

# The Current

A Publication of Cotton Electric Cooperative Inc.

A Touchstone Energy® Cooperative 

*“The Current - Informing Our Members Since 1957”*

VOLUME 60

April 17, 2017

NUMBER 9



Terry Turner



Evan Hays



Bobby Shortt



Clint Ingram



Jarrod Hooper



Bob Anderson



Terry Foster



Tyson Potter

## G O T P O W E R ?



Travis Romero



Matt Winburn



Michelle Taylor



Ronnie Mansel



Chad Cowan



Scott Dennis



Larry Crowell



T.J. James

## t h a n k a l i n e m a n



Norman Condit



Dillon Thompson



Zack Smith



Christian Soliz



Seth Johnson



Dillon Wiygul



Kyle Linthicum



Brian Jones

*“Whereas linemen leave their families and put their lives on the line every day to keep the power on; Whereas linemen work 365 days a year under dangerous conditions to build, maintain and repair the electric infrastructure; Whereas linemen are the first responders of the electric cooperative family, getting power back on and making things safe for all after storms and accidents; and Whereas there would be no electric cooperatives without the brave men and women who comprise our corps of linemen; Therefore be it resolved that NRECA recognize the Second Monday of April of each year as National Lineman Appreciation Day and make available to electric cooperatives, materials and support to recognize the contributions of these valuable men and women to America’s Electric Cooperatives.”*

NRECA Board RESolution (2015)

## Tyson Potter volunteers to join international electrification team

By Karen Kaley

Cotton Electric journeyman lineman Tyson Potter has applied for a passport, downloaded an English-to-Spanish app and searched satellite images on Google. He’s waiting for information from a planning group to tell him exactly where Chiis is and whether he needs vaccinations to enter Guatemala. Tyson is preparing for a journey that will take him to Central America and, figuratively, back in time.

Tyson Potter has been selected to join a group of 13 volunteer linemen who will work to electrify a remote village. The project will provide electricity to some 45 homes in the isolated village of Chiis in northwest Guatemala. The work is scheduled for October.

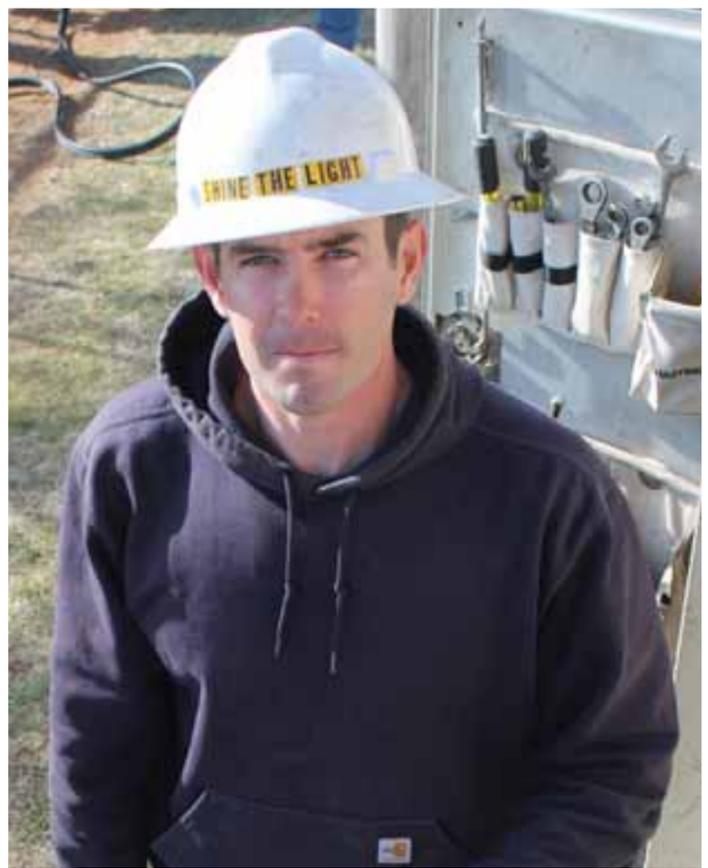
Potter joined the Cotton Electric operations department in 2008. He earned his journeyman’s certification in April 2013. Potter has extensive experience building and maintaining both overhead and underground power lines, which will serve him well during the electrification project.

Accustomed to building line in rural Oklahoma, Potter said he knows the effect of the Guatemala project will not be the same. He pointed out that electricity is readily available in his home country but this Energy Trails project will bring it to people who have never had it.

“That’s my biggest motivation,” he said when describing his reason for asking to be a part of the team. “It’s not for me or anybody else but to be able to be a part of that type of ministry. Electrification offers those villagers a future, protection, prosperity, better education, better health ... so many things that we take for granted, that we just overlook. That’s the biggest deal for me.”

It will take a lot of hard work for Potter and the 12 other volunteers to build what amounts to a little more than three miles of line. Tools will be basic, basket trucks unlikely, terrain unfamiliar and workdays longer than eight hours to make the most of the short time they will be in Guatemala.

See Potter, Page 2



Tyson Potter and a dozen other Oklahoma line workers will travel to Guatemala in October to build line and electrify a remote village.

### Power Cost Adjustment Calculated

The power cost adjustment now being applied to bills mailed after May 1, 2017, is (\$0.00650) per kWh.

On a member’s average bill of 1,500 kilowatt hours (kWh), this will amount to a CREDIT of \$9.75 on the May bill.

### March 2017 Temperature Extremes

Day	High	Low	Avg.	Day	High	Low	Avg.
1	68	32	50	16	79	40	60
2	64	26	45	17	83	58	71
3	69	28	49	18	85	58	72
4	60	38	49	19	88	53	71
5	65	53	59	20	93	55	74
6	83	58	71	21	86	56	71
7	67	35	51	22	80	53	67
8	76	31	54	23	86	62	74
9	82	48	65	24	78	54	66
10	67	48	58	25	70	49	60
11	59	42	51	26	82	43	63
12	48	38	43	27	74	51	63
13	56	34	45	28	71	51	61
14	61	28	45	29	62	49	56
15	64	32	48	30	74	46	60
				31	77	47	62

Source: srb.noaa.gov/om/

Average Daily High: 73 Average Daily Low: 45

### Did You Know?

Cotton Electric has sponsored a total of 157 high school juniors on the Rural Electric Youth Tour since 1964. We have sent groups of two or four every year, but in 1970 we sent five students to the nation’s capital.

The next issue of The Current should arrive in mailboxes May 15, 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](mailto:info@cottonelectric.com).

You can also drop us a line at Cotton Electric Current, 226 N. Broadway, Walters, OK 73572.

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More news at [cottonelectric.com](http://cottonelectric.com)

From the CEO

# In April, we #ThankALineman

Every year, we take time to thank our extraordinary line workers and staff who dedicate their lives to keeping the lights on in our local communities. Cotton Electric's line workers maintain 5,163 miles of line in eight southwest Oklahoma counties. Without them, our world would be dark, and recent spring storms remind us of how quickly Mother Nature can turn out the lights.

