to the young gentleman who not only pulled over as we were driving by in a funeral procession this afternoon, but also got out of his truck and stood with his hat off and hand over his heart until we all passed. I just happened to notice the vehicle and it was a co-op truck. So, thank you!!”

Meagan Dunn of Comanche sent that note. She later explained that her family was escorting her great-aunt to her final resting place when she noticed the co-op employee standing on the side of Oklahoma Highway 53.

“His gesture showed a sign of respect, and as an employee of Cotton Electric, that shows respect as a company in whole as well,” she observed. “I will always be grateful for the respect and care that you all have, and that Larry showed.”

Larry Williams is a staking engineer for Cotton Electric. He was a little embarrassed by the attention his gesture drew.

“I was just doing what I was taught to do. When I was little and out with my grandpa, that’s what he did.”

Larry said respect is a big part of how he does his job, too. He meets with members every day, working to find ways the co-op can meet their needs.

“We try to take care of the members,” he said. “We try to find a way to give them what they want instead of telling them how it’s going to be.”

Respect for members is a big part of how every co-op employee does his or her job. Perhaps that is why Meagan said, “I’ve always loved Cotton Electric. They’re always there when you need them. If the power goes out or something, they’re right there getting things fixed up as quick as they can.”

We treat members the way we want to be treated.



Energy Efficiency Tip of the Month

Warmer weather is on the way! Use energy efficient window treatments or coverings, like blinds, shades and films, to reduce heat gain in your home. These devices not only improve the look of your home but also reduce energy costs.

Source: U.S. Dept. of Energy

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Electric cooperatives contribute more than \$2.3m to area schools



Supporting area schools has always been a priority for Cotton Electric Cooperative. It is our privilege to provide educational presentations, sponsorships and assistance when needed.

The members of Cotton Electric make a substantial impact on local schools in several ways. For example, electric cooperatives in Oklahoma are levied a 2 percent gross receipts tax on the revenue at both the wholesale and retail level in lieu of an ad valorem tax. Although we typically view taxes in a negative light, this tax in particular makes a significant positive impact.

When Cotton Electric members pay electric bills, the cooperative

remits the 2 percent gross receipts tax to the state, and 95 percent of those funds go directly back to local school districts. During 2016, \$2,329,651.22 was apportioned back to the 31 school districts in our service area.

On a percentage basis, electric cooperatives contribute more tax dollars to local school districts than other utilities. In Oklahoma, investor-owned utilities pay ad valorem taxes instead of gross receipts tax, and only 58 percent of these tax monies go to school districts within which investor-owned utilities own property. Municipal utilities contribute no tax money to public schools.

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 supply system, is a generation and transmission cooperative owned by 21 distribution cooperatives, including Cotton Electric.

The table shows the miles of line serving each district and an estimation of amounts contributed through the 2016 gross receipts tax.

2016 Gross Receipts Tax by School Districts

District	Cotton & WFEC Taxes	Cotton miles of line
Apache	30,749.32	1.25
Big Pasture	51,819.30	234.38
Bishop	280.79	1.27
Bray	81,365.84	135.77
Cache	116,957.56	298.94
Central	85,221.07	238.07
Chattanooga	179,851.86	333.20
Comanche	195,547.96	310.58
Davidson	20,913.57	33.45
Duncan	78,827.02	193.72
Elgin	116,306.05	313.15
Empire	77,340.97	239.39
Fletcher	47,953.67	27.25
Flower Mound	320.58	1.45
Fox	3,829.29	17.32
Frederick	53,888.23	9.07
Geronimo	46,803.93	164.14
Grandfield	43,123.80	195.05
Grandview	45,492.07	113.76
Indiahoma	60,506.10	151.04
Lawton	38,673.56	122.53
Marlow	51,825.93	234.41
Ringling	78,390.82	24.67
Rush Springs	119,724.22	150.94
Ryan	37,562.97	120.04
Sterling	59,124.71	166.90
Temple	53,639.84	231.33
Terral	15,403.41	69.67
Velma	268,317.45	511.10
Walters	175,730.59	299.36
Waurika	94,158.74	242.80
Totals	2,329,651.22	5,186.00



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Community Spotlight

If you would like your community event listed in the April issue, please submit information by April 3 by calling 580-875-4259 or send an email to info@cottonelectric.com.

MSD hosting 4 car cruises

Cruising down Main Street in Duncan is a time-honored tradition that will continue for four Fridays in the spring and summer of 2017.

The first cruise is set for March 24, to coincide with the Duncan Swap Meet held the same weekend at Stephens County fairgrounds.

The second cruise is part of the fun planned for the annual Cruisin' the Chisholm Trail Car Show set for April 21 and 22.

Duncan Founders Day activities will include a car cruise on June 23, and the Aug. 18 cruise will celebrate "Summer's Last Blast."

For information about any of the cruises, call Main Street Duncan at 580-252-8696 or visit the Main Street Duncan website or follow Main Street Duncan on Facebook and Twitter.

New cattlemen's group forming

Cattlemen from Comanche, Cotton and Tillman counties are invited to attend a chuck wagon supper and organizational meeting of the Tri-County Cattlemen's Association. During the event, the first board of directors of the association will be elected.

The gathering begins with a social at 6 p.m. March 25 at the Chattanooga Civic Center. Supper is at 7, and the organizational meeting will follow.

There will be a \$10 charge per person having supper.

For information, call Shari Holloway at 580-695-3788 or send an email to shari.holloway@icloud.com.

Marlow church hosts Lenten fish fry

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

Meals are \$9 for adults, and children under 12 eat free. All proceeds go to community projects serving children and those less fortunate.

Home, garden show begins March 24

Find practical home improvement ideas and visit professional home and garden service providers during Lawton Home Builders 53rd annual Home and Garden Show. Cotton Electric will have a booth and invites all members to stop by.

Doors will be open from 5 to 8 p.m. March 24, 9 a.m. to 6 p.m. March 25, and 11 a.m. to 4 p.m. March 26 in the Great Plains Coliseum and Annex. Admission is free.

AARP offers tax prep assistance

AARP offers free tax assistance and preparation for taxpayers with low to moderate income on a first-come, first-served basis through the tax due date of April 15 at several locations in the Cotton Electric service area.

