

the Kilowatt

DECEMBER 2012

published monthly for members of
Kiwash Electric Cooperative, Inc.

A SUPPLEMENT TO OKLAHOMA LIVING

Weather updates

Know when and where winter storms will strike—and get updates via your cell phone or email. IMap Alerts keep you posted on local weather conditions, school closings and more. Download IMap Alert at www.kiwash.coop. It's free!



ENERGY EFFICIENCY

Tip of the Month

A computer can draw as much electricity as a new refrigerator. Turn it off when not in use or switch on its energy-saving mode. Also, cell phone and mp3 player chargers, plasma TVs and entertainment centers pull power even when they're off. Unplug these and other appliances to save on your electric bill. Find more ways to save at TogetherWeSave.com.

—TOUCHSTONE ENERGY COOPERATIVES



BILL PAYMENT LOCATIONS

Kiwash Electric
120 W. 1st Street
Cordell, Oklahoma

Pay online:
www.kiwash.coop

Custer City Hall
Custer City, Oklahoma

First National Bank
Thomas, Oklahoma

Youth Tour Reunion seeks former winners

The Oklahoma Association of Electric Cooperatives, along with participating electric cooperatives across the state, is coordinating a 50-year reunion of all former Rural Electric Youth Tour participants on July 20, 2013 in Oklahoma City.

Senator Lyndon B. Johnson inspired the Youth Tour when he addressed the National Rural Electric Cooperatives Association (NRECA) Annual Meeting in Chicago in 1957. The senator and future president declared, "If one thing goes out of this meeting, it will be sending youngsters to the national capitol where they can actually see what the flag stands for and represents."

Consequently, some Texas electric cooperatives sent groups of young people to Washington to work during the summer in



Johnson's office. In 1958, a rural electric co-op in Iowa sponsored the first group of 34 young people on a week-long study tour of the nation's capitol. Later that same year, a busload came to Washington from Illinois. The idea grew. In 1964, NRECA began to coordinate joint activities among the state delegations, and suggested that co-op

representatives from each state arrange to be in Washington, D.C. during Youth Tour week.

Today over 1,500 students and 250 chaperones participate in the annual Youth Tour, with over 70 students from Oklahoma attending each year. In all, Oklahoma's electric cooperatives have sponsored over 2,600 students since 1964.

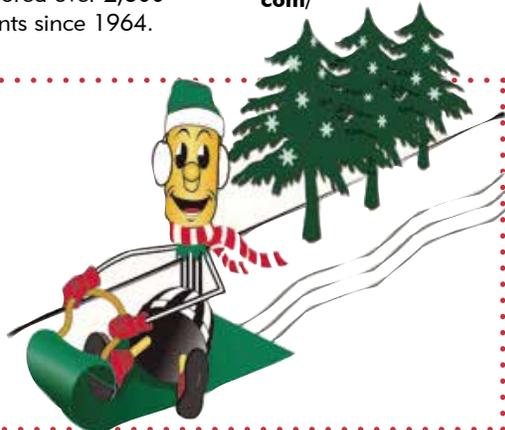
Please watch your newsletter for further reunion updates, or contact Jennifer Dempsey, Oklahoma Youth Tour coordinator at **405-607-0161** or jdempsey@oaec.coop. You can also join the Facebook group, Oklahoma Youth Tour 50 Year Reunion, at <http://www.facebook.com/>

Season's Greetings

PLEASE NOTE OUR HOLIDAY HOURS

Kiwash Electric Cooperative will close for the holidays on December 24-25, 2012 and January 1, 2013. To report an outage during this time, please call **888-832-3362**.

From all of us at Kiwash Electric, please enjoy a joy-filled Christmas and safe, happy New Year!



INSIDE YOUR CO-OP



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

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By Dennis Krueger
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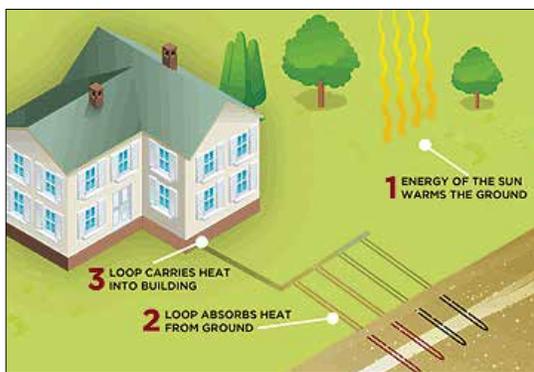
Finding solutions to energy problems

Like it or not, the real energy debate begins at home

The elections are over and the national focus now turns to answering tough questions with sound solutions. Will new policies be implemented that push stiffer rules on environmental issues? How do you solve the economic woes of the country? Will a 20 percent carbon tax rear its ugly head in the attempt to reduce the federal deficit? Will wind tax credits incentives be expanded or dropped? We cannot predict the answers to these questions; however, we can begin to think of ways to reduce our own energy dependency in our homes and businesses.