We depend on our entire staff to keep Cotton Electric running smoothly, but during the month of April, we honor all line workers, who labor through challenging situations and in adverse conditions, and make our lives brighter and safer every day.

These brave men and women repair damaged lines and maintain critical infrastructure for our communities. Without their hard work and commitment to the job, our co-op would not thrive. No matter the time – day or night, weekday or weekend – if the lights go out, so do they.

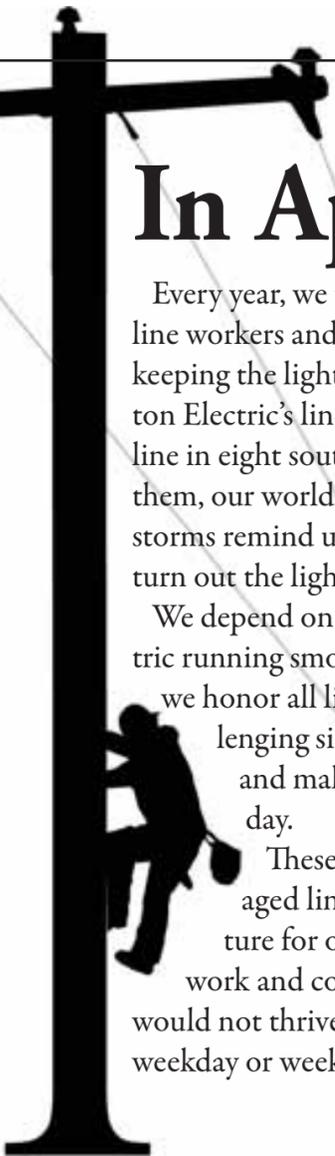


Jennifer Meason, CEO

Perhaps you have seen them restoring power in howling winds and torrential rains, or in freezing, icy conditions. They work around the clock near high-voltage power lines until electricity is restored to every member in our co-op community.

In addition to aiding members in our local service territory, Cotton Electric's line workers volunteer when a sister cooperative is in need after a major outage occurs. Neighbor helping neighbor, they embody cooperation among cooperatives.

I hope you will join me in thanking our line workers and the family, friends and fellow employees who support them. Remember, your power works because they do! Use #ThankALineman on social media to show your support.



## New executive order calls for review of Clean Power Plan

By Dan Riedinger

On March 28, an executive order was issued to promote energy independence. The order also calls for review of the Clean Power Plan.

"Electric co-ops have two key missions — providing electricity and other services to more than 42 million consumers and empowering the communities they serve," said Jim Matheson, chief executive officer at the National Rural Electric Cooperative Association (NRECA), the national service organization for the nation's more than 900 electric co-ops. "The Clean Power Plan jeopardizes co-ops' ability to accomplish both."

"If implemented, the plan would hit many of our electric cooperatives extremely hard by forcing them to prematurely shut down existing power plants. Those

co-ops would in essence be charged twice for their electricity — once to continue paying down the loans on the closed power plants and again for the cost of purchasing replacement power," he said.

Co-ops were so concerned about the economic impacts of the Clean Power Plan that they petitioned the courts to review and reject the regulation. The Supreme Court sided with co-ops and imposed a stay of the rule — essentially freezing its implementation. This pause created the current administration's opportunity to review the rule.

Electric co-ops put the interests of their members first when deciding how to best meet their energy needs. The new executive order allows co-ops to continue reducing their carbon footprint while keeping traditional

energy resources in the mix. This is critical as co-ops work to preserve both the reliability and affordability of electricity.

It will take the current administration a long time to navigate the maze of administrative, regulatory and legal procedures necessary to review the Clean Power Plan. In the meantime, electric co-ops will keep doing what they do best—delivering a consumer-focused energy future that empowers cooperative members and their communities.

*Dan Riedinger writes on consumer and cooperative affairs for NRECA, the Arlington, Va.-based service arm of the nation's 900-plus consumer-owned, not-for-profit electric cooperatives.*

## Potter looks forward to first moment of shining the light

Continued from Page One

But Potter is certain it will be worth being present for the big moment. "To see somebody turn the switch on for the first time ever, that's going to be pretty moving."

The electrification project is coordinated through the Oklahoma Association of Electric Cooperatives (OAEC) and National Rural Electric Cooperative Association's (NRECA) philanthropic arm, NRECA International Foundation.

This is the second project of this sort for Oklahoma line

workers. In 2016, a successful electrification project took place in the country of Bolivia. Volunteers from Oklahoma and Missouri's electric cooperatives brought electricity to two Amazonian villages.

"Bringing electricity to remote areas in developing countries takes electric cooperatives back to their roots," says OAEC General Manager Chris Meyers.

"Electric cooperatives are really best suited to do this because we serve in rural areas, we electrified rural areas in the beginning. It's hard to imagine living



without electricity, but it wasn't that many years ago that we did. "These projects reinforce our commitment to improve the quality of life for local commu-

nities in our home and abroad."

Cotton Electric's CEO Jennifer Meason echoed the co-op mission when she said, "We are proud to send an ambassador from southwest Oklahoma to help bring electricity to those who have not been as fortunate as we have. It speaks to the value of the cooperative difference that transcends borders."

Oklahoma's electric cooperatives have established a 501(c)3 not-for-profit, The Oklahoma Energy Trails Foundation, to support this cause. All contributions are tax-deductible. To

learn more, visit: <http://tinyurl.com/energytrails>.

Potter said he wanted to encourage Cotton Electric members to go to the Energy Trails website.

"I know co-ops and NRECA are helping as much as they can," he said. "Donations could mean money for an extra light. I don't know what we're getting to take but last year's volunteers said they would have taken more yard lights for outside the homes.

"Donations help the village and help fund more projects."



## Energy Efficiency Tip of the Month

**Dishwasher Efficiency Tip:** Air dry clean dishes to save energy. If your dishwasher does not have an automatic air-dry switch, turn off the dishwasher after the final rinse and prop the door open slightly so the dishes will dry faster.

Source: U.S. Dept. of Energy

## The Current

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## February 2017 Operating Stats

	2017	2016
Total Amount Billed/Accrued	\$4,492,145	\$4,599,212
Cost of Purchased Power	3,170,607	3,239,818
Taxes	109,563	110,644
Total Operating Expense Per Mile	913	942
Average Farm and Residential Bill	115	119
Average Farm and Residential kWh	1,009	1,126
Total Meters Billed (farm, residential)	18,182	18,235
Miles Energized	5,163	5,152
Density Per Mile	3.52	3.54
New Service Connects YTD	30	31
Services Retired	23	9



### 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.



Members of Cotton County Art Council gathered recently to accept a grant from Cotton Electric Charitable Foundation. The Council will purchase wire grid display panels with grant funds. The lightweight panels will allow them flexibility to set up displays in a variety of situations. Council members include, back row from left, Michelle, Roberts; Traci Pennington, vice president; Lynne Adene Thompson, secretary; and, front row, Bill Boyer, Judy Brannan and Sharon Wiley, president. Cotton Electric staff assistant Shane Bowers and CEO Jennifer Meason made the presentation on behalf of the members of Cotton Electric Cooperative.

