

# The Current

A Publication of Cotton Electric Cooperative Inc.

A Touchstone Energy® Cooperative 

“The Current - Informing Our Members Since 1957”

VOLUME 61

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NUMBER 13

## Meetings set for CEC Districts 1, 3, 5

District meetings for three of the nine voting districts of Cotton Electric Cooperative have been set for the purpose of electing trustees and for reports involving other business matters.

The business and affairs of Cotton Electric are managed by a board of nine trustees representing geographical districts within the cooperative's service territory. The board establishes the overall policies of the cooperative. Each trustee is a co-op member who represents one district, the area in which he or she lives.

Members residing in Districts 1, 3 and 5 will receive mailed notices that will include information about the time, date and location of the meetings they should attend. The cooperative's bylaws stipulate that district meetings are to be held in three of the nine voting districts annually and only members in these three voting districts will receive notices.

This year, the meeting schedule is as follows:

- District 1: Aug. 30 in the Life center at Velma Baptist Church
- District 3: Sept. 6 in the auditorium at Elgin Connection Church



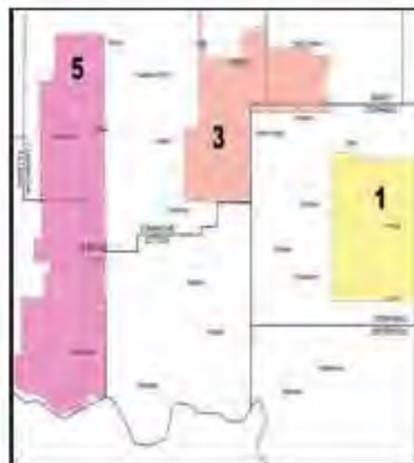
**SHAN FILES**  
representing District #1



**CHARLES SPENCER**  
representing District #3



**TIM McCARY**  
representing District #5



• District 5: Aug. 28 at the Chattanooga school auditorium, 507 4th St.

Registration at each meeting will begin at 6 p.m., and a mailed official registration card will be required for members. The registration card allows for quicker registration and makes the holder eligible for an attendance prize.

Registration ends at 7 p.m. when the business meeting will be called to order. Each member is entitled to one vote in trustee elections.

Churches, clubs, schools, organiza-

tions and others will receive credentials to be used to designate a person as the voting delegate. Forms must be presented at registration, with all forms completed and notarized. These will enable the representatives of each organization to vote and participate in the business of cooperative.

Trustees who are elected at the district meetings will take office immediately following the annual meeting and will serve a three-year term. If there is no election, incumbents are held over for the term.

Incumbents are Shan Files, District 1; Charles Spencer, District 3; and Tim McCary, District 5. McCary has announced that he will not seek another term. If a new trustee is not elected at the District 5 meeting, one will be appointed by the board.

The Cotton Electric Cooperative annual meeting will be Sept. 27 at the Great Plains Coliseum in Lawton. Registration for the annual meeting will begin at 5:30 p.m.



## Tips to 'Beat the Peak' this summer

By Danielle Quickle

Faced with a summer heat wave, electric cooperatives across the state are encouraging members to “Beat the Peak” and save money by controlling their power use when demand and prices are at their highest.

Power demand during peak hours can be compared to gas prices during a holiday weekend. If you wait until the last minute to gas up for your Labor Day weekend road trip, then you will likely pay more than someone who filled up earlier in the week. This is because oil and gas companies cannot keep up with the demand of fuel needed to power all the vehicles traveling at once and must raise their prices, costing the gas station and customers more money.

When members come home and start doing laundry and making dinner all at once, the demand for power goes up. This is what we refer to as the “peak.” To keep up with this demand, Cotton Electric purchases more power from Western Farmers Electric Cooperative (WFEC) during a time when it is most expensive.

Like other electric distribution utilities, Cotton Electric must pay for the costs associated with purchasing

and delivering energy to consumers. The cost of power makes up a large portion of Cotton Electric's annual operating budget.

As a member-owned cooperative, we benefit collectively with every dollar saved. By reducing your demand, the first impact can be lowering the monthly power cost adjustment (PCA). This month's PCA can be found in the lower left-hand corner of this page. The PCA factor is used to balance the cost of wholesale power when it is greater than or less than the base rate (for residential and small commercial accounts).

