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Youth Program Materials Due Page 4

CLASSIFIED
 Visit our office at: 1165 Beaverwood Rd.
 00 to place your classified ad |
 from the Messenger: \$2.50 for 20 words or less, .25c each additional word. Deadline 2:00 p.m. your ad with payment to Messenger office (1165 Beaverwood Rd.) Or call us at 615-692-6000

Financial
 REAL ESTATE can earn an excess 13% return. If your investment isn't giving you this kind of return, you need to re-evaluate your real estate. You need to invest.

Property For Sale
 IMMACULATE BUNGALOW on 65 acres, south of Winchester. Renovations complete. Two plus one bedroom home, finished basement, on quiet dead-end street. Call inside, out, upstairs.

Services
 A MAN AND HIS TRUCK "At Your Disposal" - Courteous, conscientious, full service waste removal since 1981. We go where it takes, to take what you put in the load... You relax. Satisfaction guaranteed. Free estimates.

Co-op Comments

Bar Nunn Ranch a place to create

Located two hours north of the Dallas-Ft. Worth metro and one hour south of Oklahoma City in Antioch, Oklahoma lies Bar Nunn Ranch, a place for meetings, celebrations, ranching, and also a dwelling for the mind to explore and create.

The vision of Bar Nunn Ranch started with Les Nunn when he moved to Oklahoma in 2007 and has continued to grow as the years have passed. Les was looking for a location where people were known and the winters' warm. Growing up in the flour and feed milling business in Evansville, Indiana, from an early age he was instilled with the value of meeting the customers' needs by providing the best product for his customers, helping solve their needs and expected to be a benefit to the community.

These values helped shape Les to become a lawyer, a professor and an overall lifelong learner. As a lawyer, he served as a JAG officer in the military. He worked with the Navajo Indian Tribe in Arizona and New Mexico as the tribe lawyer and helped cultivate 10,000 plus acres of desert into thriving crop land. Les also has served as a judge in Colorado. He raised his five children across the world and helped instill the same values of community, people and serving others while fostering the idea of creativity, in which he was raised.

When Les decided to move to Oklahoma with the vision of his ranch, he knew what he wanted to do. He wanted a place where people could get out of their everyday thinking and let their minds wonder and collaborate with others to answer the old question of why not? With his vision

set, his daughter Laura and her family moved from Utah and joined him to help guide Bar Nunn Ranch into the future. Laura and Scott Carnagie live on the ranch and greet all the guests and travelers.

Bar Nunn Ranch offers space for business meetings in the wide openness of the country as well as providing space for parties, weddings, hay rides and conferences. The large arena on the property houses spaces for large meetings and has three separate sections with the largest including an arena for polo tournaments.

Les' love of education is found throughout the ranch as guests see sheep grazing in the pastures when they drive down the curves of the driveway.

"I am working on a new breed of sheep," Les adds. "This breed is being developed to help third world countries, combat their food needs. The goal is not only to help third world countries meet their needs, but also provide the "farm to table" experience for everyone else here on the ranch. Laura's husband Scott is a five and four-star chef and we are working on ways to incorporate cooking in what we are doing here."

Bar Nunn is not just a place for business meetings, but for local groups to come and meet-up for photography tours and nature walks, and for schools and students to come explore and experience beyond the classroom.

"We want this to be a place where not just businesses can benefit with a meeting place, or church groups, but schools can allow their students to use everything they are trying to teach the students in a



Les Nunn and Laura Carnagie creative and new way," Laura adds.

They have recently built and are putting the finishing touches on an arena for Charreadas – Mexican Rodeos. There is a roping arena already in place set up to standards of the International Pro Rodeo Association and future plans include adding shows about Native Americans and the different tribes found around south central Oklahoma would include a traditional meal.

"With Scott and Laura's background in the restaurant business, incorporating cooking is a natural fit," Les adds.

While Bar Nunn Ranch may appear to have the typical elements of a ranch, it also offers more - it is a place for the mind to explore, learn and create.

What is a service availability charge?



Starting in January, you will notice a change on your electric bill. Where once before were the words “customer charge” you will now see “service availability charge”.

So, what exactly is a service availability charge? A service availability charge is a monthly fixed charge covering everything needed to deliver electricity, at the flip of a switch, to you. This includes everything from the poles, wires and transformers making up the Cooperative’s infrastructure; to the people and the supplies needed to run a safe and reliable Cooperative and facilities; to the equipment needed to repair and maintain the distribution system.

How does the service availability charge differ from an energy charge? While a service availability charge covers the cost of delivering and maintaining electric service to a member, an energy charge is the cost of the actual electricity a member uses. Our energy rate includes the wholesale power cost and any costs that vary depending on how much electricity you use.