No appointment is necessary but certain documents are. Taxpayers should take last year's income tax return, all W-2 and 1099 forms, information about any other income, adjustment and deduction documents, Social Security cards for each person on a return, and property taxes if he or she plans to itemize.

Trained IRS volunteers will be available from 8:30 a.m. to 12:30 p.m. Mon-

days and Thursdays, and from noon to 4 p.m. Wednesdays at the Center for Creative Living, 3501 Dr. Elsie Hamm Drive, Lawton.

Volunteers will be on hand from 4 to 7 p.m. Mondays, 1 to 5 p.m. Wednesdays and 9 a.m. to 1 p.m. Thursdays at Lawton Public Library, 110 SW 4th Street.

The free service is available from 8:30 to 11 a.m. Mondays, Tuesdays and Wednesdays in the Duncan Public Library Annex, 2211 N. U.S. Highway 81.

Farmers market begins April 1

Lawton Farmers Market is open from 7:30 a.m. to noon on Saturdays from April through October at the Comanche County Fairgrounds, 920 SW Sheridan Road.

In addition to local seasonal produce, expect to see specialty foods such as jams, jellies, salsas, baked goods, wine, freshly roasted coffee beans, as well as handmade soap, herbs, plants, eggs, beef and an assortment of handcrafted items and food concessionaires.

For information, visit Lawton Farmers Market on Facebook.

Bass tourney set for April 8

Get your bait and tackle ready. Registration in a bass fishing tournament begins at 7 a.m. April 8 in the south parking lot of First Baptist Church in Marlow.

Weigh-in is at 5 p.m. on the same day in the same place. Cash prizes will be awarded for biggest fish and biggest stringer in adult and child categories.

There will also be a lunch, vendors, chance drawings and a donation bake sale. Hosted by CenterPoint Energy, the event is a Relay for Life fundraiser. Proceeds go to American Cancer Society.

CTHC presents 'Apron Strings'

An exhibition of aprons dating from the 1900s through present, "Apron Strings: Ties to the Past," is set to open April 1 and run through May 21 at Chisholm Trail Heritage Center in Duncan. Featuring 51 contemporary and vintage aprons, three dress and five apron try-ons, this exhibition chronicles changing attitudes toward women and domestic work.

The exhibit surveys the wide range of design and craft techniques apron-makers have used to express themselves, while still working within creative venues traditionally available to women. Elaborately embroidered aprons of delicate cotton, for example, were worn by well-heeled women of the 1920s.

In contrast, the Depression and war years of the 1930s and 1940s inspired sturdy, calico bib aprons. The post-war 1940s and 1950s — the June Cleaver era — stand out as the acknowledged heyday of the apron, when commercial and intricately hand-decorated aprons flourished as symbols of family and motherhood.

Today, artists continue using aprons to explore cultural myths and realities, as well as their individual experiences with American domesticity. Though not as widespread as they once were, aprons remain as functional and protective garments for men and women alike. This is an ExhibitsUSA, Mid-America Arts Alliance traveling exhibit.

Located just north of the Simmons Center at 1000 Chisholm Trail Parkway in Duncan, the Chisholm Trail Heritage Center is open from 10 a.m. to 5 p.m. Monday through Saturday and from 1 to 5 p.m. on Sunday.

Cotton Electric members can present a Co-op Connections Card to get \$1 off the admission price, per card per visit.

More Community Calendar on Page 6

Upcoming Deadlines for The Current

April		May		June	
Ad Sales	Mar. 31	Ad Sales	April 28	Ad Sales	May 26
Classified	Apr. 6	Classified	May 4	Classified	June 1
Publish Date	Apr. 17	Publish Date	May 15	Publish Date	June 12

PHOTO OF THE MONTH



"This fella is Foghorn," explained Cotton Electric member Libbie Hurst of Cache. "He is quite friendly and will walk right up to you expecting a handout." This snapshot of Foghorn was selected from many entries in our NATURE UP CLOSE photo contest. See all submissions on Cotton Electric's Face book page.

Enter your "best shot" in our Photo of the Month contest. Theme for April is STORMY WEATHER. 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.

Lions seek queen, ambassador candidates

Open to any male or female between the ages of 8 and 24, Duncan Noon Lions is seeking contestants for its annual Queen / Ambassador contest.

The contest is a crucial component of the group's main fundraiser, the Duncan Noon Lions Open Rodeo. Candidates will sell advance tickets to the rodeo taking place June 22-24 at Claud Gill Arena, just south of Stephens County fair-

grounds in Ducnan.

In addition to the title of Queen or Ambassador, candidates will compete for a two-horse trailer and the opportunity to represent the Duncan Noon Lions for a year. Find an application and a complete list of rules on the Duncan Noon Lions Facebook page.

Queen / Ambassador applications will be taken through May 31

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Community Spotlight

JBF Spring event is April 7-9

Just Between Friends is recycling at its best. Buy or sell gently used children's and maternity items at the spring sale April 7-9 at Comanche County Fairgrounds, 920 S. Sheridan Road, Lawton.

Cotton Electric members presenting a Co-op Connections Card are admitted free and can get \$5 off purchases of \$25 or more.

For details about signing up to participate as a con-signor, team helper or shopper, visit <http://lawton.jbf-sale.com/homeView.jsp>.

Passion play set for consecutive Saturdays

"The Prince of Peace" Passion play begins at 8:30 p.m. April 8 and 15 at the Holy City of the Wichitas in the Wichita Mountains Wildlife Refuge. The performance is expected to end around 10:45 p.m., and is broadcast on 88.5 FM.

Admission to the nation's longest-running Easter Passion play is free. For information, visit The Holy City Lawton of Facebook or send an email to TheHolyCity-Lawton@yahoo.com.

WMEVFD hosting open house April 9

Celebrating a new fire station, Wichita Mountains Estate Volunteer Fire Department is planning an open house. Area supporters are invited to see what donations have accomplished. The event is from noon to 3 p.m. April 9 at the station located on the north side of Oklahoma Highway 49, just west of the Hop and Sack.

During 2016, WMEVFD was dispatched to more than 200 emergency calls. The department is sent out only via the E911 system, which underscores the importance of having the correct address number on a home's mailbox.

