

The Current

A Publication of Cotton Electric Cooperative Inc.

A Touchstone Energy® Cooperative 

“The Current - Informing Our Members Since 1957”

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June 11, 2018

NUMBER 11



More than 100 electric cooperative employees from across the state gather to volunteer at the 2018 Special Olympics Oklahoma - State Games in Stillwater.



Eric Woods and Jennifer Kriz welcome an athlete as he crosses the finish line in the 50 meter dash at Special Olympics Oklahoma.



Volunteers representing Cotton Electric at 2018 Special Olympics Oklahoma included former CEO Warren Langford, Marketing Representative Jennifer Kriz, Editor Danielle Quickle, and CESI Lab Foreman Eric Woods.

Special Olympics lives up to its name

By Danielle Quickle

For 30 years, the Oklahoma Association of Electric Cooperatives (OAEC) has reached out to cooperatives across the state asking for volunteers to serve at Special Olympics Oklahoma (SOOK).

Shown at the top are electric cooperative volunteers who spent three days working at Special Olympics Oklahoma in the Track and Field events. In years past, OAEC has been a leading organization in providing volunteers at SOOK. This year continued that tradition with 101 volunteers from 18 co-ops gathering in Stillwater for the May event.

Representing Cotton Electric were former CEO Warren Langford and Marketing Representative Jennifer Kriz who have been long time volunteers and supporters of Special Olympics. Joining them were first-time volunteers CESI Lab Foreman Eric Woods and myself.

Warren and Jennifer, who have a combined 24 years at SOOK, could not recall a hotter week at the track than this one. No amount of water or sunscreen could ease the 90-degree, no-breeze, not-a-cloud-in-the-sky conditions. All attendees, volunteers and athletes were searching for shade at every opportunity. Like clock-

work, the announcer would come on the overhead speaker every 15 minutes to remind all to reapply sunscreen and stay hydrated.

Cotton Electric was put on the side of the track with the male athletes. Eric and I wore aprons that were filled with numbers to be awarded to the athletes in the order they crossed the finish line. Jennifer would run the finishing times to Warren, who was in charge of lining up the athletes to head to the awards podium where 1st through 3rd place received their medals and all others were awarded ribbons.

Despite extreme heat, the track was filled with enthusiasm, smiles and hugs. As volunteers, we forgot about the heat and exhaustion as soon as an athlete crossed the finish line exclaiming “I did it! Did you see me?” They threw their arms around our necks, unable to contain their excitement as we assured them of what a great job they have done.

Today, SOOK benefits 11,600 athletes by providing year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities. SOOK gives athletes continuing opportunities to develop physical fitness, dem-

onstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other athletes and the community.

Competitors carry the benefits from their involvement in the games with them in their daily lives at home, in the classroom, on the job and in the community. Families are strengthened and the community increases its understanding, acceptance and respect of these individuals.

I am grateful to Cotton Electric, OAEC, and SOOK for the opportunity to volunteer at the 2018 games. I was not prepared for the impact Special Olympics would have on me. I left the track each day feeling encouraged and inspired by the athletes who have overcome adversity in their lives and still compete with the same passion and drive as any other athlete.

Editor's note: It was hard to pick only a few of the memorable moments captured at SOOK to share with this article. The rest of the photos will be posted on the Cotton Electric Facebook page.

Power Cost Adjustment Calculated

The power cost adjustment now being applied to bills mailed after June 1, 2018, is (\$0.00336) per kWh.

On a member's average bill of 1250 kilowatt hours (kWh), this will amount to a credit of \$4.20 on the June bill.

May 2018 Temperature Extremes

Day	High	Low	Avg.	Day	High	Low	Avg.
1	81	67	74	16	88	63	76
2	87	64	76	17	91	61	76
3	85	63	74	18	93	68	81
4	78	55	67	19	92	64	78
5	83	50	67	20	79	62	71
6	89	51	70	21	83	58	71
7	91	56	74	22	88	63	76
8	91	57	74	23	90	68	79
9	91	63	77	24	90	68	79
10	86	61	74	25	90	69	80
11	88	65	77	26	95	63	79
12	89	67	78	27	95	71	83
13	88	70	79	28	92	71	82
14	92	67	80	29	94	69	82
15	83	66	75	30	99	70	85
				31	99	76	88

Source: srh.noaa.gov/oum/

Average Daily High: 89 Average Daily Low: 64

Did You Know?

Cotton Electric offices will be closed Wednesday, July 4, in observance of Independence Day. Emergency calls will be answered at 580-875-3351 or 800-522-3520.

The next issue of The Current should arrive in mailboxes on July 16, 2018.

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



Did you know?

June 14 is Flag Day, the anniversary of the adoption in 1777 of the beloved star-spangled banner as the flag of the United States.



From the CEO

Communities thrive on engagement

I recently had the opportunity to help my local Rotary Club with our flag project. Each federal holiday, a few members meet early in the morning to place American flags throughout the community. To see the red, white and blue waving in the wind along our local main street stirs a sense of pride, especially on a beautiful Memorial Day morning as we honored those who have died in service



Jennifer Meason, CEO

to our country.

It reminded me again of why I love living in this area. Folks have a strong sense of patriotism and actively engage in public and civic life. Involvement in our area promotes a richer community life, and ensures that institutions thrive and communities remain vibrant and inviting places to live, work and play.

Besides being enjoyable, your participation in community events and activities, together with your friends, neighbors and co-workers makes a difference. Simple things like supporting a bake sale or attending a local high school event signals to the young people in your community that you care and support them, and that the community itself is worth sustaining.

I'm thankful for all of you who work to make our

communities great places to live. You can see a few upcoming events in our Community Spotlight on Page 3.

We can also make a difference by exercising our right to vote during the June 26 primary election. Several statewide and federal races, including governor, will be on the ballot in addition to state House and Senate seats. There will also be a State Question on the ballot.

To find out more information about the elections, you can visit the Co-ops Vote website at www.vote.coop.

It's been said that democracy is not a spectator sport; it takes active civic engagement by citizens to thrive. I hope we will all continue to embrace our local communities and actively participate. And, don't forget to vote at every opportunity!

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M -Minimum Bill	K -KVA Minimum
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F -Final Bill	X -Changed Meter
P -Prorated Bill	A -Average Monthly Pay
CR -Credit Balance	

Your 2017 Capital Credit Allocation is:
Cotton \$00.00
WFEC \$00.00
These allocations cannot be applied to your energy bill.

Kiosk

Pay-By Phone Call 1-855-730-8711

Capital Credit allocation explained below

How to calculate your capital credits

Determine the total amount you were billed for electricity during the calendar year 2017.

Multiply that amount by each capital credit factor in the category that applies to you.

If you do not know the total amount billed, contact Cotton Electric at 580-875-3351.

	Cotton	WFEC
General Service	0.038289993	0.025128212
Small Commercial	0.037383252	0.024533154
Large Commercial	0.025561174	0.016774790
LPC/STC	0.015009949	0.009850438
Irrigation	0.101241169	0.066440585

Capital credits for accounts active in 2017 have recently been allocated and are listed on June power bills. Please note, however, that credit to an individual account is NOT A REFUND, and the amount WILL NOT be applied to a member's power bill.

2017 capital credit allocations announced

Capital credits for accounts active in 2017 have recently been allocated. An allocation is made annually for each member, based on the amount of electricity purchased.

Please note, however, that credit to an individual account is *not a refund*, and the amount may not be applied to a member's power bill.

Cotton Electric belongs to the community it serves, its members who pay electric bills. Revenues in excess of the actual costs of providing electric service for the year are called margins.

Members' portions of these margins are called patronage capital, and are credited to the individual member's equity account in proportion to what each member contributed to the gross margin through his or her electric bills.

These margins are held in reserve for a period of time,

with the capital being used primarily to construct new electric facilities, upgrade existing facilities, maintain the members' ownership and equity in the cooperative, reduce interest costs by lowering the amount of the borrowed capital, and maintain a reserve to protect against storms and emergencies.

Additionally, Cotton Electric does not generate power but buys most of it from Western Farmers Electric Cooperative.

WFEC is a generation and transmission (G&T) cooperative, organized in 1941 when western Oklahoma rural electric distribution cooperatives found it necessary to secure an adequate power supply at rates farmers and rural industrial developers could afford.

Cotton Electric and other electric cooperatives in Oklahoma and New Mexico own WFEC. Just as Cotton Electric allocates its margins to members, WFEC

allocates its margins to the electric cooperatives that own WFEC.