The second impact on your bill can be seen in following years because the demand we set during the peak period affects the rates we are charged.

Energy peaks typically occur between 4-6 p.m. on the hottest days of summer. When WFEC predicts a potential peak, we will ask members to turn off unnecessary appliances and delay use of major appliances such as dishwashers, washing machines and clothes dryers. Overall, members are asked to conserve energy during these times.

Some tips on how members can reduce demand are:

- Use appliances and other electric devices sparingly. If you must use them, try to limit use to one appliance at a time.
- Appliances that are controlled by thermostats should not be turned on all at once. These appliances require more electricity when heating up than during ongoing operation. Staggering the start up times by 15 to 20 minutes will help reduce your demand.
- Delay using hot water so that the demand for your water heater is less during the peak times, especially if you have a tankless water heater which can account for up to 36 kW of demand.
- Set the thermostat to 78 degrees on your air conditioning equipment or heat pump during the peak time frame. Another option is to increase the setting on your thermostat by two to three degrees during the peak time.
- Learn more about your home's overall energy efficiency and find sources of energy waste. Take the Energy Efficient Home Tour at [www.touchstoneenergysavers.com](http://www.touchstoneenergysavers.com) or scheduled a free energy efficiency audit through Cotton Electric.

### Power Cost Adjustment Calculated

The power cost adjustment now being applied to bills mailed after Aug. 1, 2018, is (\$0.00344) per kWh.

On a member's average bill of 1250 kilowatt hours (kWh), this will amount to a credit of \$4.30 on the Aug. bill.

### July 2018 Temperature Extremes

Day	High	Low	Avg.	Day	High	Low	Avg.
1	94	75	85	16	102	72	87
2	101	71	86	17	105	73	89
3	104	72	88	18	103	76	90
4	99	74	87	19	111	70	91
5	98	74	86	20	111	72	92
6	99	72	86	21	112	73	93
7	99	70	85	22	110	73	92
8	97	73	85	23	92	74	83
9	98	69	84	24	98	72	85
10	97	70	84	25	102	64	83
11	99	71	85	26	98	74	86
12	98	75	87	27	92	73	83
13	101	71	86	28	102	73	88
14	100	77	89	29	99	76	88
15	102	75	89	30	89	68	79
				31	88	65	77

Source: [srh.noaa.gov/oun](http://srh.noaa.gov/oun)  
Average Daily High: 100 Average Daily Low: 72

### Did You Know?

Cotton Electric offices will be closed Monday, Sept. 3, for the Labor Day holiday. Emergency calls will be answered at 580-875-3351 or 800-522-3520.

The next issue of The Current should arrive in mailboxes on Sept. 10, 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](mailto:info@cottonelectric.com).

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

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

From the CEO

# Cooperative sets dates to remember

One of my favorite phrases that my dad uses is “mark it down in your daybook” when our family needs to remember an important date.

Whether your daybook is the traditional Day-Timer or the calendar apps of today, I invite you to mark a few important upcoming dates in YOUR daybook.



Jennifer Meason, CEO

gives us the opportunity to talk one-on-one with you at a location in your community and answer any questions you may have regarding the co-op.

Several of our member service representatives who take your calls during the day will be on hand to greet you and process registrations. We'll have staff members from our marketing, engineering and operations departments ready to address concerns.

You can also meet the local linemen who work in your district as well as representatives from your Board of Trustees.

If you haven't attended a District Meeting before, please join us.

## District Meetings – Aug. 28, Aug. 30, Sept. 6

The beauty of belonging to a co-op is every member has a voice. Voting and being actively involved in the affairs of the co-op are key ways in which you can participate and members will soon have that opportunity at upcoming district meetings.

Meetings are held annually in three of our districts and this year's meetings will be held in Districts 1 (Aug. 30), 3 (Sept. 6) and 5 (Aug. 28) as outlined on the front page of this issue.

I look forward to district meetings each year as it

## Primary Election Runoff – Aug. 28

Voting in our statewide and local elections is also important. Several primary elections resulted in runoffs this year.

In past elections, voter turnout decreased in races that went to a runoff. Let's reverse that trend and remember to vote for the Runoff Primary Elections on Aug. 28. You can also request an absentee ballot or vote early at the County Election Board office. The deadline

to request an absentee ballot is 5 p.m. on Aug. 22. Early voting will be held from 8 a.m. to 6 p.m. on Aug. 23, 24 and from 9 a.m. to 2 p.m. on Aug. 25.