Donations help the VFD with vehicle and facility maintenance, and protective gear. Area residents may send the suggested annual donation of \$30 to the VFD at 179 Curts Drive, Lawton, OK 73507.

Those planning a controlled burn are asked to notify VFD Chief Tyler Magnum at 717-303-8774. He is also available to answer questions about volunteering.

Magic Lantern screens film classics

Magic Lantern Film Society of Cameron University screens DVD presentations of classic films each month in the CETES Conference Center, Room B. Most screenings begin at 7:30 p.m.

The April 13 feature is "Badlands," a 1973 crime film. Though fictional, the story is loosely based on the 1958 murder spree of Charles Starkweather and his girlfriend. Directed by Terrence Malick, the cast includes Martin Sheen and Sissy Spacek.

There is no admission charge, but donations are accepted. For information about the society, or to see a schedule of films, visit Cameron.edu/magiclantern.

Apache Rattlesnake Festival is April 13-16

Mark your calendars for the Apache Rattlesnake Festival set for April 13-16 in downtown Apache. The event features exhibits, arts, crafts, vendors, carnival rides and games, rattlesnake catching contests, food, music and fun.

While all food booth spaces are filled, vendor booth space is still available. Call 580-588-2880 to leave a clear message and get information.

Funds raised by the Apache Rattlesnake Association are funneled to service projects.

LCT staging 'Driving Miss Daisy'

Performances of Lawton Community Theatre's presentation of "Driving Miss Daisy" are set for April 14-23 and 7-10 at John Denney Playhouse, 1316 NW Bell Avenue in Lawton.

The Pulitzer Prize-winning play explores the relationship of an elderly white Southern Jewish woman, Daisy Werthan, and her African-American chauffeur, Hoke Colburn, from 1948 to 1973. Initially wary of each

other, the pair ultimately forms a friendly bond. For information, visit LCT-OK.org or call 580-355-1600.

CTAC Live presents Pelican 212 on April 18

CTAC Live presents Pelican 212, a band of brothers and sisters who honed their skills busking on the sidewalks of Nashville, New Orleans and Pensacola. Performance is set for 6:30 p.m. April 18 at the Simmons Center in Duncan.

Armed with trumpets, trombone, drums, keyboard, guitar and voices, this high energy family band delivers explosive renditions of Louisiana Soul! The band features 12-year-old trumpet-playing twins Max and Kolbe Rees. Other siblings include Angelle, Marie, Giovanni, Mollie and their oldest sister, Katie, who helped teach many of her younger siblings to play their instruments.

Special pricing for this family show includes two free child tickets (12 and under) with one paid adult. For information and ticket purchases, visit Chisholm-TrailArts.com.

Arts, Crafts Festival set for April 22

Cotton County Art Council will host its annual Arts and Crafts Festival from 9 a.m. to 4 p.m. April 22 at the Comanche National Community Center east of Walters. There will be cash awards for craft and fine-art exhibitors.

Visitors can purchase offerings from Blessed B Food Barn and finish up with one of the desserts offered by Walters Senior Citizens Center.

Information and entry forms are available on the Cotton County Art Council's Facebook page or by emailing calfinator@yahoo.com.

CU Theatre Arts to perform 'South Pacific'

Cameron University's Department of Theatre Arts is offering performances of the Rodgers and Hammerstein classic "South Pacific" this spring.

Set on a Pacific island paradise during World War II, the Pulitzer Prize-winning musical tells not only one but two stories of love that must overcome prejudice.

Performances will be at 7:30 p.m. April 20-22 and at 2 p.m. April 23. All performances will be in Cameron University Theatre, located between University Drive and 27th Street in Lawton.

Noon Lions plan domino tournament fundraiser

A fundraiser Domino Tournament has been set for April 29 at Stephens County fairgrounds. Duncan Noon Lions will use the proceeds to provide scholarships for Duncan High School and Red River Tech Center students and for vision care for children throughout the county.

Registration will be from 8 a.m. to 9:30 a.m. and play will commence at 10 a.m. A consolation tournament will follow the main tournament. Entry fee is \$5 each or \$10 per team. Payback will be \$300 to first place and \$200 to second place.

The event will include a silent auction. Breakfast, lunch and other concessions will be available.

For information, call Garry or Cathy Jackson at 580-467-6076 or 512-7859.

LPO presents 'Power to Inspire' on April 29

Lawton Philharmonic Orchestra presents "The Power to Inspire" at 8 p.m. April 29 at McMahon Auditorium, 801 NW Ferris Avenue, Lawton. Patrons will hear Pathetique, Tchaikovsky's Symphony No. 6, and "Pictures at an Exhibition" by Mussorgsky and Ravel.

To demonstrate that great music can truly inspire the creativity of those who listen, local elementary school students will create original art based on Mussorgsky's masterpiece, as orchestrated by Ravel. Outstanding works from each grade-level will be honored at the concert.

Buy tickets online or call 580-531-5043. For information, visit LawtonPhil.com.

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Real Property consists of a Nice 3 Bedroom Brick Home (Approximately 1,441 Square Feet) with a Living Room, Dining Room, Kitchen with Dinette, Full Bath and Half Bath. The Home also has a nice Central Heat and Central Air Unit and a Screened in Sunroom.
Additional Improvements include an attached 2 Car Garage with Washer and Dryer Hookup. Vinyl Fascia and Soffit, Vinyl Windows and Rain Gutters. All situated on a nice 78'x129.6' Lot with a fenced in backyard with a Paper Shell Pecan Tree in a Great Neighborhood.
Terms of Sale: 10% Earnest Money on Real Property on the day of Sale. Balance due at Closing upon delivery of Title and Deed.
Preview of Real Property will be held Friday afternoon, April 21, 2017 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 in a great neighborhood. Please see to Appreciate. The Real Property will be offered at 10:00 A.M Sharp! The Real Property will be offered "As-Is-Where-Is." Seller reserves the right to accept or reject the final bid. Stephens County Abstract will serve as the Closing Agent on the Real Property.
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- Thermostat wars with your spouse?
- High humidity in summer?
- House just never seems comfortable?
- There doesn't seem to be enough airflow?
- Dust buildup within 2 days of dusting?
- Problems with your system since it's been installed?
- Anyone with allergies or asthma?
- AC starts and stops frequently or runs all the time, and house is still not cool?
- Have been told by other contractors that the problem cannot be fixed?