When Cotton Electric receives margin allocations from WFEC, it allocates those margins to the co-op members. The WFEC allocations are kept separate from the Cotton Electric margin allocations.

Over time, the margins are retired back to the members. These retirements are made when financial conditions of either cooperative permit.

Retirements are usually announced separately. They are mailed to the last known address of the account.

Members are encouraged to keep Cotton Electric informed of any changes of address so they will receive a check if a retirement is made.

Lists of names on returned checks are published in The Current, which can be found on the co-op's website, CottonElectric.com.



Energy Efficiency Tip of the Month

Laundry Tip: Use rubber or wool dryer balls, which help separate clothing in the cycle, providing better airflow and a shorter drying time. Wool dryer balls can help absorb moisture, which also reduces drying time.

Source: energy.gov

The Current

Published Monthly at Walters, Oklahoma
By Cotton Electric Cooperative, Inc.

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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.

April 2018 Operating Stats

	2018	2017
Total Amount Billed/Accrued	\$4,551,795	\$4,321,943
Cost of Purchased Power	3,287,653	3,251,230
Taxes	93,757	90,549
Total Operating Expense Per Mile	944	903
Average Farm and Residential Bill	110	101
Average Farm and Residential kWh	1,085	839
Total Meters Billed (farm, residential)	18,327	18,271
Miles Energized	5,170	5,165
Density Per Mile	3.54	3.54
New Service Connects YTD	75	85
Services Retired	31	49

Community Spotlight

If you would like your community event listed in the July issue, please submit information by July 5, by calling 580-875-4255 or send an email to TheCurrent@cottonelectric.com.

LCT offers 'Next to Normal'

Lawton Community Theatre continues the 2017-18 season with the musical "Next to Normal."

This rock musical, with book and lyrics by Brian Yorkey and music by Tom Kitt, is a story about a mother who struggles with worsening bipolar disorder and illness and how it affects her family. This musical also addresses such issues as grieving a loss, suicide, drug abuse, ethics in modern psychiatry and the underbelly of suburban life.

Performances are set for 8 p.m. June 15-24. Ticket information is available at www.LCT-OK.org.

LPS Foundation seeks funds

Lawton Public School Foundation will host an end of the year fundraiser from 6 to 10 p.m. June 15 at the Apache Casino Hotel – Event Center.

The public is encouraged to come celebrate the start of summer with a delicious dinner and great entertainment from the band Drive, all while raising money for LPS teachers and students.

The proceeds from this event will be used to award grants to teachers for resources, technology and extracurricular activities.

For more information, contact Lisa Carson at 580-585-6251 or LPSF@LN-BOK.com.

Dessert auction supports seniors

Douglass East Side Senior Citizens Center is hosting a dessert auction beginning at 6 p.m. June 15 in Duncan.

Funds raised will support programs that allow seniors to continue to be involved in improving their physical, social, spiritual, emotional and mental health. For more information, call 580-255-6902.

Noon Lions plan 38th open rodeo

Duncan Noon Lions will present the 38th annual open rodeo at 7:30 nightly June 21-23 in Claud Gill Arena, just south of the Stephens County fairgrounds. Admission price at the gate is \$8 for adults and \$3 for children.

Proceeds from the event are used in Stephens County to promote vision conservation, provide scholarships and support other local charitable efforts.

CTAC hosts fourth ArtWalk

Returning for a fourth year, ArtWalk Duncan, a fine-arts and food festival, will be June 22 and 23 at Fuqua Park in Duncan. Organized by Chisholm Trail Arts Council (CTAC), this is a great day to enjoy Art in Action.

This event will feature the works from fine artists. Artists will have individual booths set up with art on display and items for sale. CTAC has issued a call for fine artists to register. Artists may submit art sample entries to director@chisholmtrailarts.com.

The day of the event, artists' booths will open from 11 a.m. to 3 p.m.

Children can experience "Art in Action" in Kids Korner and take home a small art project.

To find out more about artist booths, sponsorships, or the event, visit www.ChisholmTrailArts.com or call 580-252-4160.

Annual Duncan parade is June 23

Duncan's annual Founder's Day Parade will commence from 10-11 a.m. June 23 in downtown Duncan. The parade is in

conjunction with the City of Duncan's Founder's Day activities.

Traditionally an exclusive tractor parade, the organization has expanded the procession to consist of floats, classic cars and more. Spectators are encouraged to enjoy the parade on Walnut Avenue and Main Street anywhere from 7th to 12th street.

The parade is free to enter and attend. Registration and information can be found at mainstreetduncan.net/events.

USAO hosts Civil War symposium

University of Science and Arts of Oklahoma will host its 2018 Oklahoma Civil War symposium from 2 to 9 p.m. on June 25 in the Te Ata Memorial Auditorium in Chickasha.

This summer history symposium will feature three renowned Civil War scholars. Dr. James Finck, Dr. Carol Sherriff, and Dr. Harold Holzer will each discuss wide-ranging aspects of the conflict. The final speaker will take the stage at 7:30 p.m. and a book signing with all three presenters will follow.

Cost is \$20 per individual. Tickets and registration can be found at USAO.edu.

Auction to benefit Duncan program

Gabriel's House Academy's 10th annual benefit dinner and art auction will be 6:30 p.m. June 26 at the Simmons Center in Duncan. All proceeds will support programs and services offered by Gabriel's House to the children in the Duncan community.

Event begins with wine and hors d'oeuvres followed by dinner and auction at 7 p.m. Admission is \$35 per person or \$280 per table of eight.

To reserve tickets, contact Dee Carrio at 580-252-4782.

Church holds annual camp meeting

Summertime is revival time. The Heart of Truth Church will hold its annual camp meeting June 28-30. Brother Joe Inman invites all for gospel music, fellowship, food and refreshments.

Service times are 10 a.m. and 7 p.m. at 117 E. Ohio in Temple.

Freedom Fest set for June 30

Lawton Fort Sill's annual Freedom Festival will last all day June 30 at Elmer Thomas Park. The festival is among the largest free fireworks displays in Oklahoma. Features such as the new splash pad, shaded playground area and disc golf make this event something the whole family can enjoy.

Patrons are encouraged to bring lawn chairs, flashlights and picnic baskets. Personal fireworks, drones, alcohol and pets are prohibited.

To learn how to become a sponsor, vendor, or volunteer, call the Arts and Humanities Division at 580-581-3470 or 581-3471. For rules and regulations, visit Freedom Festival's website at www.lawtonok.gov or the Lawton Fort Sill Freedom Festival Facebook page.

SWOK bridal expo set July 8

Allure Bridal Boutique is hosting the 2018 Southwest Oklahoma Bridal Expo from 1 p.m. to 4 p.m. July 8 at the Hilton Garden Inn Lawton Fort Sill and Convention Center in Lawton.

Plan your big day at one event. Vendors for gowns, tuxes, DJs, photography and caterers will be showcased. Chances for door prizes will be available and a fashion show will commence at 3 p.m.

Tickets are available at EventBrite.com.

More Community Spotlight on Page 17

PHOTO OF THE MONTH



This photo taken by Cotton Electric member Talia Gammill of her brother Nicolas is right 'on target' for our Graduation theme.

Nicolas graduated from Walters High School in May and will be continuing his education at Oklahoma State University to become a chiropractor.

Enter your "best shot" in our Photo of the Month contest. Theme for July is Firecracker. Entries can be emailed to 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.

Chautauqua begins June 19

Commemorating the 100th anniversary of the end of World War I, the theme for the 2018 Lawton Chautauqua is "The Modern Age: Moving Forward from World War I." The event is a series of historical enactments, workshops and discussions examining the impact WWI played in shaping American history and culture.

Daytime workshops will be at 10 a.m. and 2 p.m. at the Museum of the Great Plains. Evening programs will be at 7 p.m. in the Lawton City Hall Auditorium. Performances will run from June 19 through June 23.

Evening events will include first-person presentations and audience questions to a historical figure in character and to the scholar portraying the character.

Portrayals of figures such as Gertrude Vanderbilt Whitney, Ernest Hemingway, and more will provide a close-up view of modern ideas in politics, art, and education following the carnage and social upheaval of The Great War.

All Chautauqua programs are free and open to the public.

More information can be found by contacting Kristin Herr at 580-581-3450.

HARD HATS FOR THE JOB. SOFT HEARTS FOR THE COMMUNITY. People need their power. But the strongest communities share more than just reliable electricity; they share simple values. The linemen of your co-op are proud to have helped members pass along both for generations. Learn more about the power of your co-op membership at TouchstoneEnergy.com.