Geothermal heat pumps (GHP), also known as ground source heat pumps (GSHP) are used in buildings for heating and cooling purposes. The heat pump pipes are inserted into the ground taking advantage of the ground's constant temperature—between 50°F. to 70°F. depending on the latitude—throughout the year. In this way, GHP systems can be used to control the temperature of a home or building.

In order to heat a structure, fluid warms up while circulating through underground pipes and transfers the heat inside the building. The colder liquid inside the building is then transferred back into the ground to circulate and warm up again. Similarly, when the GHP system is



HOW A GEOTHERMAL HEAT PUMP WORKS.

reversed, it can be used to cool a building.

For a home or business owners who are serious about saving energy, a GHP system offers tremendous benefits:

- *Low operational costs.* A GHP system can save up to 70 percent of the heating costs of a building.
- *Low yearly maintenance costs and long life expectancy.* A typical GHP system's life is estimated to be 25 years for the components inside the building and more than 50 years for the pipes inside the ground.
- *No environmental impact.* The EPA finds GHP systems to be the most energy efficient and environmentally friendly system available for heating and cooling.
- *More attractive.* GHP systems don't have large or visible components that clutter your

landscape. They are also quieter and improve humidity control.

Before installing a GHP system, certain design factors should be considered such as soil conditions, building size, climate conditions, and whether closed or open loop pipe systems will be used. A typical GHP system may cost more up front but its low operational costs begin immediately. The cost of a typical GHP system can vary from \$8,000 to \$15,000, but offers a payback period of three to 10 years.

Solutions to our nation's problems are never easy. While politicians in Washington D.C. debate the issues on the federal level, only you and I can solve the energy dependency issue in our own homes.

I think it's time we think about energy conservation in a new light. The solution might be installing energy efficient windows, adding more attic insulation, or investing in a geothermal unit. It could be as simple as installing CFL light bulbs throughout your home or making minor adjustments to your thermostat. Whatever course of action you choose, the most important thing is to do something. Like it or not, the real energy debate begins at home!

For more information on heat pumps, please visit the Department of Energy (<http://www.energy.gov>) and search "Geothermal."



A FEW THINGS YOU SHOULD KNOW ABOUT

Want to save energy? There's an app for that

Smartphones, and tablet devices, have changed the way we talk to each other. Now, they can help you save energy, too.

From Touchstone Energy Cooperatives the TogetherWeSave.com—Save Energy, Save Money app lets you see how much money you could pocket by switching from traditional lightbulbs to compact fluorescent lamps (CFLs) or light-emitting diodes (LEDs). Or use the app to evaluate energy guzzlers in your home.



For example, what does it cost to run a dishwasher for an hour? Kilowatt-hour rates for Kiwash Electric Cooperative are available in the app by entering your zip code and selecting our name.

A handy pop-up "Tip of the Day" offers ways to make your home more energy efficient and displays important Kiwash Electric alerts and updates. The free app is available for Apple iPhones and iPads at the iTunes store, and for Android smartphones at Play.Google.com. Search for "Together We Save."

This money-saving app one more way your co-op is looking out for you! Find more ways to save at www.TogetherWeSave.com or www.kiwash.coop.

One less bill to pay

If you're like most people, you could do with a few less bills to pay. That's why Kiwash Electric offers the easiest bill payment plan possible—automatic payments. When you sign up for automatic payments, your electric bill payment is drafted each month from your checking or savings account. No more check writing or worries about lost payments! Kiwash Electric's automatic payment option is simply the safest, most secure way to pay your bill.

Contact us for details at **(888) 832-3362** or sign up online at www.kiwash.coop.



DECORATING FOR THE HOLIDAYS?

Always purchase electrical decorations and lights from reputable retailers, and check that a nationally recognized testing organization like Underwriters Laboratories (UL) has approved them. Inspect electrical decorations for damage, such as cracked or frayed sockets, loose or bare wires, and loose connections, before use.

Recipe Box

Gingerbread Men

INGREDIENTS

- 1 (3.5 oz) package cook and serve butterscotch pudding mix
- 1/2 cup butter
- 1/2 cup packed brown sugar
- 1 egg
- 1 1/2 cups all-purpose flour
- 1/2 teaspoon baking soda
- 1 1/2 teaspoons ground ginger
- 1 teaspoon ground cinnamon



DIRECTIONS

In a medium bowl, cream together the dry butterscotch pudding mix, butter, and brown sugar until smooth. Stir in the egg. Combine the flour, baking soda, ginger, and cinnamon; stir into the pudding mixture. Cover, and chill dough until firm, about 1 hour.