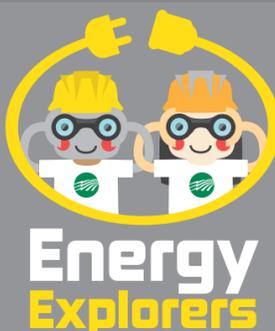
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STORM SAFETY CROSSWORD PUZZLE



Spring has finally arrived with colorful flowers and warmer weather. But the season can also produce severe storms. The Energy Explorers want to remind everyone to stay safe when severe weather hits. Complete the crossword puzzle below and share these tips with your family and friends.

DOWN

- Keep a _____ handy in case of a power outage.
- If you hear _____ go inside. If you can hear it, you are close enough to be in danger from lightning.
- Have a battery-powered weather _____ nearby so you can keep track of the severe weather.

ACROSS

- Watch for signs of a thunderstorm, including dark skies, flashes of _____ or heavy winds.
- If a tornado is heading your way, pick a safe _____ in your home where family can gather. The safest places would be a basement, storm cellar or interior room.
- Practice a family _____ drill at least once a year.

Word Bank:
 Flashlight
 Tornado
 Radio
 Lightning
 Thunder
 Room

ACROSS

- Pea stems
- Type of music
- Leader
- Distant
- 5,280 feet
- Beloved Yankee great
- A female domestic
- Free from alcoholism
- Ribosomal ribonucleic acid
- Entertains with song
- Wooden shoe
- Female horses
- Group of males
- Sodium
- Revolutions per minute
- Neither
- Woody climbing plant
- Dismounted
- Orbits the earth
- Female parents
- Separates acids
- Origins
- Stuffing and mounting animal skins
- Rupture
- Fathers
- Large primate
- Shape-memory alloy
- Halfback
- "Family Guy" daughter
- Irish mountain chain
- Paired
- Drinks
- Death notice
- Skirts
- Fertility god
- Where a curve intersects itself
- Red Sea port
- Mozambique seaport
- Leaver
- The human foot
- Crash

1	2	3	4	5	6	7	8	9	10	11	12
13					14				15		
16					17				18		
19				20					21		
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31			32		33	34					35
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	41				42			43		44	
		45				46		47		48	
49	50		51			52			53		
54		55				56			57	58	59
60					61				62		
63					64				65		
66					67				68		

DOWN

- Excessively theatrical actors
- Wings
- French river
- Internet device
- Where Tony Bennett left his heart
- Flowering shrub that bears gooseberries
- Brews
- For each
- Dictatorships
- Slavic person in Saxony
- Nobel laureate Shmuel
- Lasso
- Tones down
- Lunar period
- Leavened Indian bread
- Military elite
- One thousandth of an inch
- L.A. footballer
- Land plan
- A satellite of Saturn
- "Cat Ballou" actor
- Obscure aspect of Sun God and a group of asteroids
- Indicates the fare
- ___ and feather
- Round Dutch cheese
- Begat
- Relaxing place
- ___ Hit'an of Alaska
- Belgian city
- Organ of hearing and balance
- Isolated Southeast Asian people
- "Power Rangers" villain
- Yellow-fever mosquitos
- Heavy cavalry sword
- Laundry detergent
- A way to wait
- Mother and wife of Uranus
- Justly obtain
- Stony waste matter
- Helps you find places
- Oil company

LEPRECHAUN'S LOOT

March 1st - March 31st

Drawings held every Friday & Saturday from 7pm-11pm.

Win Comanche Credit all month long and the Grand Prize of \$1,000 CASH to be given away March 31, 2017! All Comanche Credit Prizes will double for Elite Cardholders and triple for Chairman Cardholders. Players may claim only one Comanche Credit prize per evening. All players are eligible for the Cash drawing at 11:00pm each drawing night. Players must be actively playing at machine with their Players Card to win.

See Comanche Club for details.

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See Player's Club for Details. Valid I.D. Required

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SRTC subscribers that pay their bill(s) by the 16th of the month will be entered in drawing.

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Some restrictions may apply. Bill credit and tablet reward valid for March 2017. Services where available. Complete reward program rules available upon request.

You're not alone in the dark

By Meghaan Evans

Electricity powers our lives. We depend on it for nearly everything we do. So we understand how frustrating it can be when you're left in the dark.

Power outages are never convenient. It takes a lot of hands to keep your power on, and even more hands to get it up and running when an outage occurs. Cotton Electric works hard to restore your electric service when outages occur, but there are necessary steps to take to ensure that power is restored to the majority of members as quickly, and safely, as possible.

After a major storm, Cotton Electric line crews must identify which towers, poles and lines have incurred damage. Very rarely, but occasionally in the case of a major storm such as a tornado, transmission towers can be damaged. If that is the case, tens of thousands of members could be affected. Repairing damage to transmission lines is top priority when it comes to restoring power.

High voltage transmission stations feed power to Cotton Electric's 26 (soon to be 27) distribution substations. These substations serve

thousands of members. If there is no damage done to transmission towers, the local distribution substations are checked first. If the issue is isolated and can be resolved at the substation level, great! That means thousands of people can get their power restored at once.

At times, the issue cannot be isolated to one of our distribution substations. If that is the case, Cotton Electric crews inspect supply lines between the substations and the meters they serve. If the supply lines can be repaired, power can be restored to the towns and homes those lines serve, as long as there is no damage to the tap lines.

Tap lines carry power to the transformers located underground or connected to poles outside of homes and other buildings. Cotton Electric line crews identify which damaged lines to work on first based on which lines will restore power to the greatest number of members.

Many times, the issue is resolved once the tap lines are repaired. But have you ever lost power only to look next door and see the lights still blazing from your neighbor's window? When this happens, it generally means that the service line

between your home and the nearby transformer has been damaged. If this happens, call Cotton Electric right away so we can send a line crew to your home.