Upcoming Deadlines for The Current

July		August		September	
Ad Sales	June 29	Ad Sales	July 27	Ad Sales	Aug. 24
Classified	July 5	Classified	Aug. 1	Classified	Aug. 29
Publish Date	July 16	Publish Date	Aug. 13	Publish Date	Sept. 10

Cotton Electric earns '5-Star Co-op' recognition

Cotton Electric has been named a "5-Star Co-op" by the National Rural Electric Cooperative Association (NRECA). The 5-star designation recognizes Cotton Electric's high level of participation in Co-ops Vote, a national get-out-the-vote campaign.

The non-partisan campaign seeks to engage voters and boost voter turnout in areas served by electric co-ops all across the country.

"Electric cooperatives play a unique and special role as a voice in their communities," said NRECA CEO Jim Matheson. "Elections are important, especially in rural areas, and Cotton Electric has used the Co-ops Vote program to increase awareness of our civic duty on Election Day, and every day. I'm pleased to congratulate them on this accomplishment as they make a real difference in the communities they serve."

2018 is an important election year and electric cooperatives have the opportunity to play a vital role in supporting

political engagement, encouraging rural voter turnout and engaging with candidates on issues that matter most in our communities.

The 2018 Co-ops Vote effort focuses on strengthening the connection between the co-op, its employees and members and those that serve us in Washington, D.C., and in our state capitols.



**Did you Know?
Oklahoma Primary
Election Day is
June 26**

Summer Energy-Saving Tips

Costs associated with cooling your home can make up a large portion of your summer electric bills. Stay cool and save money with these energy efficiency tips!



NO-COST TIPS

Close blinds and drapes during the day to keep heat out.



Set your thermostat to 78 degrees when you are home. Set it to a higher temperature when you're away.



Turn off lights and ceiling fans when you leave a room.

LOW-COST TIPS



Plant trees and shrubs to shade the exterior of your home.



Replace disposable air filters (or clean permanent filters) once a month to maximize efficiency.



Use solar lighting to brighten up your outdoor space. Solar lights are easy to install, low maintenance and provide free electricity.

Marketing Department welcomes new addition

By Danielle Quickle

Heath Morgan joined Cotton Electric as our new energy efficiency coordinator in late April, filling the role left when Mike Stephens retired. Heath has since proven to be an excellent resource when it comes to home energy use.

Born and raised in Lawton, he graduated from Lawton High School before joining the U.S. Air Force. Spending four years as an electro-environmental systems specialist, Heath was trained in HVAC, refrigeration and electrical distribution. At the end of his service he worked in the construction industry for a short period before moving to Walters where he lives with his 12-year-old son, Jace. In Walters, Heath has dedicated the past 11 years to Powers Services as an HVAC Journeyman and ultimately a Service Manager.

Heath attributes his confidence to take on the tasks of Energy Efficiency Coordinator to his training in the Air Force and experience in the construction and HVAC industries. He noted that HVAC is the leading home energy consumer.

He serves as an advocate for energy efficiency by conducting home energy audits and providing information at local tradeshow and



schools. He advises members not to wait until the peak of summer heat to schedule an energy audit. "Requesting an audit before your monthly bill goes up can save you more money down the road," Heath said.

To schedule a free home energy audit, call our office at 580-875-3351.

Heath will be spending a great deal of time in the public eye, making him a crucial member of the Marketing Department headed by Vice President Bryce Hooper.

"We were impressed with [Heath's] background in HVAC and his previous experience working with Cotton Electric members," said Bryce. "His professionalism

and knowledge make him a great addition to our department."

Heath has been an active citizen in Cotton Electric's service territory for many years prior to his employment. Aside from continual engagement with members through Powers Services, he volunteers at the Walters Fire Department alongside warehouse Cotton Electric colleagues Ty Logan and Quaid Ogletree.

Excited to work in this "friendly atmosphere," Heath's goal is to grow in his knowledge and training, principle five of the seven Cooperative Principles. He is looking forward to acquiring certifications and staying well-versed in the industry so he can best help our members.

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**2018 Youth Tour essay topic:
Energy Efficiency: How it affects me and Cotton Electric**

Gabriel Barber



Cotton Electric values energy efficiency

Editor's note: Four area high school juniors won a trip to Washington D.C., in Cotton Electric's annual Youth Tour essay contest. Each of the essays will appear in The Current.



Synonyms: the grammatical doorway into exciting ambiguity and possibility. Synonyms are responsible for drawing strong contrasts across the two-dimensional content of American literature, and they even present themselves in the impactful fabric of our economy in ways that surpass the bounds of a limited dictionary. Such a powerful tool has the capability to put the most unexpected things into a personalized perspective, such as the effects of energy efficiency in electric cooperatives.

Although some people might not think such co-ops play any role in their day-to-day lives, the matter of energy efficiency is a crucial process that affects the lives of consumers and producers alike, especially in the case of Cotton Electric Cooperative, whose efforts improve the efficiency of both electric power and human-related energy levels.

Efficiency is synonymous with many things in that it shares an open invitation to numerous correlated processes. Such invitations include innovation, sustainability, organization, knowledge, progression, and more.

I think of efficiency as a philosophy that paves the way for improvement and cooperation with the smartest qualities and quantities of resources available. This is a philosophy that Cotton Electric knows well, as it implements energy efficiency within its power supplies as well as throughout the community it has brought together through the cooperative and its seven integral principles: voluntary and open membership; democratic member control; members' economic participation; autonomy and independence; education, training, and information; cooperation among co-ops; and concern for the community.

Cotton Electric's efforts toward improved energy efficiency are some of the most direct indications that it cares for its member-owners. Ever since President Franklin Roosevelt ratified the establishment of the Rural Electric Ad-

ministration in 1935, 99 percent of all American farms have access to electricity, most of which comes from cooperatives. Consequently, electricity is a part of almost everyone's lives.

The vitality of electricity became apparent to me when I found out that people spend 80 to 90 percent of their time indoors. When they are constantly using electricity to maximize their in-home comfort, it is crucial that this is done as efficiently as possible. People are happy when their energy systems are the best they can be at the most affordable prices, and Cotton Electric is happy knowing that its services are sustainable and its members are content.

Innovation has been the driving force behind the ideals of American society for the entire duration of Lady Liberty's standing. It has also been the driving force behind Cotton Electric's energy efficiency operations. From the 1990s and beyond, Cotton Electric has used laboratory testing to improve (the safety of) its equipment like gloves and other rubber goods, and it continues to use the ever-changing field of science to expand its practices in order to make the most efficient goods possible.

Such innovation affects consumers of power, for efficient energy systems mean that consumers pay less for better quality energy as they continue to learn how to make each step of production smarter.

It's no secret that people love to save money, and Cotton Electric simply wants its members to be happy with sustainable services. Such efficiency affects the planet we leave behind for our children. Because Cotton Electric prioritizes low-cost but high-quality energy systems, it directly impacts how our posterity receives the world.

Cotton Electric is a cooperative with

Touchstone Energy, whose roots in local and rural cooperation have resulted in a caring community of electricity cooperatives, and they affect the sustainability of the planet. I was touched to find their thoughts on efficient power, as they write, "the strongest communities share more than just affordable electricity; they share the same values." When I read this, I realized the magnitude at which power cooperatives care for their communities, which greatly warmed my heart.

As someone who is very passionate about my community, it is important to me that Cotton Electric exercises efficient practices among those who form a family of energy providers, for they affect the interactions between other cooperatives and each other; energy efficiency ensures that these interactions are constructive, positive, and progressive.

I also care deeply for the environment, and I am always enthused to see how companies make improvements toward a greener society, especially when those companies have the power to deliver energy to more than 750 cooperatives among 46 states, as is the case with Touchstone Energy cooperatives.

These transitions into energy efficiency have the capacity to reduce the greenhouse gas emissions of a home in 2040 by 4.5 tons per year. This immensely affects the local and global climate, which directly impacts my life and the lives of every member within the Cotton Electric Cooperative.

Efficient energy practices mean that consumers pay less for better quality power. Cotton Electric wanted to share this advantage with everyone to further affect the environment and people's electricity costs in positive ways. The cooperative spent around 20 years encouraging consumers to adopt this efficiency; it employed a policy that offered rebates to members who would purchase energy-efficient water heaters and heat pumps, which greatly impacted how people used their electricity.

Time and money are similarly valuable, especially for individuals with active lifestyles. I am an active member in FFA, and I also spend a lot of time playing in orchestras and doing schoolwork for advanced classes. As a result, I am

well acquainted with the value of time efficiency.

