

# the Kilowatt

NOVEMBER 2011

published monthly for members of  
Kiwash Electric Cooperative, Inc.

A SUPPLEMENT TO OKLAHOMA LIVING

## Happy Thanksgiving!

Kiwash Electric Cooperative will close on Thursday, November 24 and Friday, November 25 for Thanksgiving. To report a service problem during this time, please call **888-832-3362**.

Enjoy your holiday!



### ENERGY EFFICIENCY

#### Tip of the Month

Use motion sensors on your lights to save on your electric bill. These sensors turn on lights automatically when someone enters a room, and turns them off after a person leaves.

—US DEPARTMENT OF ENERGY



### BILL PAYMENT LOCATIONS

Kiwash Electric  
120 W. 1st Street  
Cordell, Oklahoma

Pay online:  
[www.kiwash.coop](http://www.kiwash.coop)

Custer City Hall  
Custer City, Oklahoma

First National Bank  
Thomas, Oklahoma

## Local sports fans logon to Coaches Aid

### Touchstone sponsored website promotes local teams

Maybe you're following the progress of the Clinton High School football team, or you're a diehard fan of the Thomas Terriers, or you simply enjoy the up-close action of all high school sports. Whatever your preference, there's a website you should know about.

Sponsored by Touchstone Energy Cooperatives of Oklahoma, CoachesAid.com provides the best coverage of high school sports around including scores and rankings, sports blogs, videos, podcasts and sports forums for all classes including small rural schools. There's even a football forecast, and a list of the top ten not-to-miss high school football games of the season.

Lisa Willard, marketing director for Kiwash Electric, said Kiwash is happy to be a part of CoachesAid.com as they

support and promote rural schools throughout the Kiwash Electric service territory.



The mother of three sports-oriented kids, Willard said she is a big fan of the website herself, and visits regularly to follow the news and rankings of her favorite team, the Cordell Blue Devils

"When you live in small town, sports is a big deal. You follow your team," Willard said.

CoachesAid.com helps isolated rural residents follow their local team, promotes team spirit, and unifies rural communities.

In September, two teams from Kiwash Electric territory traveled to Lawton for the CoachesAid High School Media Day. The event introduced players and coaches to members of the media. Interviews and photos from that day were later posted on the CoachesAid.com site.



Members of Lone Wolf's girls and boys basketball teams team attended the CoachesAid Media Day at Cameron University in Lawton in September. Journalists interviewed teams about the upcoming season. Articles, rankings, scores, and interviews are available at [www.coachesaid.com](http://www.coachesaid.com). The site is sponsored by Touchstone Energy Cooperatives of



A Touchstone Energy  
Cooperative

**KIWASH ELECTRIC  
COOPERATIVE, INC.**

*Providing the service  
that lights up your life.*

**Office Location**

PO Box 100  
120 W. 1st Street  
Cordell, Oklahoma

(888) 832-3362  
[www.kiwash.coop](http://www.kiwash.coop)

 Find us  
on Facebook

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INSIDE YOUR CO-OP



**By Dennis Krueger**  
GENERAL MANAGER

# Hats off to linemen

*Thanks to these hardy souls, your power is protected 24/7*

**T**he year 2012 is being touted as the “Year of the Cooperative.” During this salute, it is only fitting that we address the icon of the electric industry: the lineman.

The occupation began with the widespread use of the telegraph in the 1840s. The term ‘lineman’ was used for those who set wooden poles and strung the wire. The invention of the telephone in the 1870s, followed by electrification in the 1890s, all incorporated the use of the lineman and established the need for this occupation.

The rural electrification drive during the late 30s and 40s expanded the need for linemen. Many power linemen traveled around the country following the rural electric cooperative need for assistance. The roving workers or “boomers” as they were called, were known as rowdy risk-takers willing to live on the road and ready to ‘boom out’ to the next job across the U.S.

The demand for this occupation was ever increasing through the post-war housing boom of the 40s and 50s. Today qualified linemen are needed to keep up with the demands of the digital age.

The linemen built the backbone of the electric industry, including transmission lines to serve individual substations, and distribution lines from the substation to your home or business. These men and women continue today to improve the power lines, and protect them from the



ravages of storms, the curiosity of snakes and varmints that can cause electric shorts, and the occasional misguided piece of farm equipment.

The duties and skill levels are ever changing. Outages of any type can cause heartache to the average consumer due to its stoppage of computers, TV’s, video games, AC units or anything else running on electricity. Current electric consumers would like repair work to be completed while the power lines are still energized (live), which is a hazard for the linemen and a major reason Kiwash Electric is slow in advancing apprentice linemen to the next skill level. We want to keep our linemen and all consumers safe.

Personal protective equipment (PPE)

is required whenever linemen are working on the power lines. During the extreme hot weather of this summer, your linemen were outside daily completing maintenance work, new construction, or taking care of outages. Can you imagine wearing PPE’s such as rubber gloves, rubber sleeves and hard hats in 100°F. weather? They also protect themselves from injury during energized repairs with protective line blankets, the use of bucket liners and much more.