To register to vote and for other election information, visit [vote.coop](http://vote.coop).

## Annual Meeting – Sept. 27

We'll get to show our appreciation for all of our members at the 79th Annual Meeting that will be held Sept. 27 at the Great Plains Coliseum in Lawton.

It's a family-friendly event with inflatable games and entertainment for children and we'll serve a delicious barbecue meal prior to the business meeting. We'll update you on cooperative business and conclude with the prize drawing.

## Any Date and Time

I welcome your feedback at any time so don't wait for these dates to contact me with any questions or concerns you may have regarding your electric cooperative. I can be reached at 580-875-3351 or by email to [jmeason@cottonelectric.com](mailto:jmeason@cottonelectric.com). I hope to hear from you soon.

# Former trustee passes away

By Karen Kaley

Retired Cotton Electric trustee Melvin Robison passed away July 9, 2018. He was 83.

Robison made his home in Medicine Park, a community served by Cotton Electric.

He was not only a member but a contributor to the co-op's long-term success, serving it both as an employee and a trustee. Robison began his career with rural electric cooperatives working first for Cad-



do Electric Cooperative and later for Cotton Electric Cooperative. He left the co-op to become an electrical wiring instructor with Great

Plains Vo-Tech in Lawton.

Robison went on to serve 35 years on Cotton Electric's board of trustees. During that time, he held all offices on the board.

He also served as Cotton's delegate in organizations on a state and national level.

Robison is survived by his wife, Nelda "Tootsie" Vinyard; a daughter, Kathryn Brand and husband Rodney; a son, Kyle Robison; three grandchildren and one great-grandchild.



# Home security includes offline threats

*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.*



BurglarSurveyStudyFinalReport.pdf found that: "Indicators of increased security (alarm signs, alarms, dogs inside, and outdoor cameras or other surveillance equipment) was considered by most burglars when selecting a target." and "About 60 percent of the burglars indicated that the presence of an alarm would cause them to seek an alternative target altogether." Even fairly inexpensive alarm systems can enhance the secu-

rity of your home, such as:

- Simplisafe2 Wireless Home Security System - <http://goo.gl/0klTLL>
- Fortress Security Wireless Home Security Alarm System with Auto Dial - <http://goo.gl/yTbxEX>
- The security of your home increases even more by adding security cameras such as:
  - Vimtag Wireless Security Camera with Two-Way Audio Night Vision - <http://goo.gl/Mr5xUM>
  - Additional security devices add even more security to your home such as:
    - 24-Hour Digital Timers - <http://goo.gl/7njaSP>
    - FakeTV Burglar Deterrent - <http://goo.gl/hLRp86>
    - Heavy Duty Motion Sensor Security Lights - <http://goo.gl/uwM9BG>

locks installed throughout your home, some may wish to consider the following additions to increase security:

- Door Armor - <http://goo.gl/feO5UI>
- Window Security Film - <http://goo.gl/9x2yPe>
- Master Lock Dual-Function Security Bars - <http://goo.gl/lgX6l0>

## Take a Firearms Safety Course

The Washington, DC Metropolitan Police Department offers an online firearms safety course - <https://dcfst.mpd-online.com>. There is no cost for taking this course and it should take approximately 30 minutes to complete. Even if you don't own a firearm, understanding how firearms function and how to safely handle them is important.

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



## Energy Efficiency Tip of the Month

Look for LED products and fixtures for outdoor use, such as pathway, step and porch lights. Many include features like automatic daylight shut-off and motion sensors. You can also find solar-powered lighting for outdoor spaces.

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

**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.

	2018	2017
Total Amount Billed/Accrued	\$6,054,089	\$5,616,209
Cost of Purchased Power	3,864,901	3,647,053
Taxes	101,674	98,178
Total Operating Expense Per Mile	1,057	1,012
Average Farm and Residential Bill	174	160
Average Farm and Residential kWh	1,482	1,251
Total Meters Billed (farm, residential)	18,375	18,331
Miles Energized	5,175	5,166
Density Per Mile	3.55	3.55
New Service Connects YTD	138	141
Services Retired	53	77

## The Current

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# 2018 Youth Tour essay topic: Energy Efficiency: How it affects me and Cotton Electric Fighting for energy conservation



Cole Newport  
Marlow High School

*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.*

The world is on fire. World War III has finally broken out and 60 percent of the entire world's population has been eradicated. There are only around 50 million Americans left, but among them is a young boy by the name of Thomas Powers.