Cotton Electric further proves its synonymous treatment of efficiency and time management, as it conserves the energies of members and direct workers by ensuring that every individual is knowledgeable and safe within their field of expertise. Cotton Electric employs a headstrong community of self-sustaining, active, and autonomous member-owners with a wide range of views that contribute to a diverse field of support. This puts a strong hold on any needs that might arise within the cooperative, for every person has hours invested into their training that is made unique by their individuality.

For example, Cotton Electric developed educational programs to encourage energy efficiency in the 1970s, and it has since implemented numerous programs that freely offer new knowledge for anyone in need of electrical sustenance, which are easily and abundantly accessible on its website, which shares tips, instructions, and basic savings information in text, YouTube videos, expos, and even summer camps. This affects how people learn, which, consequently, affects how people spend their time.

For Cotton Electric, efficiency affects its confidence in operating smoothly, as it prioritizes having a committee of knowledgeable and hospitable people.

Cotton Electric has been in business since the 1930s, and ever since then, it has been adapting and evolving into the energy-efficient community it has become and continues to advocate for. In the words of the "Together We Save" initiative of Touchstone Energy, "It doesn't take a lot of energy to save energy." This is a cherished value that spreads across all cooperatives, including Cotton Electric.

I love that a cooperative with such a large influence stays true to its roots and remembers that every step they take can make a big difference. More than that, I love that Cotton Electric is making those steps positively and efficiently. It operates in synonymous areas of sustainability, innovation, knowledge, organization, and progression. These affect our home energy systems, our time, our money, and, most importantly of all, our world.

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Members get to choose with MyChoice

By Danielle Quickle

With so many things out of your control, your energy bill doesn't have to be one of them. Cotton Electric puts power into the hands of account holders by giving them a choice in how they pay for electricity.

As a member-owned organization, Cotton Electric Cooperative has a built-in motivation to provide first-class service and solutions to each and every one of our members. Our pre-paid metering system, MyChoice, offers solutions for those grappling with payment challenges and controlling energy use.

Available to all single-phase residential accounts, MyChoice started at Cotton Electric in 2011. Since then, it has proven to be an invaluable payment method for members who struggle to keep up with power bills and for those wishing to closely monitor energy consumption.

With MyChoice, each kWh costs the same as Cotton Electric's average residential rate. However, members purchase electricity how and when they choose, similar to buying fuel for your car.

Members can choose to be notified of low balances, pending disconnection, disconnection and reconnection through email and text message. This information helps you manage your total costs as you consume energy and lets you know how quickly to purchase power again before the lights go out.

With MyChoice, there are no security deposits or late fees. If your power is disconnected, all you need to do is "re-charge" your account and power is restored as soon as the payment is processed.

Electricity can be purchased a number of ways both online and in person.

Payments can be made in person at both the Walters and Duncan offices as well as cash payments at Liberty National Bank branches in Lawton, Elgin and Medicine Park.

Payments by check or credit card may be made at CottonElectric.com by signing into your account where you can also view your bill history, payment history or usage charts.

Energy may be purchased over the

phone by calling 1-855-730-8711 and using a series of menu choices through an automated system. This system requires a Cotton Electric account number and card or banking account numbers.

Cotton Electric offers a MoneyGram method of payment for members who wish to pay their bill in person but cannot easily stop by one of our offices. MoneyGram transactions are handled at Walmart and CVS stores anywhere in the United States. However, there is a fee for this transaction.

To make a payment using this method, you will need your account number and our biller code: 7933. At CVS stores, a kiosk accepts cash payments during regular store hours. At Walmart stores, MoneyGram payments can be made in cash or with a PIN debit card by filling out a blue form at the Money Center or Customer Service desk.

Traditional Cotton Electric accounts may be easily transferred to MyChoice at any time. New members who want pre-paid billing need only to pay a membership and connect fee and at least \$50

worth of energy to set up a MyChoice account.

If MyChoice is not for you, an account can be returned to traditional billing by paying a deposit.

Prepayment is a different way of doing business in order to better meet the needs of some. Through MyChoice, members are never in debt to the cooperative. They use only the electricity they have already paid for, benefitting the cooperative and the membership as a whole.

Members can purchase power when needed but on their own schedule, manage power needs in much the same manner as they do buying fuel or groceries and avoid large deposits for service.

MyChoice helps members better understand how power is used and which appliances in their homes are using it the most.

If you have questions or want to convert to a prepaid MyChoice account, give us a call at 580-875-3351 or 800-522-3520 or stop by our offices at 226 N. Broadway in Walters or 1101 W. Oak in Duncan.

MULTI-PROPERTY AUCTION

Tuesday, June 19, 2018 • 6:00 PM • Stephens County Fair Grounds



282081 East Oliver Road, Comanche, OK
Cozy 3 bedroom, 2 bath home situated on one full acre. House will be sold fully furnished! Numerous outbuildings, tool shed and cellar. Move in ready with a new roof in 2017, window units, all appliances included. Great kitchen! Approx. 1312sqft



76th and Beech
7Excellent Location!!!
41 Acres with an adorable 2 story cabin located just 7/10 of a mile from the Territory. Excellent building site for a home, the property includes a 5 acre pond stocked full of fish! Land is accessible to rural water.



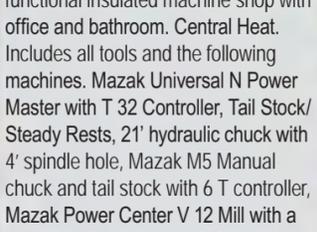
430 Camelback Rd
Approx 2,274 sqft home situated on 2 or 4.5 acres. Beautiful 4 bedroom, 3 bath home with 2 gas fireplaces and 2 electric fireplaces. All new windows, new laminate floors, new tile, new bathroom vanities, new light fixtures, jetted tub, new brocade interior. 2 patios, storm cellar and 3 car garage.



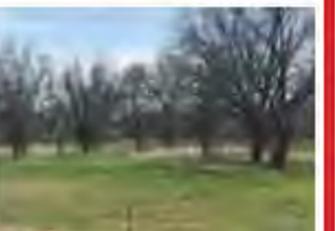
701 S 6th
Turn key Machine shop. 40x60 fully functional insulated machine shop with office and bathroom. Central Heat. Includes all tools and the following machines. Mazak Universal N Power Master with T 32 Controller, Tail Stock/ Steady Rests, 21' hydraulic chuck with 4' spindle hole, Mazak M5 Manual chuck and tail stock with 6 T controller, Mazak Power Center V 12 Mill with a system 6 M, 3A Warner & Swasey Turret, Do-All 1 1/4' blade auto feed power saw, Chain hoist, chip hoppers, drill press, air compressor and misc. tools



County Road 1600, Marlow
approx. 3,072 sq ft building set up for church services. Sits on one acre with 230 feet of frontage.



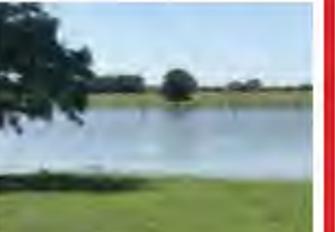
2 1/2 acres located in town near 5th and Camelback.



55 Acres on Beaver Creek. Pecan bottom land. Excellent recreational and hunting property. Croppable bottom land



116 acres with a fully stocked spring fed lake. Excellent improved grass, cross fenced, rural and well water, shop and barn with concrete floors. Steel cattle pens and corrals. 1 mile North of Baseline Rd on the Stephens/Garvin County Line.



160 acres located near Fuqua lake with 4 ponds. Cross fenced, improved grasses, beautiful part of Stephens county. Exceptional secluded property.



160 Acre Beaver Creek Farm. Very nice pecan bottom, excellent hunting and recreational property. Water well, good fencing, older house and barn. Good upland pasture with scenic view. Bottom land is croppable. E/W 1750 Road, South Side

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Tune-ups must be completed by June 20

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Rebate deadline quickly approaches

Time is running out to qualify for a rebate on an HVAC system tune-up.

Typically, tune-ups on cooling systems that have been neglected for a few years can provide as much as 15 percent energy savings. A yearly tune-up can increase the life of the system.

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. Application forms can be downloaded at CottonElectric.com and will be available at the Walters and Duncan offices, or by calling 580-875-3351. Ask for Heath Morgan.
- Application for rebate 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.

• Gas-fired furnaces and window units are not eligible for rebates.

• Rebate limited to one tune-up per home annually.

• HVAC tune-ups must be completed by June 20, 2018. Rebate applications must be received by June 30, 2018.