In the early years, every lineman had to be able to climb each and every pole to complete the work necessary to install power lines. Physical strength and endurance was also required because each power pole was dug and set by hand. Today, linemen have better technology, tools and equipment. The advent of bucket trucks and digger trucks has reduced manual labor in this industry. It is estimated that climbing a pole in Kiwash’s territory today has been reduced to about five percent instead of 100 percent back in the 30s and 40s. Digger trucks set 100 percent of all new poles, which greatly reduces the manual labor factor.

Anytime the lights go off for any reason, whether it’s 2 am or 2 pm., you can thank a lineman for restoring your power. I tip my hat to every Kiwash Electric lineman—past and present—for their dedication and hard work to keep the lights on for you, our member owners.

CO-OP VALUE

## survive cold and flu season

Use your Connections to beat back the blahs!

Colder weather brings sniffles, runny noses and sore throats. Did you know you can battle those seasonal bugs—and save yourself some money—by using your Co-op Connections card? This special savings card from your electric cooperative will save you a bundle on hundreds of commonly prescribed prescription medicines. You can also use your card to save on eye, dental and hearing exams, eyeglasses, hearing aids and more!



The following local pharmacies honor the Co-op Connections savings card so don't leave home without it.

For more information on pharmaceutical savings, please call **800-800-7616** or visit [www.kiwash.coop](http://www.kiwash.coop).

### PARTICIPATING PHARMACIES



#### CORDELL

EVETTS DRUG • (580) 832-3388  
CLINIC PHARMACY • (580) 832-3714

#### CLINTON

MIKES MEDICAL • (580) 323-5666  
SALISBURY PHARMACY • (580) 323-1244  
HOMELAND PHARMACY • (580) 323-0230  
S & D DRUG • (580) 323-2020  
WESTERN DRUG • (580) 323-1136  
KMART PHARMACY • (580) 323-0157

#### HOBART

GRINNELL PRESCRIPTION SHOP • (580) 726-2206  
BOOTHE DRUG STORE • (580) 726-2221  
WALMART PHARMACY • (580) 726-2630

#### WEATHERFORD

MORE THAN MEDICINE • (580) 772-2781  
CLINIC PHARMACY • (580) 772-2235  
WALMART PHARMACY • (580) 772-2712  
WALGREEN'S DRUG • (580) 772-2956  
ALLEN PHARMACY • (580) 772-3347

#### THOMAS

THOMAS DRUG CO. • (580) 661-3545

Also participating pharmacies in APACHE, ELK CITY, CARNEGIE, SAYRE, ANADARKO, HYDRO, and MOUNTAIN VIEW.



### FALL BACK ON NOVEMBER 6TH

Daylight Savings Time ends on November 6. Remember to set your clocks back one hour when you go to bed.

## Recipe Box

### Awesome Sausage, Apple and Cranberry Stuffing

#### INGREDIENTS

- 1 1/2 cups cubed whole wheat bread
- 3 3/4 cups cubed white bread
- 1 lb turkey sausage
- 1 cup chopped onion
- 3/4 cup chopped celery
- 2 1/2 teaspoons dried sage
- 1 1/2 teaspoons dried rosemary
- 1/2 teaspoon dried thyme
- 1 Golden Delicious apple, cored and chopped
- 3/4 cup dried cranberries
- 1/3 cup minced fresh parsley
- 1 cooked turkey liver, finely chopped
- 3/4 cup turkey stock
- 4 tablespoons unsalted butter, melted

#### DIRECTIONS

Preheat oven to 350°F. Spread the white and whole wheat bread cubes in a single layer on a large baking sheet. Bake for 5 to 7 minutes in the preheated oven, or until evenly toasted. Transfer toasted bread cubes to a large bowl.

In a large skillet, cook the sausage and onions over medium heat, stirring and breaking up the lumps until evenly browned. Add the celery, sage, rosemary, and thyme; cook, stirring, for 2 minutes to blend flavors.

Pour sausage mixture over bread in bowl. Mix in chopped apples, dried cranberries, parsley, and liver. Drizzle with turkey stock and melted butter, and mix lightly. Spoon into turkey to loosely fill.

Yield: 10 servings.

## ENERGY TIP

### Caulk before Thanksgiving

If your house is drafty or your heating bill seems too high, it could be that the warm, indoor air is leaking out of the house—or the cold outdoor weather is finding its way in.

Caulking obvious holes and cracks is a good place to start saving money and energy as the weather cools off.

Go outside and take a slow walk around your house. Look for any penetration where something from the outside goes inside, like cables for TV and Internet or phone lines.

You might also find holes in exterior walls for plumbing pipes, outdoor spigots, sump pumps and dryer vents. Caulk around those openings so the hole is just big enough to let the line through with no breathing room around it.



You'll block chilly drafts, as well as mice, snakes and other critters that try to squeeze their way into your warm home for the winter.

Looking for more ways to lower your bill this winter? Please visit [www.kiwash.coop](http://www.kiwash.coop) or [www.touchstoneenergysavers.com](http://www.touchstoneenergysavers.com) for energy-saving tips and advice.