## 9th Annual Summer Golf Classic set for June 12



Golf enthusiasts have a great opportunity to spend a day on an 18-hole championship course while helping to raise funds to help organizations and individuals throughout southwest Oklahoma.

The ninth annual Cotton Electric Charitable Foundation (CECF) Summer Classic will be held on June 12 at The Territory Golf and Country Club in Duncan. The tournament is held to raise awareness of CECF and to generate funds for Operation Round Up (ORU).

Registration for the four-person scramble will begin at 7:30 a.m. with a shotgun start at 8:30. The registration fee of \$600 per team will include range balls, cart, and a meal following the round. Individual, team and door prizes will be awarded. To enter, players' names and handicap or average scores can be faxed to 580-875-3101. Deadline for entries and fee payment is Monday, May 29. Two levels of hole sponsorship are available. Hole sponsors who also enter a team receive a \$100 discount on entry fees. For information about the scramble or becoming a sponsor, call Bryce Hooper at 580-875-3351 or email bhooper@cot-tonelectric.com.

## 1st-quarter CECF grants announced

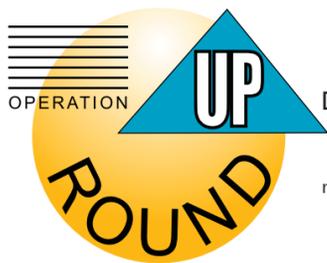
Pennies, nickels, dimes and quarters – set enough of them aside on a regular basis, and the coins add up to dollars. That's how Operation Round Up works.

Most Cotton Electric members participate in ORU, in which power bills are rounded up to the nearest dollar. The amount rounded up can be as little as 1 cent and is never more than 99 cents. On average, each participating member contributes about \$6 each year.

The funds are pooled and administered by the Cotton Electric Charitable Foundation, a board of directors that meets quarterly to consider grant applications. The board consists of Jennifer Meason, the co-op's CEO; Ronnie Bohot, president of the co-op's board of trustees; and three representatives from the Cotton Electric service area: Carly Douglass, Danny Marlett and Carter Waid.

The board met in March to review 14 grant applications. Grants totaling \$26,518.62 will be distributed to nine of the applicants. First-quarter grants include:

- Alzheimer's Association, Okla-



Download CECF grant applications at [cottonelectric.com](http://cottonelectric.com).  
Deadline for second-quarter 2017 grant applications is May 31.

Operation Round Up is a voluntary program and members may opt out at any time by calling or sending a letter or email stating the account holder's name, account number and the request to be removed.

homa Chapter: A \$1,000 CECF grant will support services provided by Care Connections.

- Elgin Middle School: A \$1,500 CECF grant will allow students to provide basic needs and wishes for other students through the Winter Wish program.

- Make-A-Wish Foundation of Oklahoma: A \$5,000 CECF grant will be used to grant the wish of a child in the Cotton Electric service area who has a life-threatening illness. The CECF grant is eligible for doubling through a matching grant promotion.

- Stephens County Honor Guard: A \$2,000 CECF grant will be used to repair and replace equipment and replenish a supply of Challenge Coins for family members of deceased veterans.

- United Way of Southwest Oklahoma: A \$2,000 CECF grant will purchase 1,820 books for schoolchildren.

- Velma Police Department: A \$4,820 CECF grant will outfit one car with a camera system.

- Vizavance: A \$2,100 CECF grant will defray the cost of vision screening for more than 40,000 schoolchildren within the Cotton Electric service area.

- Waurika Youth Inc.: A \$7,000 CECF grant will assist efforts to repair and replace components of a 30-year-old lighting system.

- Cotton County Art Council: A \$1,098.62 CECF grant will purchase display panels.

CECF has awarded grants totaling \$993,970.76 since the foundation was established in 2004.

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## Be an "Environmentally Friendly" Investor

On April 22, we observe Earth Day, a worldwide event focusing on protecting the environment. As a citizen of this planet, you may want to take part in Earth Day activities. And as an investor, you can learn some valuable lessons from the environmental movement.

Here are a few ideas to consider: "Recycle" proven strategies. Over the past few decades, we have discovered ways of bringing new life to objects we would have previously thrown away. When you invest, you also don't need to discard things you've used before – such as proven investment strategies. For example, one tried-and-true technique is to simply purchase investments appropriate for your needs and risk tolerance, and then hold these investments until either your situation changes or the investments themselves are no longer the same as when you bought them. (To illustrate: You might have

bought stock in a company whose products or services are not as competitive as they once were.)

Avoid "toxic" investment moves. Since the first Earth Day in 1970, we have had some success in identifying and eliminating toxins in our air and water. You can also find – and avoid – "toxic" investment moves. One such move is chasing a "hot" stock. By the time you hear about this stock – from a friend, relative or even a television or internet commentator – it may already be cooling off. Even more importantly, it might not be suitable for your needs, either because it's too risky or because you already own several similar stocks. "Hot" stocks aren't so hot if they aren't right for you.

Reduce "excess" investments in your portfolio. Environmentalists stress the need for all of us to reduce our "footprint" on earth – that is, we can help

improve the environment by owning less "stuff." The same idea can also apply to investing. If you took a close look at your portfolio, you might find investments that you've held for years but whose purpose is no longer clear to you. Some may even be duplicates, or near-duplicates, of other investments. You might be able to improve your financial picture by getting rid of this "clutter." By selling investments you no longer need, you could use the proceeds to purchase new investments that may be far more effective in helping you meet your objectives.

Plant "seeds" of opportunity. Many Earth Day lesson plans for students emphasize the value of planting gardens and trees. As an investor, you, too, need to look for ways to plant "seeds" of opportunity so that you can eventually harvest the results. Specifically, look for those investments that, like trees, can grow and pros-

per over years and decades. Of course, growth-oriented investments carry investment risk, including the possible loss of principal. Yet, to achieve your long-term goals, such as a comfortable retirement, you will need some growth potential in your portfolio. You can reduce the level of risk by owning a mix of investments – including less aggressive vehicles, such as bonds – in your portfolio.

Each year, Earth Day comes and goes. But its messages have had a profound impact on generations of people interested in preserving our environment. And translating some of these lessons to the investment arena can have a powerful effect on your financial future.

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

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# Multiple sippers combined are big energy guzzlers

By Karen Kaley

What's your newest gadget? Let me guess. A fancy new TV. A faster, more powerful laptop computer. Something that runs your home through voice commands. No, no ... I bet it's the latest generation of phone that does everything but cook dinner.

A 2015 study of device ownership by the Pew Research Center indicated that nine out of 10 American adults owned a mobile phone of some kind. It went on to say that 68 percent had a smartphone compared to 35 percent just four years earlier.

There are other interesting statistics:

- Computers are the next most popular device in American homes, with 73 percent owning one.
- Nearly half of all U.S. adults own an electronic tablet.
- Game consoles and MP3 players are owned by about 40 percent of all adults.
- Nearly a fifth own e-book readers.

The study was about particular devices, so it didn't enumerate other electronics such as coffeemakers, curling irons, TVs, DVD players, microwaves, aquariums or rechargeable power tools. According to the Consumer Electronics Association, the average household includes about 25 electronic devices.