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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Tuesday, June 26, 2018 Election

- **Current District 1 Stephens County Commissioner & County Board Chairman**
- **President of Circuit Engineering District Board (CEDB) District 6**
- **Oklahoma Cooperative Circuit Engineering District Board (OCCEDB) Board Member**
- **Delta Community Action Board of Directors**
- **32 Year Central High Volunteer Fireman**
- **Actively involved in my community as a member & supporter of various organizations in Stephens County**
- **Business Owner, M & M Trailer Service, LLC**

The jobs of County Commissioners have evolved from just grading the roads. They manage millions of tax dollars each year. That's why it's important we have a conservative business-person as our county commissioner. I will *CONTINUE* to make sure your tax dollars are spent properly.

I have made many improvements & have been conservative with my District 1 funds. I currently have more money in my road accounts than when I came into office in 2015.

In my current term:

- I have negotiated with the Wind Energy groups to reconstruct 7 miles of Chip & Seal Roads at no cost to the county. They also paid for the oil & rock for 5 additional miles, double layer.
- I worked with the Oil Industry for them to furnish Tin Horns & Gravel in various locations throughout the district to improve roads & drainage.
- Roadside dumping has been an ongoing issue. I applied & received grants in 2016 & 2017 for public use Trash Dumpsters placed in 3 locations across the district.
- Over \$1million of FEMA repairs to roads have been completed.
- 40 miles of new construction Chip & Seal roads have been completed.
- We have put \$2.5 million in new equipment in service for District 1.



RE-ELECT DAVID MCCARLEY

I would appreciate your vote Tuesday, June 26 for Re-Election as District 1 Stephens County Commissioner.

Serving as District 1 County Commissioner has been rewarding. Seeing the improvements that have been made in my district is not only rewarding to me but also to my dedicated staff and the citizens of Stephens County.

- I commend my employees for the great jobs they do and the support they have given. We work well together as a team and enjoy serving District 1!
- I have actively attended the ACCO Legislative Breakfast and Conferences & met with Legislators at the State Capitol numerous times. This ensures District 1 receives all of the funds it deserves and that I know current issues that are coming about.



Encryption saves sensitive information on home computers

Editor's Note: During National Cyber Security Awareness Month, we received so much information to share with co-op members, we couldn't fit it all into one month. We'll feature two or three suggestions each month through August 2018. An easy way to investigate links: Find The Current at CottonElectric.com under Member Services. The online version of The Current features live links, where a click will take you directly to the page.



Defend Your Data

Protect Your On-line Chats with OTR Encryption

Use encrypted chat programs to protect your on-line conversations from being intercepted and monitored. Pidgin Instant Messenger <https://www.pidgin.im> is a universal chat client that consolidates all of your chat programs in one place.

Using OTR Encryption <https://otr.cypherpunks.ca>, a plug-in for Pidgin, you can encrypt your chats to protect your personal privacy. The Electronic Frontier Foundation has detailed instructions on how to use Pidgin and OTR: <https://ssd.eff.org/en/module/how-use-otr-windows>.

Other secure chat programs include: Cryptocat: <https://crypto.cat/> and Ricochet IM: <https://ricochet.im> over the TOR Network <https://www.torproject.org>

Encrypt Sensitive Information on Your Home Computer

It is important to safeguard sensitive information stored on your computer. An effective way of doing this is to use an encrypted drive or encrypted container to secure your files when they are not in use.

For a long time TrueCrypt was favored as the open source standard for disk encryption.

In September 2014, the TrueCrypt developers claimed that the program was no longer secure and stopped all further support and development of the program.

The TrueCrypt developers offered no detailed explanation for why the program was suddenly being de-

clared unsecure.

An independent review of the code, completed in April 2015, found no significant cryptographic weaknesses, and many people still use TrueCrypt for their disk encryption.

If you currently use TrueCrypt it is probably safe to continue using it at home.

For individuals with doubts about the current security of TrueCrypt there is a replacement called VeraCrypt - <https://veracrypt.codeplex.com>, which functions in much the same way as TrueCrypt, and is in fact just a continued development (a fork) for the TrueCrypt program.

Another similar open source program is DiskCryptor - https://diskcryptor.net/wiki/Main_Page, a program that supports full-disk encryption.

If you do not currently use disk encryption, download either VeraCrypt or DiskCryptor and create an encrypted container on your hard-drive in which you will store your sensitive files and documents.

If you want to encrypt just single files and folders, AxCrypt - <http://www.axantum.com/axcrypt/> integrates seamlessly with Windows and provides an easy-to-use, secure option.

The US Air Force Software Protection Institute provides a free program, Encryption Wizard - <http://www.spi.dod.mil/ewizard.htm> that you can run from your at home computer desktop, which provides strong encryption to protect your personal information.

Use TOR and TAILS (home use only)

"The Tor software protects <https://www.torproject.org> you by bouncing your communications around a distributed network of relays run by volunteers all around the world: it prevents somebody watching your Internet connection from learning what sites you visit, it prevents the sites you visit from learning your physical location, and it lets you access sites that are blocked.

The Tor Browser lets you use Tor on Windows, Mac OS X, or Linux without needing to install any software. It can run off a USB flash drive, comes with a pre-configured web browser to protect your anonymity, and is self-contained (portable)."

Tails <https://tails.boum.org> is a live operating system, that you can start on almost any computer from a DVD, USB stick, or SD card. It aims at preserving your privacy and anonymity, and helps you to:

- use the Internet anonymously and circumvent censorship;
- all connections to the Internet are forced to go through the Tor network;
- leave no trace on the computer you are using unless you ask it explicitly;
- use state-of-the-art cryptographic tools to encrypt your files, emails and instant messaging.

Source: Sarah K. Kiely, IT Community Supporter for NRECA

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* Annual Percentage Yield (APY) effective 06/01/18. CDs offered by Edward Jones are bank-issued and FDIC-insured up to \$250,000 (principal and interest accrued but not yet paid) per depositor, per insured depository institution, for each account ownership category. Please visit www.fdic.gov or contact your financial advisor for additional information. Subject to availability and price change. CD values are subject to interest rate risk such that when interest rates rise, the prices of CDs can decrease. If CDs are sold prior to maturity, the investor can lose principal value. FDIC insurance does not cover losses in market value. Early withdrawal may not be permitted. Yields quoted are net of all commissions. CDs require the distribution of interest and do not allow interest to compound. CDs offered through Edward Jones are issued by banks and thrifts nationwide. All CDs sold by Edward Jones are registered with the Depository Trust Corp. (DTC).

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SUMMER FUN WORD SEARCH



Summer is the best time of the year! Can you find all the words associated with summer fun in the puzzle below? Use the word bank for help.



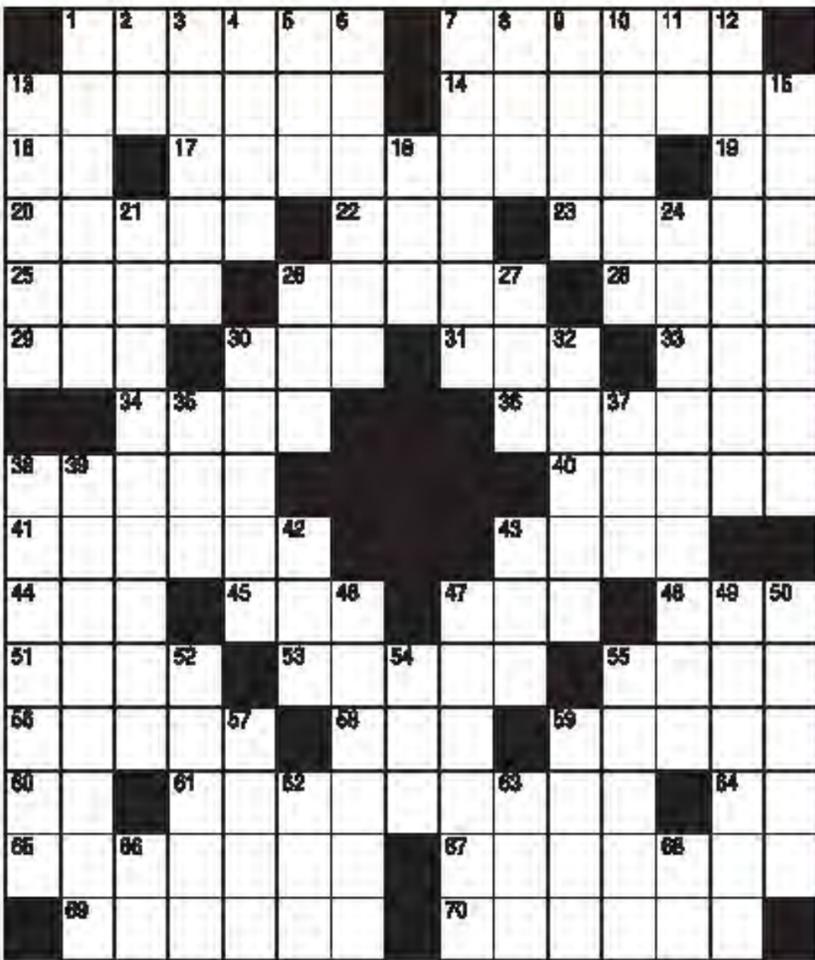
WORD BANK

- | | |
|-----------|---------------|
| BEACH | PICNIC |
| COOKOUT | SUNSCREEN |
| FIREFLIES | SWIMMING POOL |
| ICE CREAM | |



