

# The Current

A Publication of Cotton Electric Cooperative Inc.

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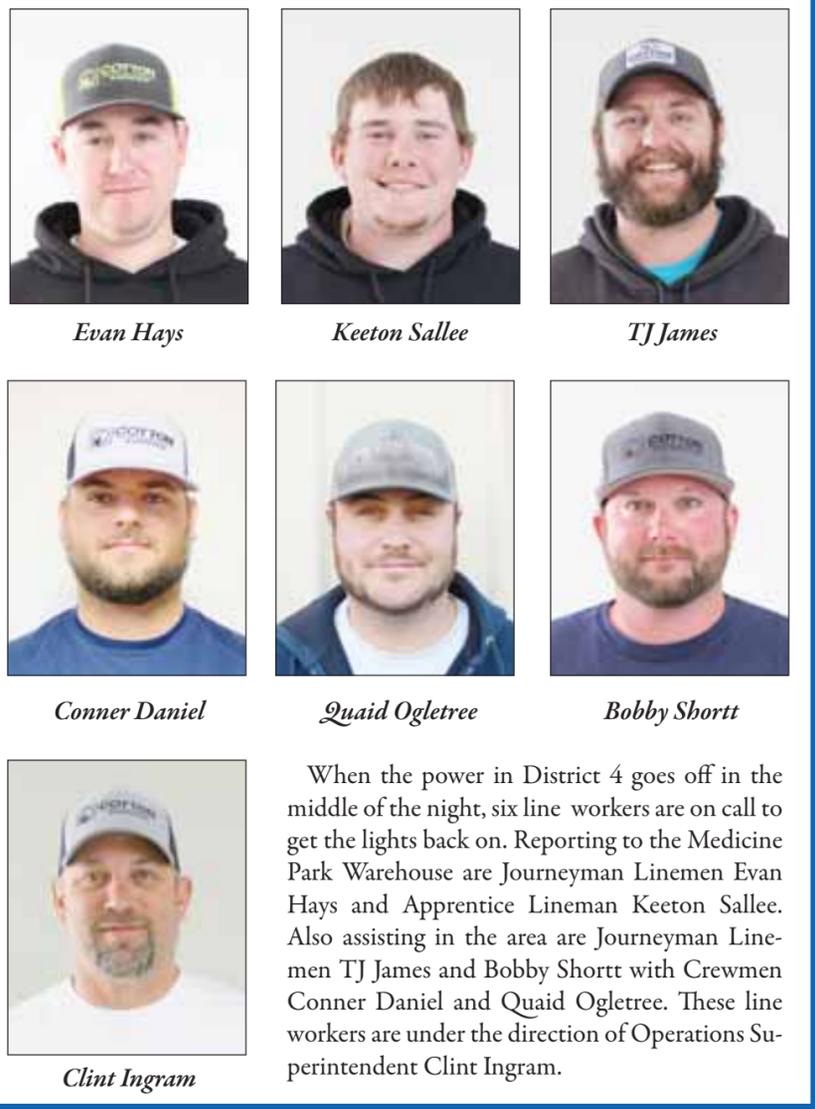
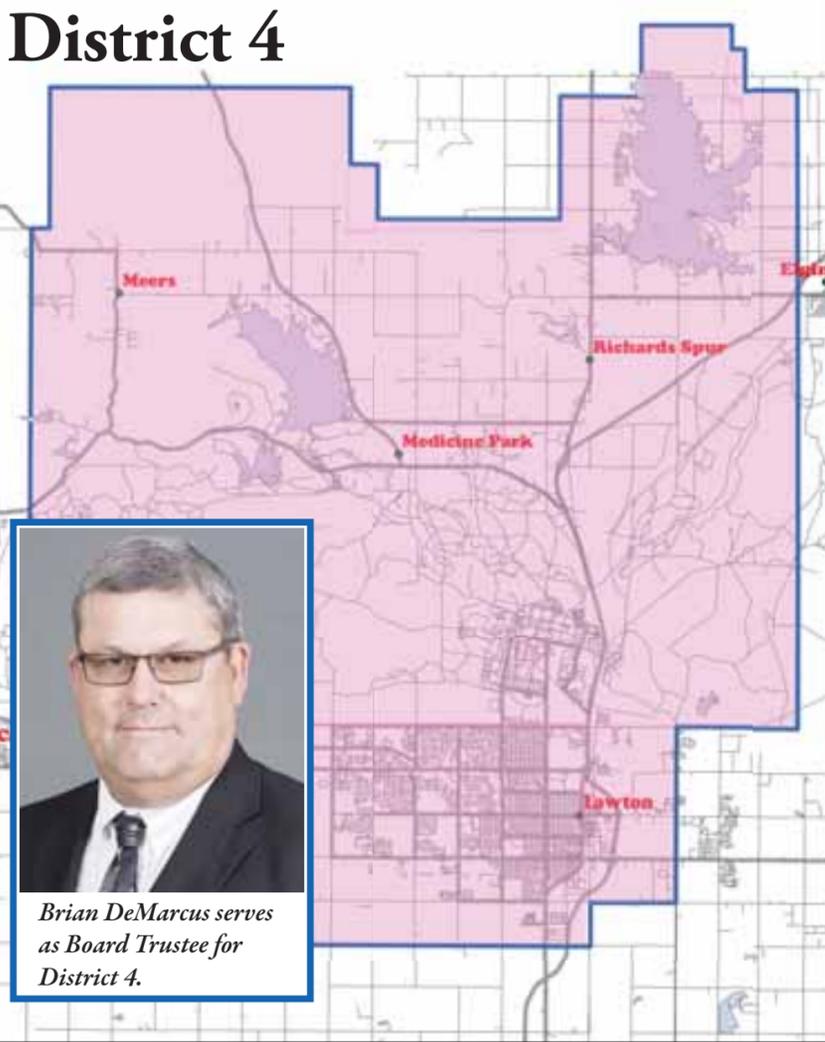
*"The Current - Informing Our Members Since 1957"*

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NUMBER 7

## District 4



When the power in District 4 goes off in the middle of the night, six line workers are on call to get the lights back on. Reporting to the Medicine Park Warehouse are Journeyman Linemen Evan Hays and Apprentice Lineman Keeton Sallee. Also assisting in the area are Journeyman Linemen TJ James and Bobby Shortt with Crewmen Conner Daniel and Quaid Ogletree. These line workers are under the direction of Operations Superintendent Clint Ingram.

## DeMarcus represents District 4

By Danielle Quickle

Cotton Electric is a not-for-profit organization, governed by the members it serves. Its service territory is divided among nine districts, each unique from the next. In 2019, The Current will feature information about each district, one per month.

District 4 is primarily in Comanche County with the exception of two miles that extend northward into Caddo County. Although not served by Cotton Electric, included within the borders of District 4 is the community and school district of Lawton. Parts of Apache, Bishop, Cache, Elgin and Fletcher school districts also fall within district borders. The entire community of Medicine Park is located at the heart of District 4 and is served by Cotton Electric lines.