The items in the study and all of those other things have one thing in common: They are vampires. Also known as phantom loads, many devices are constantly sipping energy while tracking time, charging phones, tablets and hand tools, or simply keeping your device in standby or sleep mode, ready to spring to life with a touch of a button.

The phantom and vampire monikers seem even more appropriate when thinking about the best way to find them: at

night in a darkened house. Find the little red, green or white LED lights and you've found the energy drainers.

You can find them in the daytime, too.

"Take a look around your house – how many cords are plugged in? Of those, how many are actually attached to a device? You might be surprised at how much electricity your family consumes, even when you don't realize it," said Mike Stephens, Cotton Electric's energy use adviser.

Cable and satellite boxes are a big culprit of 24/7 energy use. Leaving your cable box plugged in for a year and never turning it off adds, on average, \$17.83 to your electric bill. Toss in a DVR function and that total jumps to \$43.46, according to DOE reports.

Stephens uses a phone charger as another example. Leaving it plugged in without a phone attached doesn't mean it's not drawing power. In fact, it may use 0.26 watts of electricity even when a phone isn't connected, and 2.24 watts when the handset is charging.

Of course, that 0.26 watts by itself might not be a big issue. But if most of your electronic devices are doing that, it can add up to as much as 10 percent of your energy bill, according to the U.S. Department of Energy.

Ten percent. Look at your most recent power bill, move the decimal to the left by one digit and know that may be the cost of keeping all of those devices running 24/7.

Our 10 energy-saving tips focus on electronics this month. We think they will starve the vampires and keep your wallet a little fatter.

Sources: NRECA, E Source, Pew Research Center, U.S. Department of Energy



## 10 SAVE ENERGY • SAVE MONEY TIPS

1. Enable auto power-down feature on gaming consoles.
2. If you don't unplug them, use energy-saving modes or automatic sleep functions on electronics.
3. Remember to turn off hair irons.
4. Make sure electric blankets are turned off in the morning.
5. Ensure all new appliances, electronics and lights are ENERGY STAR® labeled.
6. Turn off pool pumps and heaters when not needed. Turn off outdoor water fountains when no one is around to enjoy them.
7. Verify livestock water tank heaters are off when not needed.
8. Make sure heat tape is off when not needed.
9. Unplug battery chargers when not needed.
10. Turn off coffeemakers when not in use.

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Every day is

at

**COTTON**  
**ELECTRIC CO-OP**

Cotton Electric Cooperative offers a number of programs centered around energy efficiency and awareness:

**Energy audits** – Members can get a free analysis of their home that shows how to save money on power bills by making energy efficient improvements.

**Rebate program** – Members can receive rebates when they install energy efficient heat pumps.

**SmartHub** – Track daily energy consumption to identify the benefits of lowering usage and be alerted to spikes that may indicate a problem.

**TouchstoneEnergy.com** – Find out how the little changes add up to big savings.

**MyChoice** – Control times and methods of power bill payment while saving money – no deposits or late fees.

**Find out more by visiting CottonElectric.com or calling 580-875-3351 or 800-522-3520.**

# Community Spotlight

If you would like your community event listed in the May issue, please submit information by May 1 by calling 580-875-4259 or send an email to [info@cottonelectric.com](mailto:info@cottonelectric.com).

## CTHC hosts 'Apron Strings' exhibit

An exhibition of aprons dating from the 1900s through present, "Apron Strings: Ties to the Past," will run through May 21 at Chisholm Trail Heritage Center in Duncan. Featuring 51 contemporary and vintage aprons, three dress and five apron try-ons, dating from the 1900s through present, 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.

## MSD hosting several 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 next 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.

## Lions seek rodeo ambassadors

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 fairgrounds.

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.

## Lawton Farmers Market open weekly

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.

## LCT offers 'Driving Miss Daisy'

Performances of Lawton Community Theatre's presentation of "Driving Miss Daisy" will run through April 23 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](http://LCT-OK.org) or call 580-355-1600.

## CTAC Live presents Pelican 212

CTAC Live welcomes 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 [ChisholmTrailArts.com](http://ChisholmTrailArts.com).

## Annual Arts Fest 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](mailto:calfinator@yahoo.com).

## CU 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. Featured tunes include "Some Enchanted Evening," "I'm Gonna Wash That Man Right Outa My Hair" and "Bali Ha'i."

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 in the northeast quadrant of the campus between University Drive and 27th Street in Lawton.

# PHOTO OF THE MONTH



**STORMY WEATHER** has some interesting after effects as shown in this photo by Cotton Electric member Mary Tosee. "Even though our dirt roads showed very little sign of rain the creek had a different story," she said. There had been a lot of rain to the north and "I was very surprised to see the amount of water flowing through Deep Red" and flooding a nearby wheat field. Mary and her family live near Devol.

Enter your "best shot" in our Photo of the Month contest. Theme for May is **SUMMER BEGINS**. Entries can be emailed to [info@cottonelectric.com](mailto: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.

## Corum VFD sets BBQ dinner

Corum Volunteer Fire Department has set the annual BBQ dinner and membership drive for 11 a.m. to 2 p.m. April 29. The station is at 274080 E 1860 Road in Hastings, three miles south of Corum.

Members are asked to bring a side dish or dessert to go with the brisket meal. Call 580-512-7431 for information.

## Lions plan domino tournament

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.

## Food pantry open twice monthly

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

Pantry organizers try to provide a two-week supply of basic staples to anyone with identification. For information, call Roger Noland at 580-591-6826.

## More Community Spotlight on Page 6



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## Upcoming Deadlines for The Current

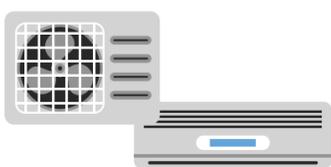
May		June		July	
Ad Sales	April 28	Ad Sales	May 26	Ad Sales	June 30
Classified	May 4	Classified	June 1	Classified	July 6
Publish Date	May 15	Publish Date	June 12	Publish Date	July 17

# PROPERLY SIZING YOUR HVAC UNIT

An improperly sized HVAC unit can wreak havoc on your home. An oversized unit can cause your system to “short cycle” - constantly turning off and on. An undersized unit will run constantly to keep up with demand. Consider the factors below and choose an HVAC system that works best for your home.

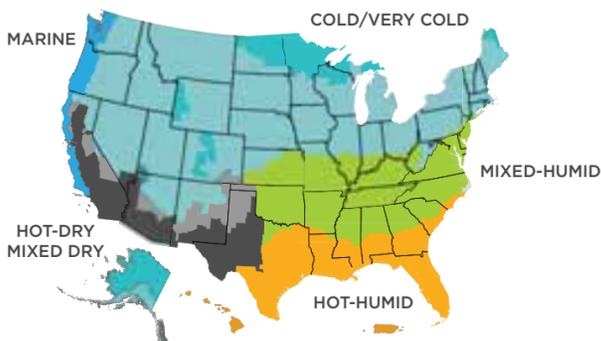
## SIZE MATTERS

The square footage of your home can help determine the load capacity of your HVAC unit, but it should not be the only factor considered when reviewing unit sizes. Enlist the help of a licensed professional to determine the best HVAC unit for your home.