ACROSS

1. Glowering
7. Sports equipment
13. Relief organization
14. Go against the flow
16. A public promotion of some product or service
17. Premier League's Spurs
19. Of I
20. Tears down (Brit.)
22. One point north of due east
23. Sandwich shops
25. American spy
26. Medieval stringed instrument
28. Self-immolation by fire ritual
29. Pearl Jam's debut
30. Panthers' Newton
31. Press against lightly
33. ___ Squad
34. Eminem hit
36. Violent seizure of property
38. Native or inhabitant of Asia
40. Loudness units
41. Knotted anew
43. Daddy
44. Folk singer DiFranco
45. Women from the Mayflower
47. Metric capacity unit
48. Couple
51. A way to coat
53. ___ and Diu: Indian territory
55. French river
56. Asteroids
58. Investment measurement (abbr.)
59. India and Nepal border river
60. Santa says it three times
61. Hungers



- | | | |
|-----------------------|--|-------------------------------|
| 64. Linear unit | 11. Electron volt | 38. Algonquian language |
| 65. Speech | 12. Smallest interval in classical Western music | 39. Legislators |
| 67. Taking forcefully | 13. Metric weight unit | 42. Father |
| 69. Places to be | 15. Occupies | 43. Needed at the ATM |
| 70. Amusing behavior | 18. ___ and flow | 46. Baltimore footballers |
| | 21. Responsive to physical stimuli | 47. ___ Tomei, actress |
| | 24. One who presses into thin sheets | 49. Expands |
| | 26. Jogged | 50. Person (Indonesian) |
| | 27. Automobile | 52. Related |
| | 30. Punished | 54. Where wrestlers work |
| | 32. Belonging to a bottom layer | 55. American communist leader |
| | 35. Japanese delicacy | 57. Creatively tell |
| | 37. Soda | 59. Separatist group |
| | | 62. Edgar Allan ___, poet |
| | | 63. A way to discolor |
| | | 66. Actinium |
| | | 68. Integrated circuit |

DOWN

1. Adult female
2. An alternative
3. Rituals
4. Native American people
5. High school exam
6. Respect
7. Tanned
8. Kilometers per hour
9. Ancient Israeli city
10. Periods

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Weekly drawings on Fridays and Saturdays from 7PM-11PM every half hour. Starting April 1 - July 4, earn an e-drawing entry for every 25 points on your Comanche Card to be entered into a drawing for your chance to spin the wheel and win up to \$50 Comanche Credit or \$200 Cash.

You can also earn an e-drawing entry for every 25 points on your Comanche Card for your chance to win the Grand Prize drawings up to \$100 in cash and a John Deere Mower on July 4 at 8PM.



Guest may win two (2) prizes per night. All participants are eligible to win the Grand Prize. Actual model may vary from image shown. Grand prize of \$100 cash and mower only available at Comanche Star Casino.



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NOW - JUNE 24
EVERY SUNDAY • 5PM-8PM

Let the prizes roll in on your Comanche Card and receive a \$500 worth of prizes every Sunday! Don't miss out on this hot new game!

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TUESDAYS
NOON-6PM



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Be the hero of your grill this summer



St. Louis style pork spare ribs

Prep time: 10 min. Cook time: 1 hour
 Servings: 3-4
 1/2 Smithfield Prime Boneless Fresh Pork Loin
 1 sweet onion, cut into 1-1 1/2-inch square pieces
 1 red bell pepper, cut into 1-1 1/2-inch square pieces
 2 cups pineapple chunks
 3-4 tablespoons barbecue rub
 2 1/2 cups teriyaki marinade
 3-4 flexible skewers
 Heat grill or smoker to 250 F. Cut pork loin into 2-inch cubes.
 Season pork loin, sweet onion, red bell pepper and pineapple chunks with rub.
 Thread pork loin, onion, pepper and

pineapple on skewer; repeat until length of skewer is almost full. Repeat with additional skewers.
 Put assembled kebabs in large resealable bag and add teriyaki marinade. Carefully remove air from marinade bag and refrigerate 20 minutes.
 Remove kebabs from marinade bag and place on grill over indirect heat; cook 12-14 minutes, remove and set aside.
 Increase grill temperature to 400 F. Sear kebabs at high heat, until caramelized.
 Using meat thermometer, check pork loin cubes for doneness; remove from heat once pork reaches internal temperature of 145 F.

Recipe courtesy of pitmaster Chris Lilly
 Prep time: 10 min. Cook time: 3.5 hours
 Servings: 4-6
 7 teaspoons salt
 2 tablespoons dark brown sugar
 4 teaspoons chili powder
 1 tablespoon ground coffee
 2 1/2 teaspoons unsweetened dark cocoa powder
 2 teaspoons black pepper
 1 teaspoon garlic powder
 1 teaspoon onion powder
 3/4 teaspoon ancho chile pepper
 1/8 teaspoon coriander
 1/8 teaspoon turmeric
 2 racks Smithfield St. Louis Style Pork Spareribs, membrane removed
 Build charcoal fire for indirect cooking

by situating coals on one side of grill, leaving other side empty. Heat grill to 250 F.
 To make dry rub: In small bowl, combine salt, brown sugar, chili powder, coffee, cocoa, black pepper, garlic powder, onion powder, ancho chile pepper, coriander and turmeric.
 Generously apply dry rub onto front and back of pork ribs. Gently pat to ensure rub adheres.
 Put ribs meat-side up over indirect heat, away from coals, close lid and cook until ribs are tender, about 3 1/2 hours.
 Remove ribs from grill and let rest, uncovered, 5 minutes. Slice ribs between bones and serve.
Source: Family Features and Smithfield Pork



Pineapple pork kebabs

Dry Creek Express Mulching

David Gildon
 Owner/Operator

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Drinking well is key to summer fun

Now, before you draft a letter to the editor about the scandalous nutrition article, read on. Heat and physical exertion during the summer increase your daily need for fluid.

While all liquid counts toward total fluid intake, some are better than others. You have to consider your health goals and listen to your body to make the best hydration decision.

Here are some things to consider.

Water is truly the best choice. Unless you are an elite athlete, are doing vigorous physical activity for an extended period of time, or have some special health circumstance, water plus your normal food intake provide what your body needs to stay hydrated and have enough electrolytes like sodium and chloride in your bloodstream. Water is friendly to your waistline. It does not add calories. It can be flavored easily with fruits and herbs.

Don't wait until you are thirsty to hydrate. You are already behind at that point. Drink water throughout the day to avoid getting thirsty.

Hunger can also be a sign that you



Kim Bandelier, MPH, RD, LD

Food For Thought

have not had enough fluid to drink. If you find yourself hungry at an odd time during the day, try drinking some water before you opt for a snack.

The amount of liquid needed to stay hydrated varies from person to person, and changes based on many factors (altitude, temperature, exertion to name a few).

The best way to tell if you are drinking

enough fluid is the color of your urine. The lighter it is, the closer you are to being properly hydrated. Signs of dehydration can include dark urine, thirst, dry lips, dry eyes, headache, dry skin, dry mouth, and infrequent urination. Making sure you drink water throughout the day is key to staying on top of your fluid intake.

Even though all fluid counts in total fluid intake, some fluids are better than others. With sports drinks, juices and sodas, you have to take into account the extra calories, and specifically sugar, they add to your diet.

Chocolate milk has been touted as an excellent "recovery drink", but that recommendation is for individuals who are exercising at high intensity and are trying to maintain or gain weight and muscle mass. Chocolate milk has calories that must be considered if you are going to drink it after a workout.

Beverages with caffeine increase your fluid loss slightly but do not result in negative fluid balance (they add more fluid to your body than you lose because of increased visits to the bathroom).