Members in this area are served by two substations: Paradise and Medicine Park. These substations distribute power across approximately 347 miles of line to residential and commercial accounts. When power distribution issues arise, specific line workers are assigned to restoring power.

When your power goes off in the middle of the night, six line workers are on call to get your lights back on. Reporting to the Medicine Park Warehouse are Journeyman Lineman Evan Hays and Apprentice Lineman Keeton Sallee. Also assisting in the area are Journeyman Linemen TJ James and Bobby Shortt with Crewmen Conner Daniel

and Quaid Ogletree. These line workers do not exclusively work in District 4 but aid the system in various places along the western side of the service territory. They are under the direction of Operations Superintendent Clint Ingram.

Members participate in the governing of their electric cooperative by electing a member from each district to serve a three-year term as a trustee on Cotton Electric's board. In 2013, Brian DeMarcus of Meers was appointed as a trustee for District 4. Members have since held him over twice to represent them at the cooperative.

DeMarcus has been a Cotton Electric member since 1994. He has been serving the membership as a trustee for five years and was recently appointed to act as secretary and treasurer for the board. DeMarcus has always admired the cooperative model.

"I like the fact that every cooperative member is treated the same," DeMarcus said. "We won't do for one person what we wouldn't do for another."

He has been managing All America Bank located near Medicine Park for 11 years. He credits his readiness to serve on the board to his experiences.

"I believe being a community banker who strives to provide local people with friendly, prompt and affordable services parallels the cooperative principles that we have at Cotton Electric," DeMarcus said.

His office is centrally located in Dis-



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trict 4 and he encourages members to come visit with him if they ever have an issue that can't be resolved at the co-op.

"Members are owners of the cooperative and have the opportunity to have their voice heard through their Trustee, as well as at District Meetings and the Annual Meeting," DeMarcus said. "Their concerns or ideas on their electric cooperative are valued as much as anyone else's."

DeMarcus also owns a cattle operation near Meers. He and his high school sweetheart, Cassie, have been married for 31 years and have made their home in the far northwestern corner of District 4. Together they have three children: two daughters, Jordan and Madison, and a son, Wesley.

DeMarcus and his family enjoy living in a district with so much diversity.

"From the Wichita Mountains Wildlife Refuge to densely populated Medicine Park to the sparsely populated ranchlands in the northwest," DeMarcus listed. "We have beautiful scenery with an abundance of activities for families to enjoy."

DeMarcus does not take his position on the board lightly. He continually strives to work closely with the eight other board members and Cotton Electric CEO Jennifer Meason to maintain an excellent format in governing the cooperative.

"I want the members to know that we have policies that have been in place for many successful years that guide us in our decision making," DeMarcus said. "We want affordable and dependable power for members as well as a safe place for our employees to work."

### Power Cost Adjustment Calculated

The power cost adjustment now being applied to bills mailed after March 1, 2019, is \$0.00577 per kWh.

On a member's average bill of 1250 kilowatt hours (kWh), this will amount to a charge of \$7.21 on the March bill.

### February 2019 Temperature Extremes

Day	High	Low	Avg.	Day	High	Low	Avg.
1	62	49	56	15	55	28	42
2	65	52	59	16	37	26	32
3	76	55	66	17	55	28	42
4	68	44	56	18	41	24	33
5	68	41	55	19	36	33	35
6	49	38	44	20	61	28	45
7	39	23	31	21	59	35	47
8	40	17	29	22	50	41	46
9	55	31	38	23	64	39	52
10	45	34	40	24	59	26	43
11	57	44	51	25	68	29	49
12	60	34	47	26	58	35	47
13	66	27	47	27	39	25	32
14	89	58	63	28	40	23	32

Source: srb.noaa.gov/oun/

Average Daily High: 55 Average Daily Low: 34

### Did You Know?

Cotton Electric members can use SmartHub to monitor daily energy consumption. SmartHub is accessible at our website, CottonElectric.com, or via a free app for your smart phone.

The next issue of The Current should arrive in mailboxes on April 15, 2019.

### Contact Us

Do you have a story idea for The Current or do you need to place an ad? If so, let us know.

We can be reached at 580-875-3351 or by email at info@cottonelectric.com.

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

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More news at cottonelectric.com

From the CEO

# Lineworker commitment recognized

National studies consistently rank power line installers and repairers among the most dangerous jobs in the country, and for good reason.



Jennifer Meason, CEO

Laboring high in the air wearing heavy equipment and working directly with high voltage creates the perfect storm of a dangerous and unforgiving profession. But electric lineworkers are up to the task. These brave men and women are committed to safety, as well as the challenges of the job.

Cotton Electric Cooperative's lineworkers are responsible for keeping power flowing day and night, regardless of national holidays, vacations, birthdays, or other important family milestones. Beyond the years of specialized training and apprenticeships, it takes internal fortitude and a mission-oriented outlook to be a good lineworker. In fact, this service-oriented mentality is a hallmark characteristic of lineworkers.

The job requires lineworkers to set aside their personal priorities to better serve their local community.

### Family Support System

To perform their jobs successfully, lineworkers depend on their years of training, experience and each other to get the job done safely.

Equally important is their reliance on a strong support system at home. A lineworker's family understands and supports their loved one's commitment to the greater community during severe storms and power outages.

This means in times of prolonged outages, the family and their lineworker may have minimal communication and not see each other for several days. Without strong family support and understanding, this challenging job would be all the more difficult.

### It Takes a Team

Cotton Electric also has a number of employees who work behind the scenes to support the cooperative's mission and our lineworkers in the field.

In outage situations, we all join to-



gether to get power restored and keep our members informed. All have a vital role as we assist crews, deliver material and meals, and communicate with members throughout the process.

### Community Commitment

In Cotton Electric's service area and across the country, electric co-op lineworkers' mission-focused mentality of helping others often extends beyond their commitment to their work at the co-op.

Lineworkers are often familiar figures in the community. They can be found coaching youth sports teams, volunteer-

ing for local charities and serving on local school boards.

### Thank You

Monday, April 8 is Lineworker Appreciation Day. Given the dedication of Cotton Electric's lineworkers, both on and off the job, I encourage you to take a moment and acknowledge the many contributions they make to our local community.

And if you see their family members in the grocery store or out and about in the town, please offer them a thank you as well.

## KEEP US UPDATED

If your address or contact information has been changed due to E911 or for any other reason please let us know.

Information can be sent in the mail or be dropped off at Cotton Electric, 226 N. Broadway, Walters, OK 73572 or at the Duncan office, 1101 W. Oak.

Information can be emailed to [info@cottonelectric.com](mailto:info@cottonelectric.com) or by phone by calling 580-875-3351.

Name : \_\_\_\_\_

Account #: \_\_\_\_\_

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 \_\_\_\_\_  
 \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_  
 \_\_\_\_\_

## Finalists announced in essay competition

High school juniors from schools across southwest Oklahoma submitted essays to compete in Cotton Electric Cooperative's 2019 Rural Electric Youth Tour contest.