## GEOGRAPHICAL LOCATION

The region in which your home is located will factor into how much capacity you need per square foot.



## HOME'S ORIENTATION

How sunlight hits your home during different times of the day impacts the load capacity required to properly heat or cool your home.



## INSULATION EFFECTIVENESS

The better insulated your home is, the fewer BTUs (British Thermal Units) per square foot your home will need to stay at the desired temperature.

A reliable energy partner will help you determine how each of these factors affect your system's load capacity. Contact your electric co-op for more information.

Source: Dept. of Energy

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## Community Spotlight

### LPO presents 'Power to Inspire'

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 Pathétique, 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.

For ticket information, visit Lawton-Phil.com or call 580-531-5043.

### Sunshine OHCE to celebrate 95 years

Members of Sunshine OHCE (Oklahoma Home and Community Education) are celebrating the group's 95th birthday during a special gathering from 1 to 4 p.m. May 11 at the Marlow Museum on the third floor of Marlow Mercantile, 127 W. Main in Marlow.

Sunshine OHCE has maintained a permanent booth since the museum opened in 1998. Displays feature early yearbooks, photos, artifacts, projects and awards. Proud of its history, Sunshine OHCE includes a member who has been active in the group for 60 years.

The celebration event is free and open to the public.

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- SOLD:: 410 E Oklahoma, Walters: 3 bed, 1 bath, 1356 sqft, \$57,000
- SOLD:: 1105 Main Street, Randlett: \$85,500. 1600 sf 3 bed, 2 bath, large shop and quarters

### LAND LISTINGS

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- 60 Acres in SE S14 T3S R14W, Tillman County, REDUCED price \$1200/acre or \$72,000, Deep Red area.
- 280 Acres in S16 T3S R13W, Cotton County, 197 Cultivation Acres, Full Wheat Base. REDUCED price: \$1200/acre or \$336,000, Deep Red area.

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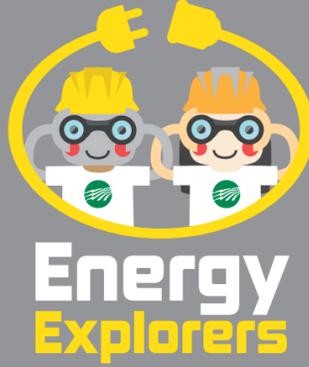
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# SPRING SAFETY COLORING SHEET



**Spring Safety Tip:**  
 Never climb a tree that has power lines running through it!  
 Always avoid playing near electrical utility equipment.



**ACROSS**

- 1. Volcanic craters
- 6. Makes nervous
- 10. Long strip of cloth
- 14. Expressions of surprise
- 15. Perception
- 17. 2016 World Series runner-up
- 19. Former Communist power
- 20. Consume
- 21. Abyss
- 22. Regulator gene
- 23. Card game
- 24. Women (French)
- 26. State capital
- 29. Nursemaid
- 31. Surface opening
- 32. Second sight
- 34. Beloved Mexican dish
- 35. Discounts
- 37. Ceremonial staff
- 38. Support with difficulty
- 39. Reluctant to share information
- 40. Song
- 41. Relating to songbirds
- 43. Conductance units
- 45. Breezed through
- 46. Supervises flying
- 47. Chemical ring
- 49. Swiss river
- 50. Not happy
- 53. Surgery (slang)
- 57. Let go
- 58. Take effect
- 59. \_\_\_ and greet
- 60. Male offspring
- 61. Notes

1	2	3	4	5		6	7	8	9		10	11	12	13	
14						15					16				
17						18									
19						20				21					
					22					23					
			24	25						26			27	28	
29	30								31				32	33	
34						35	36					37			
38					39							40			
	41		42							43	44				
				45					46						
	47	48						49					50	51	52
53								54				55	56		
57												58			
59								60						61	

- 4. Increase motor speed
- 5. Midway between south and southeast
- 6. Sir \_\_\_ Newton
- 7. Penny
- 8. Ultimate
- 9. Gummed labels
- 10. Quiet and dull
- 11. Cuckoos
- 12. Dishonest scheme
- 13. Adult female chicken
- 16. Breathe in
- 18. Pieces of land
- 22. Of I
- 23. Type of footwear
- 24. Heavy clubs
- 25. Conductance unit
- 27. Approaches
- 28. Fungi cells
- 29. Devoured
- 30. Type of shark
- 31. Work steady at one's trade
- 33. Vegetable
- 35. Sound-mindedness
- 36. Matured
- 37. Chinese communist revolutionary
- 39. Large insect
- 42. Transportation tickets book
- 43. Female horse
- 44. Expresses surprise
- 46. Saudi Arabian king
- 47. Unleavened bread
- 48. Christmas
- 49. Deity of monotheistic cult
- 50. Flowering plant genus
- 51. Hairstyle
- 52. Radio personality Rick
- 53. Something you chew
- 54. The 17th letter of the Greek alphabet
- 55. \_\_\_ Basinger, actress
- 56. Midway between north and northeast

**DOWN**

- 1. Vertebrate oncogenes
- 2. Troubles
- 3. Imitator



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Finalists in Cotton Electric's 54th annual Rural Electric Youth Tour competition included, seated from left, Haley Smith, Madelyn Scott, Shalyn Bowles, Daisy Cossio, Abeer Shabid; and, back row, Mathew Meaders, Blair Brantley, Alyssa Cox, Connor Kern and Murray Powers. Winners are listed on Page 9.

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# Area youth reflect on co-op model

By Karen Kaley

It's springtime in southwest Oklahoma. Students and their families, friends and mentors are greeted by Cotton Electric employees as they enter the co-op's community room. All are seated at festive tables strewn with star-shaped confetti in red, white and blue. Sounds like the setting for the 54th annual Youth Tour finals.

The competition had begun in November, when the co-op issued a call for entries. High school juniors from schools within the Cotton Electric service territory were encouraged to submit an essay discussing "The Power of the Cooperative Business Model."

Students from seven schools responded with a total of 79 essays. The first round of judging examined the entries for originality, composition, grammar, neatness and knowledge of subject. The top 25 essay-writers were invited for in-person interviews to narrow the pool further.

On March 21, 10 finalists made oral presentations of their essays. Listed by school, the 10 finalists and their parents include:

**Central High School:** Connor Kern, son of Spencer and Leslee Kern; and Madelyn Scott, daughter of Tony and Nichole Scott;

**Lawton High School:** Mathew Meaders, son of Stephanie and Daniel Meaders; Daisy Cossio, daughter of Martin Cossio; and Abeer Shahid, daughter of Shahid Amin;

**Marlow High School:** Blair Brantley, daughter of Daryn and Angie Brantley; and Alyssa Cox, daughter of David and Beth Cox;

**Powers Academy Homeschool:** Murray Powers, son of Sidney and Wendy Powers; and

**Walters High School:** Shalyn Bowles, daughter of Leah Bowles; and Haley Smith, daughter of Colleen Smith and Terry Smith.