Alcohol is similar to caffeine but it also impairs your judgement, making it harder to stay on top of hydration. It also adds calories. It is best to consume water before and after caffeinated beverages and alcoholic beverages just to stay on top of your hydration.

Sports drinks are not necessary for most people. You can get the liquid from water and the electrolytes from food.

However, if you are vigorously exercising for extended periods of time, sports drinks are an appropriate way to stay hydrated.

Also, if you just like sports drinks versus water plus food, then drink one but remember, they add calories and can undermine your weight loss goals.

This summer, make a hydration plan. Know what drinks work best for your body, keeping you hydrated without undermining other health goals.

Listen to your body, and try to avoid getting to the point that thirst or dark urine is your cue to drink more.

Stay hydrated throughout the day, and you will be able to keep your body hydrated in the warm months to come.



Citrus ginger rose punch

Recipe courtesy of Chef Leigh An, ALDI Test Kitchen and Family Features

- 1/2 cup minced ginger
- 1 cup Baker's Corner Granulated Sugar
- 1 cup water
- 2 bottles (750 milliliters each) Trestoria Rosé, chilled
- 5 cans (12 ounces each) PurAqua Belle Vie Grapefruit Sparkling Water, chilled
- 2 cans (12 ounces each) PurAqua Belle Vie Lemon Sparkling Water, chilled

In small pot, combine ginger, sugar and water to make simple syrup. Bring to boil. Remove from heat and allow to cool completely in refrigerator.

Strain simple syrup and discard ginger.

In large punch bowl or pitcher, combine rosé, grapefruit sparkling water and lemon sparkling water. Add simple syrup.

Serve in chilled glasses.

Tip: Freeze lemon slices in ice cube trays or silicone muffin trays and add them to punch for pop of color.

More recipes can be found at familyfeatures.com

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If you feel a Shock, swim away from the dock

With Memorial Day weekend ushering in the unofficial start of summer, many people will be taking part in water recreation activities, like boating, fishing, and swimming. Safe Electricity is sharing the message, “If you feel a shock, swim away from the dock,” to help raise awareness of and keep people safe from a hidden hazard called electric shock drowning (ESD).

“ESD is a particularly dangerous hazard because you cannot tell by sight if the water is energized,” explains Molly Hall, executive director of the Energy Education Council and its Safe Electricity program. “ESD can occur when electric current is present in fresh water and someone swims into that energized water. If the electrical current is strong enough, the electric shock can cause muscle paralysis, which leaves the affected individual unable to swim to safety.”

“If a swimmer feels anything akin to electric current, such as tingling on the skin or a pulsing sensation in the water, he must swim away from anything that could be energized, like a dock with electrical service or a boat that’s plugged into shore power. If possible, swim to the shore instead,” says Hall.

Outdated wiring and a lack of proper safety equipment and routine maintenance on docks and boats can cause such situations where electricity “leaks” into the water. According to the Electric Shock Drowning Prevention Association, between 10 and 15 milliamps, which is just 1/50 the wattage of a 60 watt light bulb, can cause drowning. They also report that many ESD

deaths have occurred around private docks and boats plugged into shore power while docked.

Safe Electricity recommends that individuals do not swim around docks with electrical equipment or boats plugged into shore power. If a person is in the water and feels electric current, that individual should shout to let others know, try to stay upright, tuck his legs up to make himself smaller, and swim away from anything that could be energized. Do not head to boat or dock ladders to get out – if possible, swim to the shore.

If people see someone who they suspect is getting shocked, they should not immediately jump in to save them. Throw them a float, turn off the shore power connection at the meter base, and/or unplug shore power cords. Try to eliminate the source of electricity as quickly as possible; then call for help.

Safe Electricity, along with the American Boat and Yacht Council (ABYC) and International Brotherhood of Electrical Workers/National Electrical Contractors Association, recommends adhering to these steps in order to enhance water recreation safety and accident prevention:

- All electrical installations should be performed by a professional electrical contractor familiar with marine codes and standards and inspected at least once a year.
- Docks should have ground fault circuit interrupter (GFCI) breakers on the circuits feeding electricity to the dock.
- The metal frame of docks should be bonded to con-

nect all metal parts to the alternating current (AC) safety ground at the power source. That will ensure any part of the metal dock that becomes energized because of electrical malfunction will trip the circuit breaker.

- Neighboring docks can also present a shock hazard. Make your neighbors aware of the need for safety inspections and maintenance. Marinas should comply with NFPA and NEC codes.

Here are a few additional tips to keep in mind for a boat’s electrical system, particularly those with AC systems:

- Regardless of the size of boat, maintenance of the electrical system should be done by an ABYC Certified Marine Technician, a professional familiar with marine electrical codes.
- Have a boat’s electrical system checked at least once a year. Boats should also be checked when something is added to or removed from their systems.
- Boats with AC systems should have isolation transformers or equipment leakage circuit interrupter (ELCI) protection, comply with ABYC standards, and should be serviced by an ABYC Certified Technician.

“The cost of boat and dock maintenance is definitely worth it when it comes to saving lives,” adds Hall. “Take time to inspect all electrical systems on or near the water.”

For more electrical safety information, visit SafeElectricity.org.

Source: Molly Hall, SafeElectricity.org

2018 pole top and basket rescue



Journeyman Lineman Jarrod Hooper prepares to lower the "hurt man" to safety during pole top rescue.



Right-Of-Way worker Ryan Ledford lowers the basket on a bucket truck to save the "hurt man" during a basket rescue drill.

Pole top rescue drills are required for all linemen, the only employees trained to climb poles. All employees likely to be in the field perform basket rescue drills once a year. This includes line workers, engineers, meter technicians, vegetation management, warehousemen and more going through the steps.



A water bottle protected by denim only explodes as Right-Of-Way worker Fred Buchanan demonstrates the importance of wearing leg protection when operating a chainsaw.



Travis Burch, an intern in the engineering department, completes the basket rescue drill. His internship will take him all over the co-op's service territory this summer.



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Outdoors

Limit strenuous outdoor activities, find shade, and stay hydrated.

Kickstart summer with these safety tips

Keep fireworks fun: Leave them to the pros

It wouldn't be the Fourth of July without fireworks. But setting them off is not a do-it-yourself job.

Professionals such as firefighters or trained reps of fireworks companies know how to handle the sparkly explosions safely. Chances are, you don't.

So leave the fireworks displays to the pros.

Mishandled fireworks can cause serious fires and life-threatening burns. Exploding fireworks are especially dangerous if they come into contact with power lines.

The National Council on Fireworks Safety reports that more than 9,000 people are treated for fireworks-related injuries every year. Even tiny sparklers — a favorite of little kids — can reach a staggering 1,800 degrees, quickly causing dangerous burns even with minor skin contact.

Keep kids entertained with safe alternatives. Buy inexpensive glow sticks or glow-in-the-dark necklaces and bracelets that will stay lighted all night. Battery-operated fiber-optic sparklers will put on a colorful show year after year without the danger of fireworks.

Instead of putting on an amateur show at home, take your family to see a local display that's supervised by fire officials.

If at-home fireworks displays are legal in your community and you do choose to light them, follow these safety tips from the National Council on Fireworks Safety:

- Check that all fireworks come from a reputable source. Follow all safety directions on the package.
- Light fireworks outdoors only, and keep a bucket of water nearby in case of fire.
- Never let small children touch, hold or light fireworks.
- Prepare an area for shooting off fireworks, and keep spectators far away.

works, and keep spectators far away.

Your pool and electricity: potential trouble

Any conversation about swimming pool safety will revolve around drowning. But it should also address electrocution.

Although far less common than drowning, electrocution in or near a swimming pool takes the lives of a small handful of people every year. One was a 7-year-old boy who was electrocuted by a faulty pool light.

Here are a few tips for preventing electrical accidents while you're enjoying your pool:

Keep TVs, radios and extension cords far away from the water.

Have your pool equipment inspected and maintained every season. Faulty, malfunctioning or improperly installed equipment — like pool lights — can be hazardous.

Have the pool inspected when it is first installed — or before you buy a new house that comes with an already-installed pool.

Don't do your own electrical work on your pool lights or other electrical components. Call a licensed electrician.

Keep electrical devices and cords at least five feet away from the edge of the pool. Supervise children and party guests who are using the pool.

Look for signs of trouble, like flickering lights or equipment that performs erratically. If a swimmer is twitching or unresponsive, it's possible the water is electrified.

Make a plan in case someone gets electrocuted at the pool. You're less likely to panic if you know exactly what to do: turn off the power, clear the pool area without touching anything metal; and call an ambulance.