The entries were pared down to the 25 best essays on the topic "What do you find most interesting about electric cooperatives?" and their authors were invited to CEC headquarters in Walters for the interview portion of the competition.

Following the question-and-answer sessions, the co-op named 10 finalists. They and their parents and teachers will be the guests of Cotton Electric for a banquet on March 28.

During the event, the finalists will be required to recite their essay in an oral, speech-type format. As they speak before judges and banquet guests, the final four winners will be determined.

The Cotton Electric Youth Tour Winners will receive an all-expense paid trip to Washington, D.C. For a week in June, they will join 1,500 students and follow state-planned itineraries, including time with Oklahoma's congressional delegation.

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

Listed by school, the 10 finalists and their parents are:

Big Pasture High School: Harli Clem, daughter of Traci and Billy Clem; Taylor Gebhart, daughter of Carla Gebhart;



Central High High School: Aryanna North, daughter of Darlene Lawson and Zack Reeves;

Lawton High School: Shalei Okamura, daughter of Stephanie Okamura; Jadeyn Perry, daughter of Gina Perry;

MacArthur High School: Colby Gilpen, son of Billy and Amy Gilpen;

Marlow High School: Aurelia Holguin, daughter of Ted and Tosha Holguin; Melinda Whiteman, daughter of Stephen and Donna Whiteman;

Walters High School: Jessie Bone, daughter of Mike and Tracie Bone; and Breighannon Hanks, daughter of Shannon and Kimberly Hanks.



## Energy Efficiency Tip of the Month

Spring is nearly here! Now is the perfect time to test your A/C and ensure it's ready for summer. Remember to check the evaporator coil, which should be cleaned annually for optimal efficiency.

Source: [energy.gov](http://energy.gov)

### January 2019 Operating Stats

	2019	2018
Total Amount Billed/Accrued	\$6,299,890	\$6,534,854
Cost of Purchased Power	4,183,343	4,161,290
Taxes	107,654	109,971
Total Operating Expense Per Mile	1,101	1,113
Average Farm and Residential Bill	190	202
Average Farm and Residential kWh	1,845	2,014
Total Meters Billed (farm, residential)	18,406	18,334
Miles Energized	5,197	5,169
Density Per Mile	3.54	3.55
New Service Connects YTD	31	25
Services Retired	17	11

## The Current

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 By Cotton Electric Cooperative, Inc.

Jennifer Meason .....CEO  
 Bryce Hooper..... Vice President of Marketing  
 Karen Kaley.....Marketing & Communications  
 Danielle Quickle ..... Editor  
 Jennifer Kriz.....Display Advertising

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### Mission Statement

Our mission is to be the leader in providing the most reliable and innovative electric system, with affordable rates, through the positive, enthusiastic and professional use of its resources and people.

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



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

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

When Cotton Electric members pay electric bills, the cooperative remits the 2 percent gross receipts tax to the state, and 95 percent of those funds go directly back to local school districts. During 2018, \$2,343,804.30 was apportioned back to the 31 school districts in our service area.

On a percentage basis, electric cooperatives contrib-

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

The Oklahoma Tax Commission oversees the apportionment of the gross receipts tax. The amount paid to each school is based upon the number of miles of power lines that Cotton Electric Cooperative and Western Farmers Electric Cooperative (WFEC) have in each school district. WFEC, Oklahoma's largest locally owned power supply system, is a generation and transmission cooperative owned by 21 distribution cooperatives, including Cotton Electric.

The table shows the miles of line serving each district and an estimation of amounts contributed through the 2018 gross receipts tax.

## 2018 Gross Receipts Tax by School Districts

District	Cotton & WFEC Taxes	Cotton miles of line
Apache	32,339.88	1.26
Big Pasture	54,049.16	233.55
Bishop	293.91	1.27
Bray	85,763.52	137.24
Cache	124,769.91	301.74
Central	89,939.65	240.55
Chattanooga	196,878.39	328.84
Comanche	180,626.57	312.18
Davidson	21,958.05	33.45
Duncan	82,923.47	194.73
Elgin	90,889.52	318.35
Empire	81,271.20	240.23
Fletcher	36,174.35	27.20
Flower Mound	333.25	1.44
Fox	4,008.27	17.32
Frederick	56,668.74	9.09
Geronimo	48,925.57	163.63
Grandfield	43,507.78	188.00
Grandview	47,927.42	114.66
Indiahoma	64,521.46	155.59
Lawton	40,839.38	123.83
Marlow	54,678.64	236.27
Ringling	48,797.60	24.71
Rush Springs	125,986.43	151.97
Ryan	39,428.79	120.28
Sterling	62,033.00	167.05
Temple	55,946.33	230.41
Terral	16,123.33	69.67
Velma	276,861.18	512.02
Walters	184,169.96	297.99
Waurika	95,169.59	243.25
<b>Totals</b>	<b>\$2,343,804.30</b>	<b>5,197.77</b>



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

In February 2019, members used their cards at pharmacies in the CEC service area when filling 20 prescriptions not covered by insurance. A total of \$405.45 was discounted for an average savings of \$20.27 per use.

The total savings since the program's inception in April 2008 has been \$658,162.62.

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 22203 into the Group field and click 'log in' to start your search.



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# Community Spotlight

If you would like your community event listed in the April issue, please submit information by April 3, by calling 580-875-4255 or send an email to [TheCurrent@cottonelectric.com](mailto:TheCurrent@cottonelectric.com).

### Home, garden show set for March

Find practical home improvement ideas and visit professional home and garden service providers during Lawton Home Builders 55th annual Home and Garden Show. Cotton Electric will have a booth and invites all members to stop by.

Doors will be open from 5 to 8 p.m. March 22, 9 a.m. to 6 p.m. March 23, and 11 a.m. to 4 p.m. March 24 in the Great Plains Coliseum and Annex. Admission is free.

### MSD hosting four 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 2019. The first cruise is set for March 22, to coincide with the Duncan Swap Meet held the same weekend at Stephens County fairgrounds.

The second cruise is part of the fun planned for the annual Cruisin' the Chisholm Trail Car Show set for April 19 and 20. Duncan Founders Day activities will include a car cruise on June 21, and the Aug. 2 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.

### Passion play is April 13 and 20

"The Prince of Peace" Passion play begins at 8 p.m. April 13 and 20 at the Holy City of the Wichitas in the Wichita Mountains Wildlife Refuge. The performance is expected to end around 11:30 p.m., and is broadcast on 88.5 FM.

Admission to the nation's longest-running Easter Passion play is free. For information, visit The Holy City Lawton or send an email to [TheHolyCityLawton@yahoo.com](mailto:TheHolyCityLawton@yahoo.com).

### Cattlemen to meet April 13

Cattlemen from Comanche, Cotton and Tillman counties are invited to attend a steak dinner and organizational meeting of the Tri-County Cattlemen's Association. During the event, a Preifert Chute will be given away.

The gathering begins at 6 p.m. April 13 at the Chattanooga Civic Center. The organizational meeting will immediately follow the supper.