Each candidate's speaking ability, knowledge of subject, poise, personal-

ity and appearance were considered by judges Melvin Jones, retired manager of community and economic development for Cotton Electric; Anna Politano, editor of Oklahoma Living magazine; and Tory Tedder-Loffland, education and outreach coordinator for Oklahoma Electric Cooperative.

One speech noted "the Cotton Electric board and employees strive to find the right balance as it invests cooperative resources to improve service for the membership," while another discussed how seven cooperative principles give Cotton the "power to unite, create and expand" making it the "amazing, unique cooperative that it is today."

One presentation pointed out the "co-operative model continues to be one of the most resilient, most successful forms of business in use" and another concluded that by following the cooperative model, Cotton Electric will continue "for generations to come; and give the community, and its youth, a brighter future."

The top four in the final round of the contest won an all-expense paid one-week trip to Washington, D.C., in June. They are Haley Smith, Connor Kern, Mathew Meaders and Daisy Cossio.

The quartet will join 1,500 students from all over the United States and follow itineraries filled with activities from the moment they arrive until they day they fly back home.

The students will have an opportunity to visit with Oklahoma's congressional delegation and learn about government, the cooperative form of business and the business of rural electrification. They will become more familiar with the historical and political environment of the nation's capital through visits to monuments, government offices and cooperative organizations.

These young Oklahomans will become more knowledgeable about their country, their government and our nation's beautiful capital because of the power of the cooperative model.



Connor Kern of Central High High School, Haley Smith of Walters High School, and Daisy Cossio and Mathew Meaders both of Lawton High School will represent Cotton Electric Cooperative on the Rural Electric Youth Tour in June.

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**Miscellaneous:** Mountain Bike, Cruiser Girls Bicycle, Variety of Concrete Hedging Blocks, Charcoal Grills (2), Rib Smoker (custom made), Terra Cotta Floor Tiles, Firewood, Variety of Kitchen Utensils and a Variety of Medical Equipment.

**Terms of Sale:** Personal Property - Cash, Personal or Company Check accepted. Positive I.D. required. Buyers Must provide Auction Company a copy of Sales Tax Permit to avoid Sales Tax.

**Preview of Personal Property:** will be held Friday afternoon, May 5, 2017 from 1:00 p.m. - 6:00 p.m. Announcements made day of sale supersede any and all other advertisements.

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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.



Mike Stephens, Cotton Electric's energy use adviser, explains the difference between incandescent and LED bulbs during the recent Home and Garden show.

# Co-op reaches out to communities in many ways

By Karen Kaley

Cotton Electric employees attend all sorts of community events, sometimes just to enjoy the gathering and sometimes as co-op representatives.

We had bucket trucks in three Christmas parades this past winter. We brought our energy bike to Fiesta in Fuqua for the past couple of years and plan to be there again this August.

Our booth is a fixture at the Stephens County Free Fair in the fall and the Lawton Homebuilders Home and Garden Show every spring. We encourage people to sign up for a drawing, hand out goodies and, mostly, connect with members.

"Even non-members come up and talk to us," Jennifer Kriz said after the recent Home and Garden Show. "Some say they wish Cotton Electric served them."

Kriz, a marketing representative for the co-op, said she always volunteers for these events because it's always a positive experience. "The member may start out saying something about not liking to pay a bill, but he or she will always walk away happy."

Most often, that is because the member gets an answer to a question. "They ask about security lights, rebates and the LED light bulb demonstration we have at our table."

Mike Stephens will take over at that point. Our energy use adviser operates two bulbs mounted on an older meter with a spinning disc to show energy use.

He cups his hand around an incandescent bulb, blocking some of the bright light it emits when he flips a switch to turn it on. He draws attention to the quick revolutions of the meter disc before turning off the light.

Stephens moves to the second bulb, uses his hand to shield the light again, and flips the switch to light it up. The disc begins to move s-l-o-w-l-y. It is an impressive comparison of the difference in the amount of energy used by the two

types of light bulbs.

This may lead to more questions about ways to save energy. Stephens has lots of answers.

Sometimes members have questions that need answers from other employees. Kriz and Stephens take notes and follow up in the days after the show.

If you have questions, call us, send us an email, come by the office or one of the events we are attending. And, don't forget Annual Meeting. All employees will be present on Sept. 28 at Stephens County fairgrounds. Come to ask questions or just to visit, enjoy a meal and take home a few goodies.

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# Broth adds flavor, protein ... and magic?

Broth is an easy way to add flavor to meat, vegetable and pasta dishes. Used in place of water, it imparts both flavor and moisture. Recently, popular media has reported that broth has special healing properties and encouraged the use of certain broths as a recipe ingredient. Is broth the new superfood?

Broth is generally defined as a liquid made from simmering vegetables, meat, and/or bones in water. There are three different types: Broth, stock and bone broth. All contain water and one or more of the following: various meats, bones, vegetables, and herbs.

The main difference between the three is the amount of cooking time and resulting intensity of flavor. Broth is generally cooked for a shorter period of time, 45 minutes to 2 hours. Stock is cooked for 4 to 6 hours. Bone broth is cooked for 8 to 24 hours.

As you might guess, broth is going to be lighter in flavor compared to stock or bone broth. As well, there are some nutritional differences.

When comparing broth and bone broth, the main difference is the amount of protein per serving. One cup of beef broth has 4 grams of protein and one cup of beef bone broth has 9 grams of protein; beef stock is going to be somewhere in between.

The protein is from collagen con-



Kim Bandelier, MPH, RD, LD

## Food For THOUGHT

tained in the meat and bones. Collagen is extracted during the cooking process, and since bone broth is cooked for longer, it will contain more protein in the final product. Collagen has been suggested to help with joint pain, improved skin, hair, and nails, and protect the digestive tract, but robust studies are lacking.

Commercial bone broth tends to be lower in sodium than broth because it is naturally more flavorful, but you must read the label to ensure that the product you are buying is not high in sodium.

Past the difference in protein, how do you know which broth is best for you? It depends on the recipe and how much flavor you want to enrich

the recipe with.

Bone broth is going to have a rich, deep meaty flavor without the need for additional salt.

If you are vegetarian, bone broth is not an option because, well, vegetables don't have bones. You can opt for vegetable stock if you do not eat meat; stock tends to have more flavor than broth.

Nutritionally, vegetable broth and meat broth are similar but you must read the label to watch for additives that you may not desire in your diet.

If broth is magical, scientific literature has not uncovered its healing powers. That does not mean that a bowl of soup made with broth, stock, or bone broth will not make you feel better.

Broth is still just a culinary necessity that makes dishes more enjoyable to eat and is a requirement of a well-stocked pantry. You can always make your own at home.

Broth is a great way to use bones, meat, and vegetables you would not eat otherwise. After you cook it to the desired flavor and consistency, you can freeze it and save it for later.

If you are not ready to make your own, remember the basic differences between broth, stock, and bone broth, read the label to avoid any unnecessary ingredients, and try several brands to find which one works best for your kitchen.