Fortunately for Thomas and his family, his father became infatuated with the idea of a global disaster during his early twenties and has been preparing for "Doomsday" ever since.

Just three years before the war started, Mr. Powers purchased land and supplies to build his very own fallout shelter. Thomas and his family now live within the safe walls of the shelter.

There's just one problem; the facility is powered by gasoline generators, and gasoline is in very short supply. How will Thomas and his family manage to conserve enough energy until they find a better solution?

This story, although fictional, shows the importance of energy conservation. We might not all have to power large underground facilities, but conserving energy is still very important.

According to the United States Energy Information Administration, the U.S. consumed a total of 7.21 billion barrels of petroleum products in 2016. We use so much nonrenewable energy that if we crack down on being more conservative we would be able to drop that number significantly.

According to National Geographic, only 10 percent of the entire United States is powered by renewable energy sources. If we were able to increase that



percentage by just another 10 percent, we could save nearly 800 million barrels of petroleum per year.

I'm not suggesting that we make the entire country "go green," although this would greatly improve environmental satisfaction, I'm merely proving the point that we use up so much fossil fuel.

By combining the efforts of conservation and the use of renewable energy sources, we could make that fossil fuel last so much longer. That might be ambitious, but I truly believe that it is possible.

Energy efficiency is so important because it affects a number of factors. My family is served by Cotton Electric, and we manage to keep our electricity bill fairly low just by being smart about power usage. We turn off lights when we leave

rooms, unplug appliances when they are not in use, and we have a wood-burning fireplace to warm the house during the winter instead of running a heater.

My aunt, although not on Cotton Electric, is so energy-efficient that her electric bill averages less than \$30 a month year-round! Wow! That's a low price! Simple tricks like the ones I just mentioned or additional tips like reading a book instead of watching television could make a major difference in both fuel consumption and the money in your pocket.

By conserving energy, we are also making it easier on the people working at Cotton Electric.

For households who use too much power, oftentimes nearby transformers can overload and even blow out. This creates many issues, the first one being that

Cotton Electric has to come out and fix the blown transformer. This will not only cost money but can also put the lineman fixing the transformer in danger.

*(Editor's note: A transformer "blowout" is rare. For safety reasons, overloading a transformer will cause it to trip breakers and shut off power to a location. To address this, members using excess amounts of power may need to upgrade service to their home and their breaker panel.)*

Cotton Electric follows many safety regulations, and the workers who go out to repair downed lines and blown transformers are trained and know what they are doing, but at times electricity can be very unpredictable.

By conserving power, we are not only avoiding putting workers in danger but we are also creating more time for them to be at home spending quality time with their families. To me, that's enough to make me want to do something as simple as turning off my bedroom light as I leave for school.

It shouldn't take an entire world war for us to see the issue we have with not conserving electricity. We take power for granted every day.

In the early 20th century, electricity was often very scarce. Companies like Cotton Electric made it possible for so many Americans to harness the glorious power of electricity.

Every day, men and women work so hard to make sure we can power things like our TVs, microwaves, and computers. Why should we take that for granted? It's time we start the real war and begin conserving electricity.

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580-875-6500

### RESIDENTIAL LISTINGS:

- 214 E. Texas, Walters: \$86,500: 1896 sqft, detached garage, new CHA, metal roof, updated interior.
- SALE PENDING: 300 Willow Creek Drive: \$210,000. 2 bed, 2 bath, 2473 sqft, steel frame, stainless steel appliances, custom cabinets, large corner lot.
- SALE PENDING: 630 W. Oklahoma, Temple, \$60,000: Brick ext., 3 bed, 2 bath, 1208 sqft. Metal roof, fenced yard, storage building. Walking distance to school.
- SALE PENDING: 503 E. South Boundary: Price Reduced: \$55,000. 3 bed, 2 bath, 1962 sqft, 3 living areas, vaulted and beamed ceiling, updated CHA, updated water heater, 2 car garage, fireplace, dry storm cellar.