All members will enjoy a complementary dinner, Tri-County updates and state legislative updates.

For information, call Shari Holloway at 580-695-3788 or send an email to [shari.holloway@icloud.com](mailto:shari.holloway@icloud.com).

### Apache Rattlesnake Fest set for April

Mark your calendars for the Apache Rattlesnake Festival set for April 18-21 in downtown Apache. The event features exhibits, arts, crafts, vendors, carnival rides and games, rattlesnake catching contests, food, music and fun.

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

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

### Find collectibles at April sale

KLAW 101, Z94, and 1073 POP-CRUSH are sponsoring Lawton's Largest Garage Antique and Collectible Sale from 8 a.m. to 5 p.m. April 19 and 8 a.m.

to 3 p.m. April 20 at the Great Plains Coliseum.

This is an excellent opportunity to sell items you no longer have room for or have fun browsing through the unique, one-of-a-kind treasures on display. Booths are available now on a first-come, first-served basis. Booths start at \$45, and each additional booth is only \$40.

For information, you can stop by Townsquare Media offices at 626 SW D Ave in Lawton.

### LPO presents 'On The Town'

Lawton Philharmonic Orchestra presents "On The Town" at 7:30 p.m. April 27 at McMahon Auditorium, 801 NW Ferris Avenue, Lawton.

Leonard Bernstein's first musical is full of delightful tunes, rhythms and dance music. This concert will feature three guest soloists, Sherri Edelen, Ben Lurye and Tracy Olivera, as well as a cast of local performers.

Tickets may be purchased online or by calling 580-531-5043. For information, visit [LawtonPhil.com](http://LawtonPhil.com).

### Arts, Crafts Festival set for May 4

Cotton County Art Council will host its annual Arts and Crafts Festival from 9 a.m. to 4 p.m. May 4 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 by emailing [calfinator@yahoo.com](mailto:calfinator@yahoo.com).

### Duncan Spring Stroll is May 11

Save the date for Downtown Duncan's third annual Spring Stroll from 10 a.m. to 3 p.m. May 11 along Main Street.

Main Street shops open their doors for all guests to see new spring offerings, enjoy in-store specials and live demonstrations. Some locations will offer a gift with purchase. Punch cards are available for \$5 to participate in the chocolate tasting event and the Grand Prize drawing at the end of the day.

More information can be found on the Spring Stroll Facebook page or by visiting the Main Street Duncan website.

### Kona Ice fundraiser in Lawton

Kona Ice Truck will be serving shaved ice all year and flavored hot chocolate in the winter months from 3-4:15 p.m. every fourth Thursday of the month until May 2019 at 704 W. Gore Blvd in Lawton.

Twenty percent of proceeds go to St. Mary's Catholic School. Kona Ice is lower sugar with sugar-free options and fortified with Vitamins C and D and antioxidants.

For more information visit the Kona Ice Fundraiser Facebook page.

### Literacy Council hosts tutor training

Duncan Area Literacy Council will be hosting a volunteer tutor training from 9 a.m. to 4 p.m. on April 6 at First United Methodist Church located at 2300 N. Country Club Road in Duncan.

The training will take place in the adult wing on the north side of the church and a free lunch will be provided. Retirees, stay-at-home parents or good Samaritans who just want to help will learn how to teach reading and math skills and help students obtain their GED. Participants will be able to set their own hours.

For more information, contact Mary Brancich at 580-736-1170.

**More Community Spotlight on Page 6**

## PHOTO OF THE MONTH



Cotton Electric member Bethany Sparks captured this heartfelt moment between her son, Parker, and his Great-Grandpa Bobby. Bethany is grateful for photos to help remember these grand times.

Enter your "best shot" in our Photo of the Month contest. Theme for April is AGRICULTURE. Entries can be emailed to [TheCurrent@cottonelectric.com](mailto:TheCurrent@cottonelectric.com) or mailed to The Current, 226 N. Broadway, Walters, OK 73572. Winners will receive a Cotton Electric prize package of CEC goodies.

## Senior activities find new home

A variety of activities and weekly sponsored events will continue for the Wichita Mountains Area Senior Citizens Center at the First Baptist Church Fellowship Hall in Medicine Park until a permanent home can be found or the Legion Building can be rebuilt.

The Legion Building hosted senior center members up until the building came down in flames on Feb. 9.

Potluck dinners, games and TV will continue to be offered every Monday from 6 to 10 p.m. Activities continue on

Tuesdays and Thursdays with dominoes, other table games, Tai Chi and stretch and balance exercises starting at 10 a.m. Lunch is served at noon, with events continuing into the afternoon.

Senior Center President Puddin McKenzie encourages all of the senior center members to come to the Fellowship Center to play, eat, volunteer and help the senior citizen center recover.

For information about other activities, visit [WichitaMountainSeniors.org](http://WichitaMountainSeniors.org).



## Power to Your Community For Your Community

"I get my power from my co-op so I can put my energy into waking up the neighborhood. Co-op members aren't just customers, they're family, working together to create a different kind of energy network, one that puts members first."

Touchstone Energy Cooperatives. Your source of power. And information.



### Upcoming Deadlines for The Current

April		May		June	
Ad Sales	Mar. 29	Ad Sales	Apr. 26	Ad Sales	May 24
Classified	Apr. 3	Classified	May 1	Classified	May 29
Publish Date	Apr. 15	Publish Date	May 13	Publish Date	June 10

# Vegetation Management improves power service quality

By Danielle Quickle

Spring is here and with it comes the busiest time of year for Cotton Electric's Vegetation Management (VM). As the weather gets warmer and the sun continuously shines, vegetation sprouts up throughout the co-op's service territory and threatens power service quality.

The VM crew is responsible for clearing and maintaining brush along Cotton Electric's right-of-way. Electric co-ops clear rights-of-way in order to keep power flowing safely to members. Trees may seem harmless on a calm, sunny day. But add a bit of wind on a stormy night and those towering pillars may threaten your home's electric supply. Your electric cooperative is committed to providing safe, reliable power and our VM department is the key to fulfilling that promise.

The day-to-day functions of the department are organized by VM coordinator Scott Crew.

"I usually prioritize areas that need our attention and that is where we start," Crew said. "But our schedule is constantly changing depending on jobs that get called in."

VM Workers Fred Buchanan, Billy Kennard and Ryan Ledford maintain brush through methods of trimming, treating and clearing. Each are done in a manner that causes the least disruption

to the environment and provides the best delivery of power.

Trimming serves as a temporary solution to vegetation impeding the right-of-way. Areas that have been trimmed have to be revisited frequently to be maintained.

Ultimately the best solution to improve service quality is to completely clear the vegetation. By doing this, the co-op saves valuable money and time, especially during outages.

"If our linemen aren't having to fish power lines out of brush when a tree has fallen over on them, then that means less time until the power is restored," Crew said.

Once an area has been cleared, it is followed by a herbicide application. Herbicide is a chemical spray that is engineered to stop the growth of trees without harming the surrounding vegetation, such as grass.