Power restoration can be a tricky business, so if you lose service in your home or neighborhood please remember the following:

- Stay clear of downed power lines. Contact with these lines could be life threatening.
- Report the outage to Cotton Electric as soon as possible.
- Make sure to inform us if loss of power to your home affects life support systems or could cause any additional threat to health and safety.

We appreciate your patience and cooperation whenever an outage occurs. For more information on outages, stay connected with Cotton Electric through our Facebook page or check our outage map on our website, CottonElectric.com.

Meghaan Evans writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association, the Arlington, Va.-based service arm of the nation's 900-plus consumer-owned, not-for-profit electric cooperatives.

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Murray Ranch achieves OHS Centennial Ranch designation

By Karen Kaley

“Everybody out there tends to stay,” Nancy Murray Martin said. She was looking at an old photo of about 30 of her relatives, all gathered and arranged on huge bales of hay. Nancy pointed out her great-grandparents, their children and their children’s children.

The photo is about 100 years old. The families lived on separate land parcels but not far from each other, just a few miles south and east of the town of Comanche in Stephens County.

Nancy said the patriarch in the photo is M.D. Butler, who brought the families to the area in the early 1900s. His daughter and son-in-law, Nora and Tom Murray, lived in a dugout until a house was built in 1910. The Murrays’ original purchase of 40

acres from the Chickasaw tribe eventually grew tenfold to accommodate the large family and Murray Ranch.

The ranch passed from Tom and Nora to their son, Fred and his wife, Mildred. Their daughter, Nancy, lives near the spot where the photo was taken, in a house built on the same site as the first homestead. She shares her home with her daughter and son-in-law and their daughter.

Well-versed in her family’s history and the surrounding area, it is no surprise to hear that Nancy was perusing the Oklahoma Historical Society (OHS) website a few years ago and discovered the Centennial Farm and Ranch Program.

According to the website, to qualify for the program, a family must have occupied their land

for at least 100 years, and the land must be a working farm or ranch of at least 40 acres. There is a minimum requirement for annual sales and operation by a family member. A special circumstance is allowed if the land is leased out by a family member over age 65.

Murray Ranch and Nancy met all of those qualifications. She just had to wait for the date on the deed to catch up. In late 2016, OHS bestowed Murray Ranch with the honorary Centennial Ranch designation.

Established in 1989 to celebrate the centennial of the Oklahoma Land Runs, OHS and the Oklahoma Department of Agriculture have recognized more than 1,500 families for the vital role they played in the state’s past and will play in its fu-



In the early 1900s, M.D. Butler and his large family settled in an area southeast of present-day Comanche in Stephens County.

ture. The goal is to recognize at least five families in each county.

The Murray Ranch designation helped Stephens County meet that goal. In Cotton County, Varner Farm became the fourth location named a Centennial Farm in October 2016. In other counties served by Cotton Electric, Jefferson County still needs one to meet the goal, and only one farm in

Carter County has received the designation. Caddo, Comanche, Grady and Tillman counties all have reached the goal and then some.

To learn more about the Centennial Farm and Ranch Program or to find documents to apply for the designation, visit OKHistory.org. Look for Farm and Ranch under the State Historic Preservation Office tab.

Murray Ranch was recently named an Oklahoma Centennial Ranch. Nancy Murray Martin, far right, shares her home with the next generation of her family, Joe and Melinda Smith and their daughter, Jordan, and service dog Walker. She is grateful to Eddie Martinez for his work to display the Centennial sign. Martin’s home, in the background, sits in the same spot as the original homestead at Murray Ranch.



Flip of a switch leads to dramatic lifestyle changes

By Karen Kaley

Nancy Murray Martin is a bit of a history buff, particularly when it comes to the area in Stephens County where her family has lived for more than 100 years. Get her to talking about it and she really warms to the subject.

Her expertise is not just because she’s done a lot of research. It’s because, well, she’s lived it. You would not guess it from her appearance and demeanor.

This sharp woman practices law from her office in Comanche. Nancy is vibrant and friendly and will readily offer up her year of birth and her age.

When talking about the history of her family home recently, she shared this remarkable recollection:

“I divide my life between before we had Cotton Electric and after we had Cotton Electric. I was born in 1945 but my

childhood was more like kids from the 1930s because of the lack of electricity.”

Electricity was about one mile away, she said. In those days, Cotton Electric required a minimum of three families signed up to get a mile of line built.

“We lived only five miles from town but getting Cotton Electric down that last mile – it was a tough mile. We didn’t get the third family until the mid-’50s.”

The family had a windmill to pump water, used a wood stove and fireplace, was entertained with a battery-powered radio and read by kerosene lamps. The Murrays even had an automobile before they had electricity and would drive to town to access items in a meat locker because their propane-powered refrigerator had no freezer space.

“I was a slower lifestyle then,” she recalled. “Things were quieter, we had

more time to visit with neighbors.

Nancy said she was about 11 or 12 years old by the time Cotton Electric arrived on the ranch. She remembers it quite well.

“Electricity changed our lives overnight,” she said. “It was a literal flip of a switch, a difference between dark and light. We went from kerosene lamps to television.

“It may sound strange to say you love a utility company, but it made a huge difference in my life, in the lives of every farm family.

“I wouldn’t trade my childhood,” she said, “but I wouldn’t want to go back. I love technology too much.”

Improved technology is what made it possible for Nancy and her late husband, Max, to continue to serve as lawyers in a rural setting.

Nancy said Cotton Electric has served her family well over the years. The only long-term power outage she can recall occurred in 1969 in the wake of a destructive tornado. She was out only a day during the 2010 ice storm, and Nancy attributes that to the co-op’s right-of-way program.

“I appreciate the hard work Cotton Electric has done over the last few years with clearing trees. They have worked hard to prevent power outages.

“Having used Cotton Electric for all these years, I can see a lot of improvement. Once they started clearing, it made a huge difference.”

We are glad to hear that, Nancy. We will continue to do our best to bring you quality power at an affordable price. We hope to serve you and your family for another 60 years and beyond.

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It's Spring Tune-up Time

HVAC tune-up rebate program begins April 1

When was the last time you had your home's HVAC system tuned up? If it has been a few years, this is a good time to have an HVAC contractor inspect, service and clean it.