Preheat the oven to 350°F. Grease baking sheets. On a floured board, roll dough out to about 1/8 inch thickness, and cut into man shapes using a cookie cutter. Place cookies 2 inches apart on the prepared baking sheets.

Bake for 10 to 12 minutes in the preheated oven, until cookies are golden at the edges. Cool on wire racks.

The best holiday gift

Chilly temperatures and wintery weather can make it difficult for some senior citizens to get to the doctor, pharmacy and even the grocery store. They may neglect routine maintenance chores around the house such as fixing leaky faucets or replacing light bulbs. Those on a tight budget may skimp on basics such as food and heat, just to get by.



This holiday season, consider giving those in need the gift of your time. Check on your aging friends and neighbors regularly. Offer to drive them to the grocery store or help them with tasks around the house. Be sure to take action if you haven't seen them in awhile, or if you notice mail or newspapers piling up. Your thoughtfulness will be appreciated more than any store-bought gift.

CO-OP VALUES

Save 20-60 percent on eyecare with Co-op Connections

If you've been postponing that routine eye exam to save money, it's time to take off those budget blinders. Your Co-op Connections card provides sizeable savings on regular eye exams, contact lenses, eye glasses, LASIK surgery and other medical treatments.

To prove it, we've included the savings example below, from the Co-op Connections website at www.connections.coop. Visit the site to find details on vision, hearing, pharmaceutical and dental benefits, as well as savings on chiropractic care, MRIs, CT scans, lab work and more. Once you sign in using the member number on your Co-op Connections card, you can search for participating healthcare providers in Oklahoma and many other areas. To visit with someone by phone, please call **800-800-7616**.

SAMPLE SAVINGS W/COOP CONNECTIONS

- Regular exam (eye doctor).....Save \$57.00
- Frames (regular).....Save \$31.48
- Progressive/Polycarbonate.....Save \$52.25
- Conventional LASIK surgery.....Save \$1,900



- **Save 20% to 60% on frames, lenses and specialty items**
- **Save 10% to 20% on non-disposable contact lenses**
- **Save 10% to 40% on most contact lenses through America's Eyewear mail order**
- **Save 10% to 30% on medical eye exams and surgical procedures**
- **Save 40% to 50% on the national average cost for LASIK surgery**

PARTICIPATING EYE DOCTORS

Note: The list below includes most providers within a 100 mile radius of Cordell, Oklahoma. For a complete list, please call **800-800-7616** or visit www.connections.coop.

- | | |
|---|---|
| David Huey OD 1425 N Main St., Altus | Mcray Denton Vision Center 428 W Grand Ave, Chickasha |
| Family Vision Clinic 1302 SW C Ave., Lawton | Michael Hampton OD 1604 Professional Circle, Yukon |
| Howard K. Ross OD 311 SW 9Th St., Lawton | Chris J. Fry OD Catherine F. Carlin OD 6303 NW 23rd St., Bethany |
| Lawton Optical 205 Sw C Ave., Lawton | Mc-Ray Denton Vision Center 412 NW 32nd St., Newcastle |
| Vidya B. Rege MD 927 S Country Club Rd, El Reno | Qualsight Lasik - 800 Locations Call 877-307-4448 |
| R. W. Varley OD 508 W Chickasha Ave, Chickasha | Lasik Vision Institute 6401 NW Expressway, Ste 106, OKC |
| Mark Gibson OD 402 W Chickasha Ave, Ste 100 Chickasha | The Heritage Eye Surgicenter Edward D. Glinski MD 6922 S Western Ave, OKC |



The Festival of Light in Clinton.

COMING UP in Kiwash Country

DECEMBER

- 8 Home for the Holidays Arts & Crafts Show, Stanley Building, Hobart. Enjoy crafts and homemade items, performing arts, hayrides and a visit from Santa.
- 25 Christmas Day
- 27 Festival of Lights, Frisco Avenue, Clinton

JANUARY

- 1 New Year's Day. Kiwash Electric closed for the holiday.
- 5-6 In Search of Eagles, Quartz Mountain Nature Park, Lone Wolf
- 9 SWOSU Classes resume
- 19-20 In Search of Eagles, Quartz Mountain Nature Park, Lone Wolf
- 22 Panorama Event: Reed Timmer, Storm chaser, 7:30 pm, SWOSU Fine Arts Center, Weatherford, 580-774-3063

FEBRUARY

- 2 German Feast and Auction, Corn

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. 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.