You may be wondering why this is a

necessary change? It is important our members understand the different components of their electric bill, so they can understand how their bill is figured, how many kilowatt hours they are using, and the wording accurately reflecting how our members are being billed for their service. As an electric cooperative, our mission is to educate our members about electricity and not add hidden fees or messaging.

Our service availability charge is determined based on a recent cost of service study conducted by C.H. Guernsey. Rural Electric’s Cost of Service Study evaluated the cost of providing electricity to all of REC’s 11,500 meters. The study determined the service costs across all types of members including residential and commercial, and the fixed costs for each member class is their service availability charge.

How does Rural Electric’s service availability charge compare to others? The amount of the charge varies utility to utility depending on the number of people served. For example, for every mile of line a utility serves they may be able to divide their costs of service over 30 people. Rural Electric, on the other hand, may only be able to divide our cost between ten members in the same mile. Whether a person is served by a utility or Rural Electric, the cost per mile of line stays the same. The more people a utility serves per mile of line, the more people to divide the cost among and the less the charge per person.

After the Board of Trustees received the completed study, they felt changing “customer charge” to “service availability charge” would better reflect a true representation of our members’ service and what Rural Electric is offering our members. We want to provide our members with reliable electricity at an affordable price and we continue to look for ways to do this everyday.



A Touchstone Energy® Cooperative 

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Co-op Comments

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Achievable resolutions

Do most new years speed past as resolutions are forgotten? Many are not alone. Setting large, difficult goals and making strong initial progress fades as the weeks go by; it happens to everyone. Don't worry; small changes can have big impacts and be easier to maintain. Here are some reasonable resolutions to help make healthy, positive changes.

If wanting to eat better but cannot adhere to a strict, restrictive diet, try making more nutritious choices one at a time.

- Add an extra serving of nutritiously prepared vegetables every day, like steamed or roasted veggies as a side, salsa instead of butter on a baked potato or adding mushrooms to ground beef.

- Cut both sugary and artificially sweetened soft drinks to only one meal each week. Don't deny yourself. Make it a special treat.

- Replace sugary or refined snacks and breakfast foods with fruits, nuts and whole grains. Fresh fruit and nuts or nut butter. Avocado and cheese on whole grain toast. Lightly sweetened granola in plain yogurt. Steel cut oats with berries. Delicious and nutritious. 180101

If resolved to use the gym but not going, find a way to make it engaging and accountable.

- Find a gym buddy, go together and hold each other accountable.

- Try a resolution accountability app, like Pact, which attaches monetary value to your dedication.

- Make working out more social with fitness social media apps or support groups on social networks.

- Make it more social in real life by joining fitness classes or searching Meetup.com for groups to get together for fitness activities, both in the gym and outdoors.

- If the gym truly isn't for you, quit. Take a dance or self-defense class, riding lessons or outdoor survival course. Do what moves you, literally and figuratively.

If resolved to get organized but find you are still living in clutter, running late or not getting enough sleep, tackle organization with small tasks.

- Section by section, put things away, dust or disinfect and do not re-clutter a cleaned area. Invest in attractive storage solutions and clean one section each evening until you finish every section.

- Decide if an object is picked up, it must be put down in its rightful place.

- Use your phone's calendar to track every appointment and block off time. Set reminders to provide enough time to get out the door and on the road. Use it to remind you to go to bed early, give the dog its medication, bake cookies for a bake sale or spend a few minutes tidying up at the end of each day.

- Say no to unnecessary or unimportant requests stretching time and patience, which you cannot give your full attention. Prioritize the people and activities you care about most which includes yourself.

10 Tips to avoid high winter bills



Seal air leaks and insulate well to prevent heat from escaping and cold air from entering.



Reduce waste heat by installing a programmable thermostat.



Turn off lights when not in use.



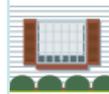
Lower water heater temperature. Use the warm setting during fall and winter.



Unplug electronics like kitchen appliances and TVs when you're away.



Open blinds and curtains during the day to allow sunlight to warm your house.



Close blinds and curtains at night to keep cold, drafty air out.



Use power strips for multiple appliances, and turn off the main switch when away.



Wash clothes in cold water and use cold-water detergent whenever possible.



Replace incandescent light bulbs with LEDs, which use at least 75 percent less energy.

Frequently Asked Question of REC

Q: How does REC's service availability charge compare with other cooperatives in the state?

A: REC's service availability charge is the 4th lowest in the state, of the 26 distribution co-ops. Currently 22 co-ops are charging a higher rate than REC.