"I know members are hesitant about herbicide," Crew said. "But it is a safe resolution that improves the efficiency of not only our department, but the co-op."

The VM department falls under Cotton Electric's operations team and works closely with the engineering department and linemen. Engineering will call on VM to clear an area for a new job and linemen will report things out in the



From left, VM Coordinator Scott Crew and VM Workers Billy Kennard, Ryan Ledford and Fred Buchanan work to improve service quality for Cotton Electric members.

field that need attention from the VM.

"When our linemen notice brush piled up or have broken poles that need to be brought in, they call us and we go clear those things off of member's property," Crew said.

The linemen return the favor by helping out during spray season which the VM is gearing up for right now.

Reliant on Mother Nature, spray season typically begins in mid-April.

"We want the trees in full active growth and leaf-out," Crew said. "And we want to catch all species at the right time."

The VM crew also receives assistance from contractors who are signed on at the beginning of each year by Scott Crew. The sole contractor for 2019 is North-

east Rural Services (NRS), a subsidiary of Northeast Oklahoma Electric Cooperative. NRS has worked in Cotton Electric territory in previous years and now has two crews who aid the department.

"Members will recognize these crews by their NRS logo accompanied by the familiar Cotton Electric logo," Crew said. "I oversee their work to make sure it is up to cooperative standards."

Members can contribute to the efficiency of the department. As Earth day approaches, the VM department asks members to be mindful of electric lines when deciding where to plant trees. Even trees that are not touching lines can be problematic.

## Contractors continue work in Cotton Electric territory

Cotton Electric's Vegetation Management (VM) program is a proactive effort to ensure quality power delivery. Aggressive and preventive vegetation management is a good value to the co-op's members from a service and an economic perspective. Keeping trees away from power lines is also a matter of safety.

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

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

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

After trees are cleared, crews return to the area at

regularly scheduled intervals to apply a specially formulated herbicide that will prevent tree growth while protecting grasses. Spraying is done only during the growing season.

During the first quarter of the year, Northeast Rural Services (NRS) will have two crews working in Cotton Electric territory. One crew continues working seven miles north of the intersection of Highway 7 and Highway 65 and are making their way south. The other crew is working their way towards Walters from the Hulen substation. Crews are expected to move to the east Walters circuit in the second quarter of this year in preparation for contractors coming to remove bad poles. They will be prioritizing the clearing of vegetation to improve power quality and make room for pole changeouts.

The VM department is working around the lines serving the Duncan Lake areas. As always, Cotton's vegetation management crews will work with district

linemen on VM clearing where needed throughout the service area.

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

Landowners looking for material to help with erosion problems may want to contact the co-op, too. With the new skid steer, the VM crew can deliver stumps and other debris too large to chip or mulch.

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

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

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# Community Spotlight

## Market open for winter hours

Lawton Farmers Market, an initiative of the Southwest Oklahoma Growers Association, returns for winter months in the Cameron University Animal Sciences building at the Agriculture Facility from 9 a.m. to 1 p.m. each Saturday, running through the end of March 2019.

Shoppers will find a variety of choices at the winter market, including winter produce, sprouts, micro greens, meat, eggs, honey, nuts, and handmade and artisan items. The building is located on Southwest 38th Street and is south of Dr. Elsie Hamm Drive and the railroad crossing. Parking is available on the south side of the building.

For more information about the market or becoming a vendor at the market, visit [LawtonFarmersMarket.com](http://LawtonFarmersMarket.com).

## Grief care group offered in Duncan

Are you grieving the loss of a partner, family member or friend? Chisholm Trail Hospice is offering Newly Bereaved, a grief care group, from 6:30 to 8 p.m. each Tuesday through April 23 at Duncan Regional Hospital Home Care in Duncan.

The program is designed to provide a safe, supportive and confidential setting facilitated by hospice bereavement volunteer, Susan Gassaway.

Registration is preferred, but not required. For more information and to register, call Chisholm Trail Hospice at 580-251-8752.

## Senior center hosts weekly dances

Duncan Senior Citizens Center presents country and western dances from 7 to 9:30 p.m. every Tuesday and Saturday. Tuesdays feature Bill Dewbre and Old Coun-

try. Buzz Carter and the Shadow Riders play every Saturday. Admission is \$6 and includes free coffee and soft drinks. Donations are appreciated. For information, call the center at 580-255-6902.

## Weekly kids' activities in Central High

Central High presents Story Time from 10-10:30 a.m. every Wednesday while school is in session at the high school library.

Participants will read a story, sing songs and do an activity. Children who have not yet started school are welcome if accompanied by parent or caregiver.

For more information, call 580-685-2929 Ext. 6.

## Chapter of the Blind meets monthly

Duncan Chapter of the Blind meets at 1:30 p.m. on the third Saturday of each month at New Hope Baptist Church, 200 S. 42nd Street.

This is an opportunity for those who are visually impaired or blind and their caregivers to learn about the availability of services and equipment such as white cane training and large lighted magnifiers. The group also provides information about free access to an extensive library of audio books.

For information about the group or to arrange free transportation to the monthly meeting, call 580-786-8041 or 427-2933.

## Honor guard serves SW Oklahoma

Seeing a need in the area, several military veterans formed an honor guard in 2007 to provide services at funerals for all military veterans. The guard is made up of veterans from all branches of the armed forces and three veterans' organizations.

The uniformed guard furnishes a 21-gun salute, plays

taps and folds a flag for presentation to the family. The guard travels anywhere in Stephens, Cotton, Comanche and Jefferson counties, and has made special trips into Grady and Carter counties. There is no charge for the service, though donations are accepted.

For information about joining the guard or securing its services, call L.D. Williams at 580-439-8244.

## Food pantry opens 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.

## SWOBA meets monthly

Southwest Oklahoma Beekeeper Association meets at 7 p.m. every second Thursday of the month at the Stephens County Fairgrounds.

The association strives to improve beekeepers and beekeeping methods for the local community and provide a beneficial resource to facilitate and augment the cultivation and conservation of wild and managed bee populations across the great state of Oklahoma.

More information can be found by visiting [OkBees.org/SWOBA](http://OkBees.org/SWOBA).

## Blessings Boutique open monthly

Marlow First United Methodist Church opens their Blessings Boutique every first and third Tuesday of the month. Clothing donations drop-off days are Tuesdays or donators can call the church at 580-658-2765 to make other arrangements.



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

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

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

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

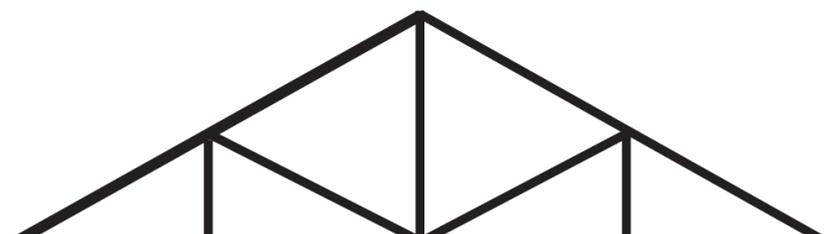
plication forms can be downloaded at [CottonElectric.com](http://CottonElectric.com) and are available at the Walters and Duncan offices or by calling 580-875-3351. Ask for the Marketing Department.