Typically, tune-ups on cooling systems that have been neglected for a few years can provide as much as 15 percent energy savings. Just as a tune-up for your car can improve gas mileage, a yearly tune-up of your cooling system can improve efficiency and comfort. Plus, an annual tune-up can increase the life of the system.

Beginning April 1, Cotton Electric is offering a rebate of up to \$50 per home (50 percent of the cost of your tune-up, excluding repairs, up to \$50) for members who get a tune-up for their HVAC system. In order to qualify, the following guidelines must be met:

- Must be a Cotton Electric Cooperative member. Residence must be within Cotton Electric's service territory.
- Rebate is not available for new construction.

- A completed Rebate Application is required. Application forms can be downloaded at CottonElectric.com and will be available at the Walters and Duncan offices, or by calling 580-875-3351. Ask for Mike Stephens.

- Application for rebate must be signed and dated by both the member and a licensed and bonded HVAC contractor.

- Member must submit a dated, itemized invoice as proof of service completion from a qualified contractor. Failure to provide required information will result in denial of rebate.

- Rebates are awarded on a first-come, first-served basis until program funds have been depleted.

- Gas-fired furnaces are not eligible for rebates.

- Rebate limited to one tune-up per home annually.

- HVAC tune-ups must be completed by June 20, 2017. Rebate applications must be received by June 30, 2017.

Tune-Up Checklist:

Tune-ups must be performed by a qualified service professional and must include the following criteria:

- Check and correct unit's refrigerant pressure and tubing
- Check thermostat settings, wiring, and other electric parts and connections
- Inspect air filters
- Test AC and furnace starting capabilities
- Test safety controls
- Clean and adjust blower components
- Measure temperature difference
- Measure volts/amps on AC and furnace
- Lubricate all applicable parts
- Check temperature calibration and adjust, if needed
- Check AC evaporator coil and clean, if necessary
- Clean AC condenser coil
- Clean AC condensate drains
- Check thermostat operation



Rebates available for certain heat pumps

Cotton Electric has established standards for the 2017 Rebate Program for the purchase and installation of energy-efficient ground source heat pumps.

Rebate funds are available on a first-come, first-served basis. Once rebate funds have been exhausted, the program will end for the year.

Members should note that the rebates are offered only for ground source heat pumps (GSHP). A desuperheater is not required but additional rebates are available if one is part of a new GSHP installation.

Minimum standards vary for closed and open loop installations and apply to the full load operation of a GSHP, not the partial load. The amount of rebate is determined by the size of each unit, its Energy Efficiency Rating (EER) and Coefficient of Performance (COP).

Qualifying units can receive a rebate of up to \$1,050 per ton installed if the unit meets the minimum specifications, which are 15.9 EER and 3.3 COP for closed loop systems and 18.0 EER and 3.6 COP for open loop.

Cotton Electric offers a rebate for members replacing an existing GSHP system with a more efficient GSHP system.

To qualify for a rebate when replacing an existing GSHP system with another GSHP system, the new installation must increase the EER by at least 3.0. The minimum specification for COP is 3.3 for closed loop systems and 3.6 for open loop. Rebates are \$375 per ton.

In order to qualify for the program, members will need to provide a copy of their itemized invoice and, from the HVAC contractor or supplier, AHRI certification and Manual J calculation. Verification by Cotton Electric personnel is also required to receive the rebate. The maximum rebate in 2017 will be \$5,000 per residence.

For more information about the rebate program, please contact Mike Stephens, Cotton Electric's energy use adviser, at 580-875-3351 or 800-522-3520.

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The journey of chia: From decoration to deliciousness

The popularity of the chia seed as a food stuff continues to grow. Once relegated to the popular indoor plant decoration known as the Chia Pet, the same seed is being used increasingly as a healthier ingredient in drinks, cereals, desserts and snack foods. Is this just another marketing ploy with empty promises, or is there something to this little seed that justifies a second look?

It is important to understand that no one food or ingredient is going to work miracles for your health. A healthy diet is composed of many different foods, incorporated over weeks, months and years. Adding chia seeds to your diet will not instantly change your health, but chia seeds do offer nutritional properties that can be of benefit in the long run.

Chia seeds are from the *salvia hispanica* plant of the mint family. It is a desert plant that was cultivated by the Aztecs of ancient Mexico. There are two colors of chia seeds, white and black. They have a very slight nutty flavor.

Chia seeds have a unique property in



Kim Bandelier, MPH, RD, LD

Food For THOUGHT

that if you put them in liquid, they will form a gum or gel. This thickening characteristic is of keen interest to food technologists looking for healthy thickening options.

Chia seeds can also be found ground into a powder, which helps make the chia seed easier to add to foods when you do

not want the textural properties of a crunchy, tiny seed.

There are significant nutritional benefits to chia seeds. They are good sources of fiber, healthy fats, minerals and protein. One tablespoon of chia seeds has 5 grams of fiber, 4 grams of healthy fats, 2 grams of protein and only 69 calories.

The healthy fats are omega-3 fatty acids, which have been shown to greatly benefit the heart and overall cardiovascular system, as well as benefit brain development, vision and mental health, and can decrease inflammation. Fiber is key to digestive health and can be important in maintaining a healthy weight.

Chia seeds contain a host of minerals, including calcium, phosphorus, zinc, copper, iron, magnesium and selenium in amounts ranging from 6 to 15 percent of daily needs. Most recipes call for around 1 to 3 tablespoons of chia seeds.

You can find chia seeds in most grocery stores, although the location within the store may vary. Check in the health food section, the bulk foods section, and

if you still come up empty-handed, ask. You can also buy chia seeds online.

Foods containing chia seeds are creeping out of the health food section. You can occasionally find drinks, puddings and yogurt that already have chia seeds in them.

Chia seeds or chia powder can be added to many recipes such as baked goods, breading for meats, as a nutritious thickener for jellies and jams, granola, and oatmeal. They can be sprinkled on yogurt, salads, and vegetable dishes.

The very mild flavor does little to alter the original taste of the food, and the whole seed version adds extra texture and thickening. The most interesting application is using chia seeds to make any liquid into a pudding or jelly-like substance.

There are many recipes on the internet, but you can also just experiment in your kitchen.