Q: What is an "service availability charge"?

A: The "service availability charge" is billed to help offset the cost of making electricity available to any particular service location or meter, whether or not any electricity is used.

Q: What is the difference between a kilowatt (kW) and a kilowatt-hour (kWh)?

A: A kilowatt is a measure of power at which it is generated. A kilowatt-hour is a measure of energy used over a specific period of time.

Classified Advertisement

AUTOMOTIVE -

FOR SALE: 2004 Chevy Tahoe, dark green, runs good, \$3,700. PH: 580-512-2267.

MISCELLANEOUS -

FOR SALE: GE XL44 propane range with Sharp multi-speed vent microwave for wall mount above. Black over beige color. \$150. PH: 405-331-9808.

FOR SALE: Lift chair, excellent condition, \$325 firm; Invacare Tracer LT wheel chair, excellent condition, \$325 firm; Honda easy start HR -214 push mower with bagger, needs work, \$50; Ultra Pro, 16-gal shop vac, \$65. PH: 405-351-0878.

FOR SALE: 3 X 3 round bales, 200-400 lbs. \$5 each. PH: 405-207-0246.

REAL ESTATE -

FOR SALE: 120 acre farm located east of Lindsay. PH: 405-756-6572.

FOR SALE: 3-bdrm, 2 bath, laundry room, large living and dining room, C-H/A, back up heater in living room, large front porch, cellar, three out bldgs., includes appliances, located four miles N of Ratliff City or three miles S of Pernell school on Hwy 76. \$85,000. Text or leave

msg. PH: 580-465-4528.

FOR SALE: 2 bedroom house with den, completely remodeled, 1 block from Pauls Valley Grade School, \$42,000 PH:405-665-5051

RECREATIONAL -

FOR TRADE: Would like to trade 2009, 35' 5th wheel, excellent condition for a smaller 5th wheel or bumper pull. PH: 405-344-8012 or 405-443-8699.

FOR SALE: 35' Allegro motorhome, in good condition. PH: 580-658-5043 or

405-351-2942.

FOR SALE: 2011 Keystone Avalanche, 5th-wheel, M-290RL, 34' w/three slides, smoke free, well maintained, luxury interior with all expected features. \$29,800. PH: 405-331-9808.

Want Ads

are **FREE** to REC members to post noncommercial items. Deadline for ads is the 8th of every month.

Call the Member Services Dept. at 405-756-3104 ext. 238.

REC's Youth Programs Materials are due on February 12. Visit REC's website, www.recok.coop for more information.



Account number worth \$10 bill credit

Locate your account number in an article of this issue; it will be good for a \$10 credit on your electric bill. To claim the prize, you must locate the account number - if the number is yours, contact REC by the 10th of the month and we will credit your account. Only the member assigned that number is eligible for the prize. If you don't know your account number, it can be located on your electric bill.

Energy Efficiency Tip of the Month

Looking for an easy way to make your home cozier? Try using an area rug to increase the insulation levels of your floors. Area rugs are stylish and can keep cool air from entering through your floors. Your toes will thank you. Learn more at www.energystar.gov

Local Co-op Connection Card Deals

Backroads Boutique, Lindsay -

5% off everything excluding special order and sale items

Best Western, Chickasha -

15% Off Regular Room Rate

Blue Moose Outdoor

Portable Rentals, Elmore City -

5% Off Septic Tank Pumping, Tent Rental and Special Event Toilet Rentals

Chickasha Diesel Services, Chickasha -

\$50 off any big diesel oil change

Edwards Canvas, Pauls Valley - 5% Off

Jenny's Pics Photography, Lindsay -

10% Off \$50 or More Purchase of Pictures

Lindsay Tire and Lube, Lindsay -

\$5 Off Any Full Service Oil Change

M & M Furniture, Chickasha -

10% Off Any Purchase

Mazzio's Italian Eatery, Purcell -

10% Off Purchase

Photos by Ginger, Pauls Valley -

1 Free 8x10 Print With First Order of \$25

The Leopard Lasso, Wynnewood -

10% Off Purchase

4 Seat Saddles, Boots and Hats -

10% Off \$100 or More, or 5% Off Repairs

Western Fuel Co., Maysville -

2 Cents Off Per Gallon of Propane on a Minimum of 125 Gallons. Cash Sales Only. (No Other Discounts Allowed)

Pharmacy Discounts -

Check out the discounts available using your Co-op Connections Card at participating pharmacies throughout our area. For a complete list of pharmacies, visit REC's website to see if your pharmacy is offering discounts to Co-op Connections Card holders.