- Application must be signed and dated by both the member and a licensed and bonded HVAC contractor.
- Member must submit a dated, itemized invoice as proof of service completion from a qualified contractor. Failure to provide required information will result in denial of rebate.
- Rebates are awarded on a first-come, first-served basis until program funds have been depleted.
- Rebate not valid on gas-fired furnaces.
- Rebate limited to one tune-up per home annually.
- HVAC tune-ups must be completed by June 20, 2019. Rebate applications must be received by June 30, 2019.

## Tune-Up Checklist:

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

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



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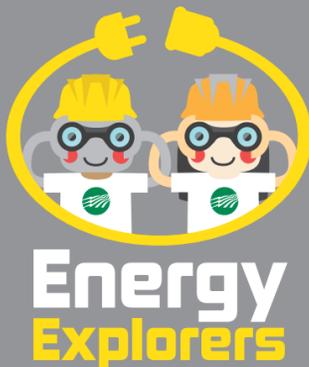
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# ENERGY EFFICIENCY QUIZ



- 1. Taking a long bath saves more energy than taking a short shower.**  
A) True B) False
- 2. LED bulbs typically use \_\_\_\_\_ less energy than incandescent light bulbs.**  
A) 75% B) 50% C) 35%
- 3. Which of the following is an energy vampire? (Hint: Energy vampires consume energy even when they aren't being used.)**  
A) Dishwasher B) Electric mixer C) TV
- 4. If you see this logo on a product, it has an excellent energy efficiency rating.**  
A) ENERGY SMART B) ENERGY STAR C) ENERGY WISE
- 5. Turning off the tap water while brushing your teeth can save up to four gallons of water per minute.**  
A) True B) False

### ANSWER KEY

ANSWERS: 1. B 2. A 3. C 4. B 5. A

	2	6		5				8
4		8					3	5
	9		8		7			
8	5		1	2				6
		7					8	1
1	3		6		8	9		
	6	4						
		5	3				2	
9		3				6	4	

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*Editors Note:*

*For 2019 we will be alternating between crossword and sudoku puzzles to challenge the mind differently each month. The crossword puzzle will be back in April. For now, test your skills with this sudoku.*

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# Ideas for an easy Easter menu

FAMILY FEATURES

**W**hether you're new to hosting or simply looking for ideas to make Easter entertaining easier than ever, there are plenty of ways to save time and stress in the kitchen.

**Go with what you know.** Trying out new recipes is fun, but it can also add stress when they don't turn out like you expected. Stick to tried and true dishes you can prepare and serve with confidence and save the experimenting for another time.

**Take shortcuts.** At the center of many Easter feasts is a ham that has been expertly cured and cooked to perfection. Even so, starting with a full-cooked ham is a shortcut that no one is likely to notice, especially if you heat it

properly. For exceptional quality and a variety of flavor profile options to choose from, turn to America's Original Butcher, Omaha Steaks. The meats are fully cooked then frozen before being delivered to your door for maximum convenience.

**Work ahead.** Plan your menu to incorporate items you can make ahead of time so you're under less pressure the day of your dinner. Even handling the prep work like slicing veggies the night before can buy back precious minutes, that way when guests begin arriving, you can step out of the kitchen and enjoy the day right along with them.

Find more ideas to make hosting this year's Easter meal easy at [OmahaSteaks.com/buy/meals/easter](http://OmahaSteaks.com/buy/meals/easter).

## How to Heat a Frozen Ham

Many frozen hams are fully cooked and can be served as soon as they're properly thawed, which is an ideal solution for a casual brunch with mini sandwiches on the menu. However, if you're serving an elegant holiday dinner, you're more likely to prefer a warm centerpiece dish. A fully cooked ham is still a time-saving option; you'll just need to allot time to heat it in the oven once it's thawed.

Start by thawing a fully cooked ham in the refrigerator for 24-48 hours.

To keep your ham extra moist, always put the cut-side down. You might also consider placing a baking rack in the pan and adding a quarter-inch of water before placing the ham on the rack.

For a spiral-cut, bone-in ham, heat the oven to 325 F. Remove ham from film and foil. Place ham cut-side down on a raised edge baking pan lined with foil. Heat uncovered 60-75 minutes for the entire ham or 10 minutes per pound for smaller portions.

For a boneless ham, heat the oven to 350 F. Place the ham, cut-side down, on a raised edge baking pan lined with foil. Cover the ham tightly with foil and heat 35-40 minutes.

Another option for adding extra juicy flavor is a glaze, which can be as simple as dissolving three parts brown sugar into one part honey in a small saucepan. Or for a more elegant affair, consider a fruit-infused glaze to complement the savory pork.

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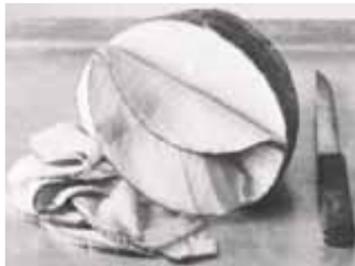
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# Simple *Holiday* Hams

## EASY FRUIT-INFUSED GLAZES

### A Host of Hams

If you always thought a ham is a ham is a ham, it's time to think again. From the type of meat to the smoking preparation to specialized slicing that makes serving easy, there are plenty of options to consider from a supplier like Omaha Steaks when choosing the right ham.



#### Savory

For an elegant gathering that demands premium ingredients, an all-natural Duroc Boneless Country Ham may be the answer. These hams tend to feature more marbling for an exceptionally rich flavor and texture, making for a tender, savory and juicy main course with no basting or injection needed.



#### Smoky

Put a little flair in your Easter meal with a uniquely flavored ham like the Pecanwood Smoked Flank Ham, smoked with real pecan wood for 8 hours to add a rich yet mellow smoky flavor. This tender, juicy uncured whole-muscle ham earns its place of distinction on your holiday table. Complementary sides with subtle nutty notes, such as a sweet potato casserole, can enhance the menu even more.



#### Sweet

Each Spiral-Sliced Ham is slowly smoked with real wood up to 24 hours to infuse flavor and maximize juiciness then generously brushed with a sweet and sticky brown-sugar crust that is torch-glazed to create a flavorful, crunchy crust. It's spiral-sliced before delivery, so once it's thawed and heated, it's ready for quick service to your guests.

#### Apricot Glaze

- 1/2 cup brown sugar
- 1 teaspoon cornstarch
- 1/2 teaspoon ground ginger
- 1 cup apricot nectar, canned

In saucepan, mix brown sugar, cornstarch and ginger. Stir in apricot nectar. Cook over medium heat, stirring constantly, until mixture thickens and boils.