### Fast, Flavorful Fish Dinner

If warm spring weather has you in the mood for a simple fish dinner, look to your humble sheet pan. Follow these simple tips from Dr. Wendy Bazilian, McCormick Health Advisor and Registered Dietitian, to enjoy tasty seafood recipes you'll want to make all year long.

- Sheet pans are perfect for simple fish dinners because they require minimal cleanup and everything is baked on one pan.

- While lemon is a great complement to seafood, think about pairing with other citrus flavors like orange and lime. Try marinating shrimp in a mixture of lite coconut milk, lime extract, ginger and red pepper.

- Add colorful vegetables like zoodles or asparagus to your sheet pan to boost both seafood and vegetable servings. You don't need a spiralizer to make zoodles because many grocery stores offer pre-made zoodles in the produce section.

Explore more recipes to enjoy during spring and beyond at McCormick.com, or look for McCormick Spice on Facebook and Pinterest.

### Coconut Lime Shrimp with Zoodles

Prep time: 15 minutes  
Cook time: 15 minutes  
Servings: 4

- 1/4 cup Thai Kitchen Coconut Milk (regular or lite)
- 1 teaspoon McCormick Ground Ginger
- 1/2 teaspoon McCormick Garlic Powder
- 1/4 teaspoon McCormick Crushed Red Pepper
- 1/4 teaspoon McCormick Pure Lime Extract
- 1 pound large shrimp, peeled and deveined
- 1 small zucchini, cut into thin noodles with spiralizer
- 1 medium yellow squash, cut into thin noodles with spiralizer
- 1 medium carrot, cut into thin noodles with spiralizer
- 2 tablespoons oil
- 1/4 teaspoon McCormick Ground Black Pepper

1/2 teaspoon salt

Heat oven to 375 F.

In large, re-sealable plastic bag, mix together coconut milk, ginger, garlic powder, crushed red pepper and lime extract. Add shrimp; turn to coat well.

Refrigerate 15-30 minutes. Remove shrimp from marinade. Discard any remaining marinade. In center of large, shallow, foil-lined baking pan, arrange shrimp in single layer.

In large bowl, toss vegetable noodles and oil. Sprinkle with salt and pepper; toss to coat well. Spread noodles around shrimp in pan.

Bake 10-15 minutes, or until shrimp turn pink and are cooked through and noodles are tender. Serve shrimp over vegetable noodles.

Kitchen tip: For faster prep, use 4 cups store-bought spiralized vegetable noodles instead of spiralizing them yourself.

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Saturday  
**April 29, 2017 10:00am**  
**3702 Oak Leaf Court**  
**Duncan, Oklahoma**  
Gary Criswell Auction Service & Real Estate, Inc. has been commissioned to offer at Public Auction the Real Property situated at 3702 Oak Leaf Court in Duncan, Oklahoma.  
**Real Property consists of** a Beautiful 3 Bedroom Brick Home (Approximately 1,757 Square Feet) with a Great Room with Fireplace and Built-in Book Cases, Kitchen (Tile Counters and Raised Panel Cabinetry) with Dining Area, Utility Room and 2 Full Baths. Note: Master Bedroom has a 2 Sink Vanity, a Jetted Tub, Separate Acrylic Shower and 2 Walk-in Closets.  
**Additional Improvements include** an Attached 2 Car Garage, Covered Patio (11'x18'), Wood Fencing around the Yard, Lawn Sprinkler System and a Storage Building (10'x16'). All Situated on a Nice Corner Lot in an Excellent Location.  
**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 28, 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 Beautiful 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 Company will serve as the Closing Agent on the Real Property.  
**Gary Criswell Auction Service & Real Estate, Inc.**  
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Finding the perfect recipe to share with loved ones can prove to be a year-round challenge. These tasty dishes that include a flatbread appetizer, shrimp main dish and a favorite seasonal dessert made with strawberries can help you serve up a meal perfect for any spring gathering.

Visit Culinary.net for more tips and recipes to make your springtime gatherings as nutritious as they are delicious.



# Fix up a flavorful Spring Table

## Hearty and Flavorful

Make your meal a hearty, tasty one by starting it off with this recipe for Herbed Veggie Focaccia Bread, a pizza-esque flatbread that's a delicious alternative to all-too-common unhealthy appetizers. Topped with mushrooms, tomatoes, peppers, olives and onion, this delightful small plate packs a nutritious load of veggies. Find more nutritious recipes at AICR.org.

### Herbed Veggie Focaccia Bread

Reprinted with permission from the American Institute for Cancer Research

Servings: 12

#### Dough:

- 1 cup whole-wheat flour
- 1 cup all-purpose flour, divided
- 1 package (1/4 ounce) quick-rise yeast

- 1 teaspoon salt
- 1 cup warm water, 125-130 F
- 1 tablespoon canola oil
- Topping:**
- 7 medium fresh mushrooms, sliced
- 3 plum tomatoes, chopped
- 1 small green bell pepper, slivered
- 1/2 cup sliced black olives
- 1/4 cup chopped red onion
- 2 tablespoons olive oil
- 2 teaspoons apple cider vinegar
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon dried oregano
- 1/4 teaspoon thyme
- 1/4 teaspoon basil
- 1/4 teaspoon garlic powder
- nonstick cooking spray
- 2 teaspoons cornmeal

Heat oven to 475 F.

To make dough: In mixing bowl,

combine whole-wheat flour, 1/2 cup all-purpose flour, yeast and salt. Add water and oil. Beat until smooth. Stir in remaining all-purpose flour to form soft dough. Place onto floured surface and knead by hand until consistent and elastic, about 4 minutes. Cover and let stand 15 minutes.

To make topping: In bowl, combine mushrooms, tomatoes, green bell pepper, olives, onion, oil, vinegar, salt, pepper, oregano, thyme, basil and garlic powder.

Coat 15-by-10-by-1-inch baking pan with nonstick cooking spray. Sprinkle with cornmeal. Gently press dough into pan. With fork, generously prick dough.

Bake 10 minutes, or until lightly browned. Cover dough with topping mixture. Bake additional 10 minutes, or until edges are golden brown.

## Dessert Makeover

Strawberries are a seasonal favorite. Indulge by skipping the shortcake and whipping up this lower-calorie dessert for more flavor and less guilt. A whole-wheat crust layered with simple, low-fat ingredients and topped with fresh strawberries provides a tasty springtime treat. Find more good-for-you recipes at AICR.org.

### Strawberry and Cheese Refrigerator Pie

Reprinted with permission from the American Institute for Cancer Research

Servings: 8

- 1 prepared whole-wheat graham cracker pie crust (9 inches)
- 4 oz. reduced-fat cream cheese
- 1/4 cup reduced-fat sour cream
- 2 tablespoons extra-fine sugar
- 1 teaspoon grated lemon zest
- 1/2 teaspoon vanilla extract
- 1 pound strawberries
- 1/2 cup strawberry fruit spread
- 1 tsp. lemon juice (optional)

Heat oven to 350 F.

Place crust on baking sheet and bake 8 minutes, or until golden and fragrant. Transfer to wire rack and cool completely.