### RESIDENTIAL LOTS

- Kishketon Estates: Walters, OK: Lots ranging in size from 16,800 sf to 33,600 sf, with room to put a shop. 16,800 s.f. lots priced at \$15,000 or 33,600 sf barn lots listed at \$30,000. Close proximity to youth park, Kidtopia, swimming pool, tennis & basketball courts and skate park.

### LAND LISTINGS

- 306 ACRES, \$270,000: Tillman County, just south of Frederick lake: all grass.

## Simplify

Paying your power bill online is easy ...

Just visit CottonElectric.com and click the **VIEW & PAY BILL** button. Use your Cotton Electric account number and a password of your choosing to set up an online bill pay account.

Automatic bank draft is easier ...

At CottonElectric.com, click **PAYMENT OPTIONS** under the Residential menu. **Download an application form**, fill it out and send it in with a voided check. We'll arrange to draft your checking account 10 days after your billing date. All you have to do is open your bill and make a note in your check register.

Want to go paperless?

Call us at 580-875-3351 or 800-522-3520 or send an email to info@cottonelectric.com to request billing via email only. We will need your Cotton Electric account number, so have it handy.



226 N. Broadway, Walters  
1101 W. Oak, Duncan  
580-875-3351

## Community Spotlight

If you would like your community event listed in the September issue, please submit information by Aug. 29, by calling 580-875-4255 or send an email to [TheCurrent@cottonelectric.com](mailto:TheCurrent@cottonelectric.com).

### Church welcomes new pastor

First Free Will Baptist Church is celebrating its new pastoral team, Ken and Carolyn Neher. After a two-year search, the church welcomed the new pastors on Aug. 1.

Ken has been involved in ministry for the past 14 years, as an associate pastor, teacher and missionary.

Carolyn followed him in ministry as a teacher, missionary and women's ministry.

Both have a passion to share the truth of God's Word and encourage and equip for God's work.

First Free Will Baptist Church has been part of the Duncan community for more than 60 years.

The congregation seeks to be a church that is there for the community and feels that the new pastors begin a new chapter of service to the Lord.

All are welcome to join activities at the church. Anyone looking for a comfortable, friendly, caring church family is encouraged to attend Sunday service at 10:30 a.m. at 2609 West Beech.

### Whitaker performs at GPTC

Southwest Oklahoma Historical Society presents Jimmy Jack Whitaker at 7 p.m. Aug. 14 in the Great Plains Technology Center Worley Center, Building 300 in Lawton.

Born in Vernon, the award-winning singer, songwriter and producer has made a name for himself in the worlds of rock and roll, gospel, bluegrass and country.

For more information, contact Nan Kent at 580-574-4442 or [nanzell@gmail.com](mailto:nanzell@gmail.com).

### YMCA fundraiser is Aug. 18

Lawton Family YMCA is hosting their first annual hamburger feast fundraiser from 11 a.m. to 7 p.m. Aug. 18.

Advanced tickets are \$8 each or \$10 at the door. Children 4 years old and under will eat free.

All you can eat hamburgers, hotdogs, sides and drinks are included with ticket purchase.

Proceeds will help youth programs such as summer camp, youth sports and swim lessons as well as purchase new equipment and supplies.

For more information, contact Kelsie Murphy at 580-695-8208 or [kmurphy@lawtonfamilyymca.org](mailto:kmurphy@lawtonfamilyymca.org).

### GPTC provides safety course

Learn to protect yourself during an active shooter situation with a course facilitated by Sgt. Stephanie Crawford, LPD, from 6-7:30 p.m. Aug. 23 in the Great Plains Technology Center (GPTC) auditorium, building 100 in Lawton.

Attendees will learn the best course of action when shots ring out at the workplace, church or shopping centers. Course is free to the public.

To register call 580-250-5500. More information can be found by contacting the GPTC Adult Career Development office at 580-250-5500 or [ljamison@greatplains.edu](mailto:ljamison@greatplains.edu).

### Balloon Fest comes to Lawton

Apache Casino Hotel announces the first annual Apache Balloon Fest scheduled for Aug. 24-26 in Lawton.