#### Cranberry Orange Glaze

- 1 can (16 ounces) cranberry sauce
- 1 cup brown sugar
- 1/2 cup orange juice
- 1/2 teaspoon cloves, ground
- 1/4 teaspoon cinnamon, ground
- 1/4 teaspoon allspice

In small saucepan over low heat, combine cranberry sauce, brown sugar, orange juice, cloves, cinnamon and allspice; simmer 5 minutes, before serving.

## Dairy milk triumphs over alternatives

Milk from animals has been a method of getting protein and calcium for thousands of years. Milk alternatives have been part of Eastern cultures for thousands of years – think coconut milk. Milk and milk alternatives are now fighting for consumers in the U.S. Sales of non-dairy milk continue to rise and new milk alternatives appear on store shelves every year.

Consumers can choose from a variety of plant-based milk alternatives, including soy, almond, coconut, rice, hemp, oat, pea, potato, flax, cashew, and flax milk. Each of these milk alternatives comes with marketing messages and nutrition claims which can be confusing and misleading.

Plant-based milk alternatives are essential for people who have a true allergy to milk protein, casein or whey. They are preferred by individuals who want to reduce their intake of animal products for various reasons, including religious needs and personal preference. If you are lactose-intolerant, you can still consume animal milk products as long as the lactose has been removed or you choose



Kim Bandelier, MPH, RD, LD

### Food For THOUGHT

an animal milk that is naturally lower in lactose, such as goat's milk. If you are not allergic to milk protein and you do not prefer to reduce your consumption of animal products, your milk choice should be based on the nutrition facts label.

A review of research on milk and dairy

products from animals, published by TK Thorning and colleagues in Food and Nutrition Research in 2016, concluded that available evidence supports the role of milk and dairy products to meet nutrient needs versus plant-based milks. It determined cow's milk may protect against prevalent chronic diseases like heart disease and diabetes.

Milk from animals is more nutrient dense, meaning it provides more nutrients per calorie, and is less processed than plant-based milks. Most plant-based milks are significantly lower in protein amount and quality and lower in vitamins and minerals when compared to cow's milk. Soy milk and pea milk come closest to cow's milk in amount and quality but still have to be fortified with calcium, vitamin A, riboflavin, and vitamin B12 to offer the same nutritional benefits.

Other plant-based milks are very low in protein amount and quality and have to be fortified with vitamins and minerals to match the nutrition profile of cow's milk. Plant-based milks are highly processed and can be very expensive.

When you look at the nutrition facts label on cow's milk and milk alternatives, you need to consider your individual nutrition needs and finances. If you want to get protein from your "milk," animal milk, soy milk or pea milk are the best options for you at this time. If you are trying to reduce calories and fat in your diet, cow's milk comes in low-fat and fat-free options that still offer the same amount of protein, vitamins, and minerals as their higher fat options.

Plant-based milks are naturally lower in fat than full-fat or whole milk. For vitamins and minerals, most plant-based milks must add these micronutrients to come close to the levels in cow's milk, requiring you to do a thorough inspection of the nutrition facts label. Pay special attention to the amount of calcium and vitamin D.

Producing milk from plants involves significant amounts of processing and the addition of stabilizers to make the products shelf-stable, palatable, and of a texture that mirrors cow's milk. All of this increases the cost of plant-based milk alternatives.

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# Emergency preparedness tips for seniors

Natural disasters can strike at any time, and when they do, the damage is often considerable. According to the United Nations Office for Disaster Risk Reduction, between 2005 and 2014 natural disasters caused \$1.4 trillion in damage across the globe, affecting 1.7 billion people along the way.

Various preventive measures can protect people and their homes from the potentially devastating impact of natural disasters. For example, oceanfront communities may be able to decrease property damage by exacting certain measures, such as building homes on stilts.

Another way to prevent tragedy related to natural disasters is to develop an emergency preparedness plan before the next storm strikes. That's important for everyone, but especially so for seniors, many of whom live with mobility issues that can compromise their ability to escape the eye of oncoming storms.

In recognition of the potential problems seniors face when natural disasters strike, the American Red Cross offers the following tips to seniors and their families so aging men and women can make it through such situa-

tions safe and sound.

- Make arrangements to contact loved ones. Prior to an emergency, seniors and their support network should make arrangements to make immediate contact once a disaster strikes. Determine who will make initial contact and how that contact will be made (i.e., via phone, text message, social media, etc.), as well as who will be responsible for providing assistance if necessary. Such a plan lets everyone within the support network know their precise responsibilities, which limits confusion in the sometimes-hecktic hours and days after disaster strikes.
- Exchange keys. Make sure everyone in the support network has keys to seniors' homes. In so doing, support networks are increasing the chances that someone will be able to reach potentially vulnerable seniors if the primary contacts are incapable of doing so.
- Let others know where emergency supplies are kept. Everyone should have emergency supplies in their homes. Seniors should not take it for granted that such supplies can be easily found if they become incapaci-

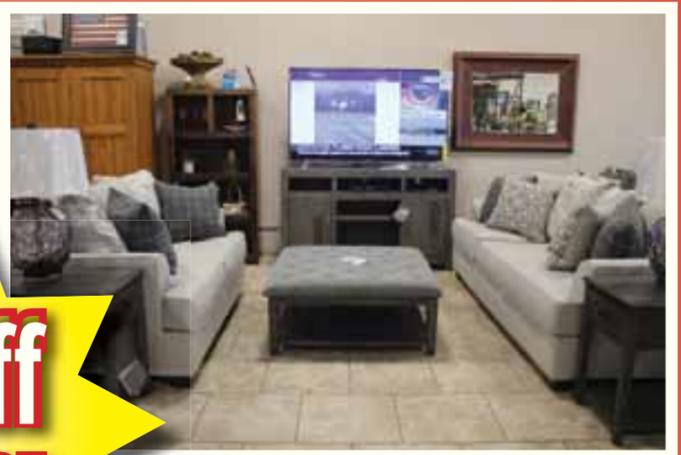
tated during a storm. Make sure such information can be easily accessed during a storm by emailing it to your support network and/or posting the information in a convenient location in your home, such as on the refrigerator.

• Share your evacuation plans. In the wake of recent disasters, many communities that did not previously feel vulnerable to natural disasters have devised evacuation plans for residents. Seniors should share these plans with their support networks. Doing so makes it easier for relatives to find you if you must evacuate your home before help arrives.

• Share important medical information. Seniors should share medical information, such as healthcare providers and a list of the medications they're taking. This can make things easier for emergency responders to successfully treat people who become incapacitated during storms. Emergency preparedness strategies save lives. More information about how seniors can prepare for emergencies is available at [www.redcross.org](http://www.redcross.org).

Source: Metro

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# Team selected to electrify Guatemalan village

Adults and children in the isolated, mountainous village of Sillab in north-central Guatemala are currently in the dark. The village has never had access to electricity before, but their story will soon change.

The Oklahoma Association of Electric Cooperatives (OAEC) has selected a group of volunteer linemen to electrify Sillab this coming August. One of the selected team members is Cotton Electric Cooperative's own Jarrod Hooper.