If you are skeptical and do not want to invest in a bag of chia seeds, find a store that sells them in the bulk foods section, buy a few tablespoons and give it a try.

The Classic Kid-Favorite

When mealtime hits and bellies start growling, turn to a classic to keep your kids full and satisfied. Chicken Noodle Soup has always been a favorite among children, so keep tradition alive in your family with this scrumptious recipe. For more delicious chicken recipes, visit eatchicken.com.

Chicken Noodle Soup

Recipe courtesy of National Chicken Council

- 1 chicken (3 pounds), liver discarded
 - 2 1/2 quarts cold water
 - 4 carrots, peeled and cut into bite-size pieces
 - 2 onions, peeled
 - 2 celery stalks with leaves, cut into 4 pieces
 - 6 cloves garlic, peeled
 - 2 fresh thyme sprigs or 1/2 teaspoon dried thyme
 - 1 1/2 teaspoons kosher salt
 - 1 teaspoon whole black peppercorns
- Soup:
- 1 cup small pasta, cooked
 - 1 cup frozen peas, thawed
 - 1/8 teaspoon salt

- 1/8 teaspoon pepper
- 2 tablespoons fresh dill, chopped
- 2 tablespoons fresh parsley, chopped

To prepare broth: In large pot over high heat, bring chicken and all remaining broth ingredients to boil. Reduce heat to low; skim surface of broth to remove foam. Let simmer 1 1/2 hours, skimming occasionally, and turning chicken. Add more water if necessary to keep chicken submerged. Remove chicken with tongs and cool. Strain broth through fine sieve. Discard celery, herbs and spices. Reserve onions and carrots. Remove any excess fat from top of broth with spoon.

Pull chicken meat from bones and discard skin and bones. Dice chicken and reserve. Quarter cooked onions, if desired.

To prepare soup: In large pot over high heat, return strained chicken broth and bring to rolling boil. Add reserved onions and carrots. Reduce heat to low; stir in reserved chicken meat, pasta and frozen peas, cooking until warm. Season with salt and pepper. Ladle soup into bowls and top with dill and parsley.



Photo courtesy of Getty Images

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Creating HEALTHY Eating Habits

FAMILY FEATURES

When it comes to eating, it can be difficult to find foods that kids can enjoy while also introducing them to valuable nourishment and health principles. Instead of giving in to ice cream for every meal or forcing children to eat something their taste buds don't agree with, there are tasty recipes like Chicken Noodle Soup, Cinnamon-Sprinkled French Toast and Flower Salad that can quench their appetites without giving up nutritional value. These fun recipes can give kids a chance to help in the kitchen, learning important life skills while spending quality time with family.

To find more fun, kid-friendly recipes that include both taste and nourishment, visit culinary.net.

Connect Kids with Food for Healthy Habits

More than nine in 10 millennial moms think it's important for their kids to learn about where their food comes from, and more than three-quarters of those moms actively do things with their kids to help learn just that, according to recent findings.

Building healthy habits is the top reason moms cite for encouraging more learning when it comes to food, according to research conducted by IPSOS on behalf of Cuties – the sweet little clementines. Even when the weather is colder outside, recipes like this Flower Salad can help encourage kids to eat healthy for a lifetime.

For more kid-friendly recipe ideas and content exploring where food comes from, visit cutiescitrus.com/our-story.

Flower Salad

Recipe courtesy of Ellie Krieger

Servings: 1

Flower:

- 1 Cuties clementine
- 9-10 thinly sliced strips red bell pepper, cut in 1-inch pieces

- 1/2 grape tomato
- 1 celery stick, cut to 3 inches
- 2 small leaves romaine lettuce
- 1 piece English cucumber, unpeeled, seeded and cut to 1 1/2 inches then thinly sliced

Dip:

- 2 tablespoons plain Greek yogurt
- 1/2 teaspoon honey
- 1/4 teaspoon fresh lemon juice

Peel clementine and separate sections almost all the way, leaving attached at the base. Place on plate with base down. Place piece of red bell pepper between each citrus section, and half tomato in center to form flower.

Place celery and lettuce leaves underneath as stem and leaves. Arrange cucumber slices below to represent grass.

In small bowl, stir together yogurt, honey and lemon juice.

Serve dip in dish alongside flower, or in a mound underneath cucumber slices.

Nutritional information per serving:

76 calories; 0.5 g total fat; (0.3 g saturated fat, 0.2 g poly fat); 4 g protein; 15 g carbohydrates; 2 g fiber; 2 mg cholesterol; 21 mg sodium.



A Memorable Morning Meal

Whether it's before school or after sleeping in on a Saturday morning, breakfast is a popular meal for children of all ages. Next time you and your family rise and shine, go with this recipe for Cinnamon-Sprinkled French Toast to keep the whole gang happy. Find more kid-friendly recipes for every meal at nutrition.gov.

Cinnamon-Sprinkled French Toast

Recipe courtesy of the USDA

- 2 large eggs
- 2 tablespoons fat-free milk
- 1/2 teaspoon ground cinnamon
- 2 slices whole-wheat bread

- 1 teaspoon soft margarine
- 4 teaspoons light pancake syrup

In flat-bottomed bowl, crack eggs. Thoroughly whisk in milk and cinnamon. Dip bread slices, one at a time, into egg mixture, wetting both sides. Re-dip, if necessary, until all egg mixture is absorbed into bread.

Meanwhile, heat large, nonstick skillet over medium heat. Add butter. Place dipped bread slices in skillet. Cook 2 1/2-3 minutes per side, or until both sides are golden brown. Drizzle with syrup. Serve when warm.

Nutritional information per serving: 190 calories; 8 g total fat; (3 g saturated fat); 10 g protein; 19 g carbohydrates; 2 g fiber; 215 mg cholesterol; 250 mg sodium.

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What's Smarter -- Paying Off Debts or Investing?

If you're just starting out in your career, you will need to be prepared to face some financial challenges along the way – but here's one that's not unpleasant: choosing what to do with some extra disposable income. When this happens, what should you do with the money? Your decisions could make a real difference in your ability to achieve your important financial goals.

Under what circumstances might you receive some "found" money? You could get a year-end bonus from your employer, or a sizable tax refund, or even an inheritance. However the money comes to you, don't let it "slip through your fingers." Instead, consider these two moves: investing the money or using it to pay off debts.