PLAY IT SAFE

# FOR THE HOLIDAYS INVITE SAFETY HOME

It's easy to get caught up in the hectic pace of holiday entertaining—cookies to bake, decorations to hang, presents to wrap. But don't overlook safety during the rush. The winter holiday period marks peak time for home fires and preventable injuries.

The good news is that it's not difficult to make your home ready to safely host all of your favorite holiday activities.

First, take time out from your party preparations to test your smoke and carbon monoxide alarms. Smoke and carbon monoxide alarms should be installed on every level of the home and outside each sleeping area. Smoke alarms should also be located inside each bedroom. Be sure to share your family fire escape plan with any overnight guests.

Arrange your holiday decorations to avoid overloading electrical outlets with too many lights, cords, or appliances. Inspect all decorations, cords, and outlets for damage before use. Keep electrical cords out of doorways and high traffic areas where they pose a tripping hazard. Do not damage cords by pinching them or attaching them with staples or nails.

Keep young visitors safe by preparing your home before they arrive. If your home is not already 'child proof,' install tamper resistant receptacles or use safety covers on all unused electrical outlets. Store breakables, candles, matches, and other potentially dangerous items in inaccessible or locked areas. Don't forget



*Practice safety in the kitchen—and prevent baking disasters—by keeping a close eye on foods while cooking.*

to put away small items, like buttons, coins, and jewelry, which are a choking hazard. Use safety gates at the top and bottom of stairways to keep babies and toddlers safe.

Safety doesn't stop when the party starts. Keep decorations, gifts, and other combustibles at least three feet from heat sources or open flame. Never leave the kitchen when something is cooking. Make sure children are supervised at all times in the kitchen and anywhere space heaters, candles, or fireplaces are being used. Turn off and unplug all decorations before leaving home or turning in for the night.

Remember that a safe and happy holiday remains the best gift you can give friends and family.

For more information on electrical safety, please contact Kiwash Electric Cooperative at **888-832-3362** or visit [www.kiwash.coop](http://www.kiwash.coop).



*P Bar Farms Corn Maze near Weatherford.*

## COMING UP

*in Kiwash Country*

### ■ NOVEMBER

- 1-12 P Bar Farms Corn Maze and Pumpkin Patch, Weatherford, 10108 N 2440 Rd, Weatherford, 405-556-1069
- 3 Hobart Animal Shelter Supporters Bean & Chili Supper, Western Technology Center, 5 pm to 7 pm. Tickets: adults \$8, children \$5.
- 6 Daylight Savings Time Ends
- 12 Miss Southwestern Scholarship Pageant, 7 pm, SWOSU Fine Arts Center, Weatherford
- 30 Clinton Festival of Lights, 7:30 pm Frisco Avenue, Clinton
- 24 Thanksgiving Day
- 24-25 Kiwash Electric office closed for the holiday. To report trouble, please call 888-832-3362.
- 26 Quartz Mountain Flyer Excursion Train Quartz Mountain to Lone Wolf, 9:30 am boarding time. Tickets \$18 for adults and \$12 for children. 580-846-9078

### ■ DECEMBER

- 11 Hobart Annual Tour of Homes. Touring homes of Judy Hanna, Gwen Sims, Lori Lively and Sue Funkhouser. For more info, contact Tina Clark at 580-530-096.

### SUBMISSION DETAILS:

Kiwash Electric Cooperative promotes local festivals, rodeos, fairs and other events in our monthly newsletter, *the Kilowatt*. Calendar listings are free.



Please send details to: Lisa Willard, Kiwash Electric, PO Box 100, Cordell, OK 73632, or send e-mail to: [lwillard@kiwash.coop](mailto:lwillard@kiwash.coop). Please send event listings by the 10th of the month prior to publication.

If you have questions about submitting an event, or need to speak with a Kiwash representative about other matters, please call **888-832-3362**, or visit [www.kiwash.coop](http://www.kiwash.coop).

## Statement of Non-Discrimination

Kiwash Electric Cooperative, Inc. is the recipient of federal financial assistance from the Rural Utilities Service, an agency of the U.S. Department of Agriculture, and is subject to the provisions of Title VI of the Civil Rights Act of 1964, as amended, Section 504 of the Rehabilitation Act of 1973, as amended, the Age Discrimination Act of 1975, as amended, and the rules and regulations of the U.S. Department of Agriculture which states that in accordance with Federal law and U.S. Department of Agriculture policy, Kiwash Electric Cooperative, Inc. is prohibited from discrimination on the basis of race, color, national origin, age, disability, religion, sex, and familial status. (Not all prohibited bases apply to all programs.)

The person responsible for coordinating this organization's non-discrimination compliance efforts is Dennis Krueger, General Manager. Any individual, or specific class of individuals who feels that this organization has subjected them to discrimination may file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C., 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TDD).

Complaints must be filed within 180 days after the alleged discrimination. Confidentiality will be maintained to the extent possible.