"We are proud to send Jarrod Hooper as an ambassador for our co-op and for our state in this mission of providing first-time electricity to those who have none," CEO Jennifer Meason said. "This type of commitment and concern for community speaks to the value of the cooperative difference, which transcends borders."

The electrification project – dubbed Energy Trails – will be a joint effort between Oklahoma and Colorado's electric cooperatives. The mission will be coordinated through the National Rural Electric Cooperative Association's (NRECA) philanthropic arm, NRECA International Foundation.

Providing oversight to the project is the OAEC International Committee, comprised of nine trustees from the statewide association board, which represents 30 electric cooperative member-systems.

The committee recently selected a team of 10 volunteers and designated two alternates for the upcoming trip. Ten additional volunteer linemen from Colorado will embark on this journey with their Oklahoma counterparts.

"We are grateful for the overwhelming response of Oklahoma co-op linemen who are willing to leave their homes and families for an extended period of time to empower far-away communities," says OAEC International Committee Chairman Jimmy Taylor. "Access to electricity

will bring economic empowerment, better access to health care and enhanced safety for these villagers. It's a life-changing gift."

The project site is located in the department (state) of Alta Verapaz, near the border with Belize. The volunteer linemen will work for a period of three weeks wiring poles and homes to receive first-time electricity. Upon completion, 60 homes, one elementary school and four churches will benefit from access to electric power.

The team of linemen will work on a stretch of six and half miles in mountainous terrain to wire 60 poles and install four transformers. Each home will be equipped with four lightbulbs, four light switches and four electrical outlets.

The powerlines will belong to a local utility, ADECORK (Asociación Para Desarrollo Comunitario Rax Kiche). Translation: Association for Community Development Rax Kiche. ADECORK will generate and distribute electric power to Sillab. The utility operates a small hydro plant with a capacity of 75 kilowatts (kw).

The villagers of Sillab grow corn for self-consumption and generate most of their income from the production of cardamon seeds, peppers, and coffee as well as a variety of other spices.

The following volunteers were selected to serve on the project:

Bryan Kimminau, Alfalfa Electric Cooperative; Heath Gossen, CKenergy Electric Cooperative; Dusty McNatt, CKenergy Electric Cooperative; Jarrod Hooper, Cotton Electric Cooperative; Dakota Gilbert, (Northfork Electric Cooperative; Trevor Howard, Northwestern Electric Cooperative; Nate Hulse, Oklahoma Electric Cooperative; Team Leader Mike Wolfe, Southwest Rural Electric Association; Kyle Weber, TCEC; Chance Turpin, Western Farmers Electric Cooperative.

## Energy Trails 2019 Guatemala Volunteers



Alternates are Clint Robinson of Central Electric Cooperative and Shane Stiger of Indian Electric Cooperative.

This project marks the fourth electrification project Oklahoma's electric cooperatives have sponsored in Central and South America.

"Bringing electricity to remote areas in developing countries takes electric cooperatives back to their roots. It is an honor to pay it forward," says OAEC General Manager Chris Meyers. "This mission

reinforces our commitment to empower generations by improving the quality of life for local communities at home and abroad."

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>.

Source: OAEC

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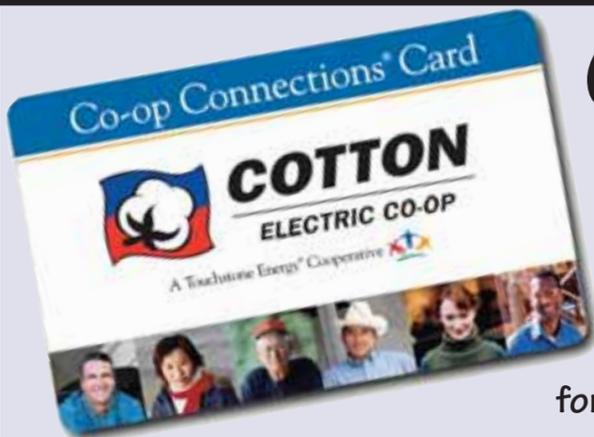
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To find a participating pharmacy, call Member Services at 800-800-7616 or visit [www.locateproviders.com](http://www.locateproviders.com). Type 2203OK19 into the Group field and click 'log in' to start your search.





# Proper device disposal protects information

By Christopher Crowley

Mobile devices, such as smartphones, smart watches and tablets, continue to advance and innovate at an astonishing rate. As a result, some people replace their mobile devices as frequently as every year. Unfortunately, people often do not realize how much personal data is on these devices.

Below, we cover what may be on your mobile device and how you should securely wipe it before disposing of it. If your mobile device was issued to you by your employer, or has any work data stored on it, be sure to check with your supervisor about proper backup and disposal procedures first.

## Your Information

Mobile devices store more sensitive data than many people realize, often far more than your computer, including:

- Where you live, work, and places you visit
- The contact details for everyone in your address book, including family, friends, and co-workers
- Phone call history, including inbound, outbound, voicemail, and missed calls
- Texting or chat sessions within applications like secure chat, games, and social media
- Web browsing history, search history, cookies, and cached pages

- Personal photos, videos, and audio recordings
- Stored passwords and access to your accounts, such as your bank, social media, or email
- Health related information, including your age, heart rate, exercise history, or blood pressure

## Wiping Your Device

Regardless of how you dispose of your mobile device, such as donating it, exchanging it for a new one, giving it to another family member, reselling it, or even throwing it out, you need to be sure you first erase all that sensitive information. Simply deleting data is not enough, instead you should securely erase all the data on your device.

The easiest way to do this is to reset your device. The reset function varies among devices; listed below are the steps for the two most common devices.

An even more secure step is to make sure you have encryption enabled on your device before resetting it. On most recent mobile devices, the easiest way to do this is to simply enable a screen lock (which hopefully you have enabled already).

Finally, we highly recommend you back up your device before resetting it.

- Apple iOS Devices: Settings | General | Reset | Erase All Content and Settings



- Android Devices: Settings | Privacy | Factory Data Reset

## SIM & External Cards

In addition to your device, you also need to consider what to do with your SIM (Subscriber Identity Module) card. A SIM card is what a mobile device uses to make a cellular or data connection.

When you wipe your device, the SIM card retains information about your account and is tied to you. If you are keeping your phone number and moving to a new device, talk to your phone service provider about transferring your SIM card. If this is not possible, keep your old SIM card and physically destroy it to prevent someone else from reusing it to impersonate you and gain access to your information or accounts.

Finally, some Android mobile devices utilize a removable SD (Secure Digital) card for additional storage. Remove

these external storage cards from your mobile device prior to disposal. These cards can often be reused in new mobile devices or can be used as generic storage on your computer with a USB adapter. If reusing your SD card is not possible, then just like your old SIM card, we recommend you physically destroy it.

If you are not sure about any of the steps covered above, or if your device reset options are different, take your mobile device to the store you bought it from and get help from a trained technician.

Finally, if you are throwing a device away, consider donating it instead. There are many excellent charitable organizations that accept used mobile devices, and many mobile providers have drop-off bins in their stores.

Source: SANS Security Awareness

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