Place cream cheese, sour cream, sugar, lemon zest and vanilla in small bowl. Using hand mixer on medium speed or wooden spoon, blend until combined and smooth. Spread cheese mixture evenly over bottom of pie crust. Refrigerate until set, 1-2 hours.

Before serving, cut off tops of strawberries. Halve largest ones and place in bowl. Cut remaining berries lengthwise in quarters and place in another bowl. Melt fruit spread in bowl in microwave or in small saucepan over medium heat, stirring often. Mix in lemon juice, if using, and divide hot fruit spread between

two bowls of berries. Using fork, toss until fruit is coated.

Spoon quartered fruit into center of pie, turning most pieces cut-side down. Arrange larger halves in circle around edge of pie with flat side facing rim of crust and pointing toward center of pie. Fill open spaces with any remaining fruit spread.

Serve pie within 1 hour.



Photo courtesy of Getty Images

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## Surplus Auction

Saturday, May 13, 2017  
10:00 A.M.  
500 North Rodeo Drive  
Comanche, Oklahoma

**Gary Criswell Auction Service & Real Estate, Inc.** has been commissioned to offer at Public Auction a variety of items declared as "SURPLUS" by the City of Comanche, Oklahoma. Surplus items include a 1998 JAGUAR, 1970 MERCEDES and a 60 KW Generator.

**Also included in the Auction:** Vacant City Lot, situated at 807 Walnut Avenue. Lot has been cleaned and ready for Home Site. Legal Description-Block 74, Lot 5, City of Comanche (100'x140') Lot. The Real Property will be offered at 500 North Rodeo Drive in Comanche, Oklahoma at 11:00 AM Sharp!

**Automobiles:** 1998 JAGUAR, 4 Door, All Power with 106,266 Miles and a 1970 MERCEDES (needs repair).

**Partial List Consists of:** Vermeer Wood Chipper, Honda GC190 Pressure Washer, Poulan Pro Leaf Blower, Still Weedeater, Mountain Tough Diesel Generator TP 700LXH, Vermeer Wood Chipper, Nexen Tires 275/55R20, Gannon Backhoe Bucket (SN 17A72N42N), Auto Arc 130 Wire Welder and a 60KW Generator MEP-806a SN RZJ. Some of the items above need repairs!

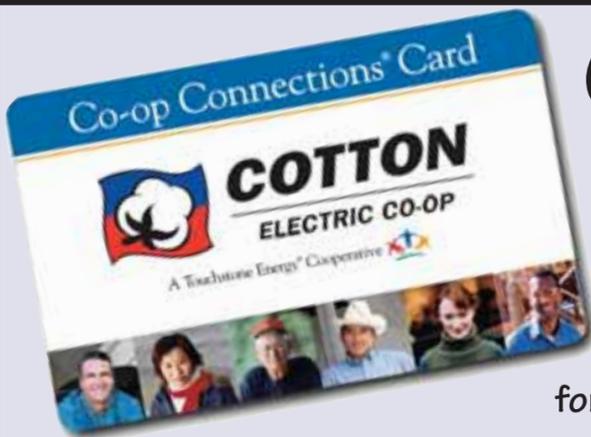
**Auction also Includes:** Stainless Steel Grill, Antique Stove, Antique Washing Machine, Assortment of Furniture, Record Collection, Assortment of Toys and Baseball Cards.

**Terms of Sale:** Personal Property - Cash Personal or Company Check accepted. Positive I.D. required. Buyers must provide Auction Company a copy of Sales Tax Permit to avoid Sales Tax.

**Preview and Pre-Registration** will be held Friday afternoon, May 12, 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:** Real Property, 1998 JAGUAR and 1997 MERCEDES will be offered at Public Auction at 11:00 am Sharp! This is a fairly small Auction. All merchandise shall be offered "As Is-Where Is," without any warranty expressed or implied. Loading of items purchased at Auction is responsibility of Buyer. Surplus items sold at Public Auction shall be removed from premises by 6:00 P.M. Monday, May 15, 2017.

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Tue.-Sat. Hours Vary  
580-756-0053  
[eleganceandevents@gmail.com](mailto:eleganceandevents@gmail.com)

### Gene Burk Auto Glass

10% off  
2302 SW Lee Blvd., Lawton  
580-355-3890

### Horse Sense Graphics

Jamon Kelley - owner  
15% off orders over \$100  
580-512-7047  
[horsesensetradingpost@yahoo.com](mailto:horsesensetradingpost@yahoo.com)

### Infinity Computer Systems

10% off all labor.  
2322 W. Gore Blvd.  
580-351-2911 • Lawton

### Johnson & Johnson Locksmith and Door

10% discount, present card prior to service and ordering of parts.  
1913 NW Cache Rd., Lawton  
580-355-KEYS (5397) or 580-355-8749

### Just Between Friends Children's Consignment Lawton

FREE Admission to events & \$5 off purchase of \$25 or more.  
2 Sales A Year, Spring & Fall  
[jbfale.com](http://jbfale.com) 580-656-3073

### Lakeside Golf Course

\$5 green fees all day on Mon. & Tues.  
Hours: 7 a.m. to dark  
Walters, OK 580-875-3829

### Ligon's Garden Center

10% off  
301 S. Highway 81  
580-470-8848 • Duncan

### Linda's Carpet

Free vacuum cleaner with purchase of \$2,000 on Stainmaster carpets  
4010 N. Hwy. 81 • Duncan

### Nancy's Antiques

20% discount storewide  
Hwy. 70, west side of railroad tracks  
Waurika, OK  
580-228-2575 or 228-2011

### Nita's Flowers

Helen Thomas - owner  
10% discount  
114 N. Broadway, Marlow • 580-658-2714  
Mon.-Fri. 8:30-5 • Sat. 8:30-2

### On The Hill Gypsy Horses

Horse Breeding & Sales  
\$100 off of breeding fee, or purchase of horse.  
By Appointment: 580-641-2022 or 580-656-2475: [lee@on-the-hill.net](mailto:lee@on-the-hill.net)

### Osage Animal Hospital

\$5 off professional examination  
1500 W. Osage, Duncan • 580-255-4200  
Mon.-Fri. 7:45 a.m. - 5:30 p.m.

### Plumb Right

5% discount on services.  
Elgin, OK • 580-512-3903  
[werplumbright@gmail.com](mailto:werplumbright@gmail.com)  
9am-5pm; 5pm-7am Emergency Hours

### Red Dirt Bar & Grill

\$1.00 off appetizers  
6425 NW Cache Rd., Lawton  
918-720-3739

### Rick Wylie Construction

5% discount on 8x10 & 6x8 storm shelters; 10% discount on 8x12 and larger.  
580-656-5031 • 8:00 am - 8:00 pm  
[rwstormshelters@gmail.com](mailto:rwstormshelters@gmail.com)

### Ringtail USA

Monogramming, screen printing  
Buy 12 caps or T-shirts, GET ONE FREE  
P.O. Box 1763, Duncan, OK 73534  
<http://ringtailusa.com> • 580-439-6560

### 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](mailto: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](http://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](http://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](http://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](http://www.locateproviders.com). Type 2203OK19 into the Group field and click 'log in' to start your search.