Which of these choices should you pick? There's no one "right" answer, as everyone's situation is different. But here

are a few general considerations:

- Distinguish between "good" and "bad" debt. Not all types of debt are created equal. Your mortgage, for example, is probably a "good" form of debt. You're using the loan for a valid purpose – i.e., living in your house – and you likely get a hefty tax deduction for the interest you pay. On the other hand, nondeductible consumer debt that carries a high interest rate might be considered "bad" debt – and this is the debt you might want to reduce or eliminate when you receive some extra money. By doing so, you can free up money to save and invest for retirement or other goals.
- Compare making extra mortgage payments vs. investing. Many of us get some psychological benefits by making extra house payments. Yet, when you do have some extra money, putting it toward your house may not be the

best move. For one thing, as mentioned above, your mortgage can be considered a "good" type of debt, so you may not need to rush to pay it off. And from an investment standpoint, your home is somewhat "illiquid" – it's not always easy to get money out of it. If you put your extra money into traditional investments, such as stocks and bonds, you may increase your growth potential, and you may gain an income stream through interest payments and dividends.

- Consider tax advantages of investing. Apart from your mortgage, your other debts likely won't provide you with any tax benefits. But you can get tax advantages by putting money into certain types of investment vehicles, such as a traditional or Roth IRA. When you invest in a traditional IRA, your contributions may be deductible, depending on your income, and your money grows on a tax-deferred basis. (Keep in mind that

taxes will be due upon withdrawals, and any withdrawals you make before you reach 59½ may be subject to a 10% IRS penalty.) Roth IRA contributions are not deductible, but your earnings are distributed tax-free, provided you don't take withdrawals until you reach 59½ and you've had your account at least five years.

Clearly, you've got some things to ponder when choosing whether to use "extra" money to pay off debts or invest. Of course, it's not always an "either-or" situation; you may be able to tackle some debts and still invest for the future. In any case, use this money wisely – you weren't necessarily counting on it, but you can make it count for you.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

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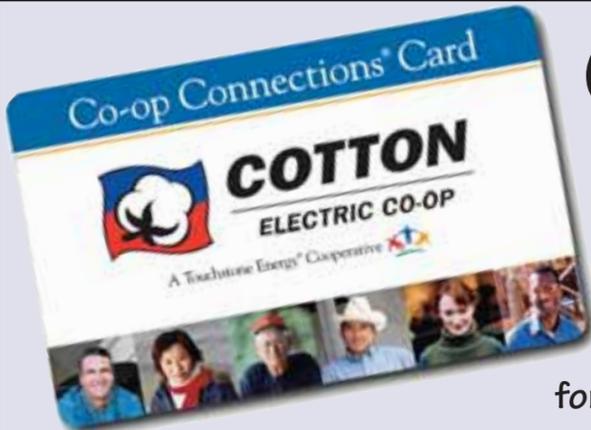
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Rose's Custom LLC

10% discount on purchases over \$200
580-252-9633 Fax: 580-255-6897
Mon - Fri 8 - 5 • 604 S. 7th, Duncan
rosescustom@yahoo.com

Shane Burk Glass & Mirror

Free mobile service in Stephens, Comanche, Grady, Jefferson, Caddo or Cotton counties or 15% off any residential or business windows or in-shop glass replacement.
580-252-5939
shaneburkautoglass.com

Showman's Choice

10% off Professional's Choice
M-F 8-5:30, Sat. 10-2
1205 SW Sheridan, Lawton
580-355-7469

Solid Plumbing

10% off all service calls, \$125 sewer camera, \$175 slab leak detection
2809 NW Sheridan Rd, Lawton
580-353-2863

Southern Maid Donuts

10% off donut & pizza purchases
101 Thoma Dr. #A, Elgin, OK
Open 5 a.m. - noon & 4 p.m. - 8 p.m.
Tue. - Sat.
580-492-6123

Southern Trophy

10% off items in Gifts to Treasure shop
9-5 Mon.-Fri.
908 W. Main, Duncan
580-252-7866

Stephens County Humane Society

\$10.00 off adoption fee
714 Martin Luther King Blvd.
580-252-7387

Steppin' Outdoors

15% off all guides & tours.
20% off sponsorship rates.
580-450-1599
SteppinOutdoorsToday.com

Studio 17 Salon & Gifts

15% off products or retail purchases
8176 State Hwy. 17, Elgin
580-492-4744
Sharla Spencer, owner

Sue Cabelka, Realtor

Jay Kinder Real Estate Experts
\$500 off seller's closing costs
1146 NW Cache Rd., Lawton
580-248-2600 • 580-591-3362

Sylvan Learning

Tutoring/Education
Schedule an assessment and \$60 will be deducted from the cost. This is a lifetime assessment fee, no charge for further testing at our center.
2603 NW Cache Rd., Suite 2, Lawton
580-351-9100

The Branded Bear

5% discount on \$100 purchase
Medicine Park
580-529-3656

The Salt Cellar

15% off non-sale items, excluding boxed cards and gift cards
3801 NW Cache Road, #23, Lawton
9 a.m. - 7 p.m. Mon.-Sat. • 580-357-5443

The Vine & The Fig Tree

Event center with catering & tea room.
5% off Food/ Up to \$25 off in-house catering and 5% off Rentals. Regular prices only & must present card.
1304 W. Hwy. 7, Marlow
580-658-3377

Walters Super Stop

2 slices of pizza & 20-oz. fountain drink for \$1.99 + tax
311 W. Missouri, Walters
580-875-2001

Waurika QuikMart

All fountain drinks & all coffee \$0.82
South Main & Hwy. 70, Waurika
580-228-2560

Wichita Furniture

10% off new purchases
1127 NW Cache Rd, Lawton
580-355-7425
9am-6pm: Mon-Sat



Keep up with all the local and national discounts by downloading the Co-op Connections Card phone app at www.connections.coop.

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

In 2015, members used their cards for discounts on 1,104 prescriptions not covered by insurance. A total of \$34,061.86 was discounted

for an average savings of \$30.85 per use. 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 2203OK19 into the Group field and click 'log in' to start your search.