Source: Pointers and Prose

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The Oklahoma Travel Industry Association (OTIA) awarded the Chisholm Trail 150th Partnership with three of the state's highest honors given in the Oklahoma tourism industry during the RedBud Awards Ceremony on May 15 in Oklahoma City.

The partnership, comprised of the Chisholm Trail Heritage Center in Duncan, Visit Enid and the Cherokee Strip Regional Heritage Center in Enid, and the Oklahoma Historical Society (OHS), won the RedBud Award for Outstanding Media Coverage and earned Merit Awards (category runner-up) for Best Partnership and Best Tri-Fold or Single Sheet Brochure or Publication.

The idea to form a Chisholm Trail partnership came from a 2013 discussion between Stacy Cramer, director of the Chisholm Trail Heritage Center, Andi Holland, director of the Cherokee Strip Regional Heritage Center in Enid and Visit Enid Director Marcy Jarrett. They accepted the awards together.

"It was an extremely exciting evening for all of the Chisholm Trail 150th partners," Cramer said. "Thousands of hours of work by many people went into promoting and marketing the Chisholm Trail and its 150th year. That work will continue to attract visitors to Oklahoma, the Chisholm Trail and to Duncan for many years."

"These awards continue to prove that the Heritage Center and the Chisholm Trail history is something international visitors are wanting to experience. Our tour guides and all of our staff work extremely hard to provide a positive experience for every guest," Cramer said.

So far in 2018, guests have traveled to the Heritage Center from Germany, Russia, New Zealand, France, Brazil, Spain, Canada, and throughout the United States.

"We still get visitors who live right here in Duncan who have never been to the Heritage Center. We may be Duncan's best kept secret, yet the world manages to find us," Cramer said.

Cotton Electric members visiting CTHC can present a Co-op Connections Card to get \$1 off the admission price, per card per visit.

Source: Chisholm Trail Heritage Center

Stay Away from Electrical Substations

An electrical substation converts electricity to a lower voltage so it can be safely routed and delivered to your home. Because high-voltage power runs through substation equipment, please avoid substation areas and the fences that surround them. Keep the following safety tips in mind:



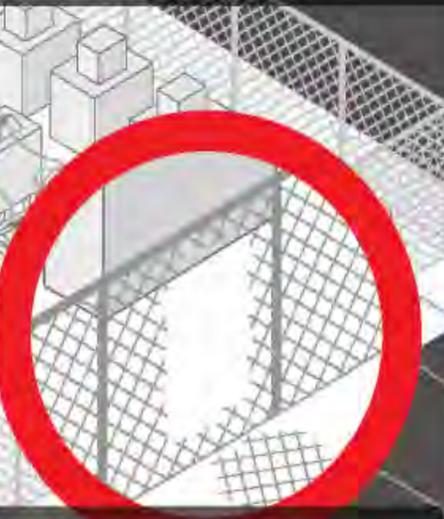
Never release metallic balloons near substations. If they get caught in the equipment or lines, they can cause power outages.



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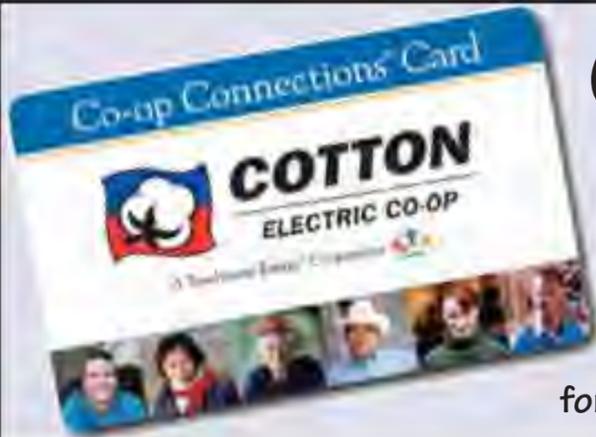
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Linda's Carpet

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580-228-2575 or 228-2011

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Helen Thomas - owner
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Mon.-Fri. 8:30-5 • Sat. 8:30-2

On The Hill Gypsy Horses

Horse Breeding & Sales
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By Appointment: 580-641-2022 or 580-656-2475: 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
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5pm-7am Emergency Hours

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580-492-6123

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580-492-4744
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580-351-9100

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1304 W. Hwy. 7, Marlow
580-658-3377

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.

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

In 2016, 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. Type 2203OK19 into the Group field and click 'log in' to start your search.



Community Spotlight

DLT presents summer workshop

Duncan Little Theatre presents its summer workshop Teen Theatre from 9 a.m. to noon Monday through Friday, July 9-28 at the Simmons Center in Duncan.

Teens from 6th to 12th grades will learn skills in acting, costuming, props, set design and construction, lighting, sound, publicity, makeup, and performance.

All teens will be cast in a show and take the script from the page to the stage in a final performance on July 28.

Registration forms can be found at DuncanLittleTheatre.com. Cost is \$75 per teen, with scholarship opportunities for students on free and reduced lunch.

Each teen is given a t-shirt and poster from the show as well as a one-year membership to DLT. More information can be found on DLT's website or by contacting Sharon Burum at 580-252-8331.

1000 Chisholm Trail Parkway in Duncan.

Guests will have the opportunity to visit with Oklahoma authors, Una Belle Townsend – who wrote the children's books, "The Oklahoma Land Run" and "Grady's in the Silo" – and Daryl Talbot, known for his cowboy cartoons.

There will be a game room for children, where they can play Western-style cowboy games, get their faces painted and more.

Cowboys at Heart will be performing live at the event. Admission is free.

Chisholm Trail Heritage Center is Oklahoma's Outstanding Attraction of the Year, and a True West Top 10 Western Museum.

For information, call 580-252-6692 or email info@onthechisholmtrail.com.

Booth space is \$10 per day and vendors must bring their own tables. For more information, contact Eleanor McDaniel at 580-483-6864.

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.

CTAC opens enrollment for summer art class

Chisholm Trail Arts Council will host its annual Arts Explosion class from 8:30 a.m. to 5 p.m. July 16-20 at the Stephens County Fairgrounds.

This annual summer art class is available for students who have completed Kindergarten through 12th grade. Class for 3rd-5th graders will be from 8:30 a.m. to 12:15 p.m., Kindergarteners through 2nd graders will be from 1:30 to 2:30 p.m., and 6th through 12th graders will be from 3 to 5 p.m. each day.

Since 1991, Arts Explosion has catered to children providing them with and art experiences during CTAC's week-long summer art camp.

Students will have the opportunity to learn different art disciplines and use a variety of art mediums such as pottery, creative drawing, sculpture, watercolor and mixed media.

Enrollment is happening now with late enrollment beginning July 10. Spaces are limited.

For more information concerning Arts Explosion, or any other CTAC program, please call 580-252-1460 or email director@chisholmtrailarts.com

CTHC celebrates 20th anniversary

Come celebrate the Chisholm Trail Heritage Center's 20th anniversary with the National Day of the Cowboy Celebration from 10 a.m. to 5 p.m. July 28 at

Coin show in Stephens County

Duncan's Annual Coin Show is held from noon to 6 p.m. Sept. 15 and 9 a.m. to 5 p.m. Sept. 16 at the Stephens County Fairgrounds.

Guests will receive appraisals on gold, silver, currency, coins, tokens and supplies.

Event includes free parking, admission and refreshments. For more information, contact Ed McGill at 580-475-4570.

Cache FFA hosts market

Cache FFA will host the Cache Farmers Market 8 a.m. to noon every third Thursday of the month in the wrestling gym parking lot just west of Cache High School cafeteria.

Vendors with fresh produce are welcome to join in the market.

For more information, contact Kelly Jenkins at 580-512-66287 or Mitch Dorrell at 704-0711.

Market open weekends in Cache

Native American Arts and Crafts Market takes place every Saturday and Sunday from 8 a.m. to 5 p.m. at 423 West C, downtown Cache.

The market is open to the public and includes handmade crafts and original artwork by local tribal artists. All Native American arts and crafts vendors are welcome.

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.

Monthly lecture at The Foreman Prairie House

Join the docents and volunteers at The Foreman Prairie House at noon every third Thursday of the month for lunch and lecture.

Listen to artists, historians and craftsmen while enjoying a homemade artisan-style lunch.

The subject and speaker for the lecture change every month so you get new knowledge with every freshly prepared meal.

Cost is \$12 per person. Reservations are required and can be made by dialing or texting 580-512-9153.

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M	O	R	O	S	E	S	K	A	T	E	S		
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