Admission is free and features 20 hot air balloons, balloon sky rides, balloon tethered rides, ADA accessible balloon

rides, synchronized kite flying shows, kids inflatable island, live music, vendor booths, food trucks, adult beverages and much more.

Trained service animals are allowed so long as they are tethered to their handlers at all times.

Pets and emotional support animals are prohibited.

Information about the event and how to volunteer can be found online at [apacheballoonfest.com](http://apacheballoonfest.com)

### Airfield celebrates 100 years

Henry Post Army Airfield is celebrating their 100th anniversary with an air show from 10 a.m. to 4 p.m. Sept. 1 at Fort Sill.

The show gives aircraft aficionados of all ages the chance to see historical aircraft fly just like they did 60 or more years ago.

Features include more than 20 aircraft displays, 15 flight demonstrations, field artillery and air defense artillery displays, kid zone and numerous booths.

Gates will open at 9 a.m. More information can be found online at [sill.armymwr.com](http://sill.armymwr.com).

### Annual Mud Bowl in Lawton

Great Plains AMBUCS presents their annual Mud Bowl Volleyball Tournament beginning at 10 a.m. Sept. 1 at Comanche Nation Casino in Lawton. Proceeds will support children and adults with developmental disabilities

Teams can register via email at [GreatPlainsAMBUCS@gmail.com](mailto:GreatPlainsAMBUCS@gmail.com) until 6 p.m. Aug. 31.

Entry fee is \$175 per team until Aug. 17 then \$225 per team until Aug. 31. All teams must be co-ed and consist of eight players.

Participants will also enjoy live music, a family fun area, food trucks, beer and drink tents and a free t-shirt. Save money and reserve event t-shirts by registering early.

There will be no same day registration and outside food and drink is prohibited.

For more information, visit the Great Plains AMBUCS Mud Bowl Facebook page.

### Fort Sill hosts family hike

Explore Fort Sill and Lake Elmer Thomas Recreation Area (LETRA) with a Moral, Welfare and Recreation (MWR) guided hike from 9-11 a.m. Sept. 1 starting at LETRA Country Store.

Hikers will learn basic hiking skills and are advised to bring water, snacks, hiking shoes, bug spray and sun block.

The hike is open to the public and welcomes participants eight years and older.

More information can be found by calling 580-442-5858 or online at [sill.armymwr.com](http://sill.armymwr.com).

### Chamber hosts annual business expo

Lawton Fort Sill Chamber of Commerce presents the 2018 Southwest Oklahoma Business Expo beginning at 4 p.m. Sept. 13 at the Great Plains Coliseum.

Shop Lawton as area merchants and service providers will be under one roof showcasing local goods and services available.

Entry fee is two non-perishable goods for the Lawton Food Bank.

For more information, contact Shaileen Gehers at 580-355-3541 or [sgehers@lawtonfortsillchamber.com](mailto:sgehers@lawtonfortsillchamber.com).

### More Community Spotlight on Page 6

## Upcoming Deadlines for The Current

September		October		November	
Ad Sales	Aug. 24	Ad Sales	Sept. 21	Ad Sales	Oct. 26
Classified	Aug. 29	Classified	Sept. 26	Classified	Oct. 31
Publish Date	Sept. 10	Publish Date	Oct. 9	Publish Date	Nov. 12

## PHOTO OF THE MONTH



Cotton Electric member Katie Burk snapped this photo of her son, Duke, having some Summer Fun in the pond at their home in Elgin.

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

## VVA Chapter 751 holds golf benefit

Vietnam Veterans of America Chapter 751 is calling for teams and sponsors for a golf tournament to be held Sept. 10 at Fort Sill Golf Course. Check-in for the 4-person scramble begins at 10 a.m. Lunch follows at 11 and the shotgun start is at noon.

Organizers hope to sign up 18 teams and that among them is at least one all-female team. Players will have opportunities to win significant hole-in-one

prizes and door prizes.

The event has been a major fundraiser for the chapter for 14 years. Proceeds go to programs supporting Vietnam veterans and their families.

Entry information is available between 9:30 a.m. and 12:30 p.m. Monday through Friday at the VVA Chapter 751 office at 1004 B Avenue in Lawton or by calling 580-699-5096.

## I AM THE CO-OP



The information we get from Cotton Electric Cooperative about efficiency, safety and technology gives us the power to make informed decisions.

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**Third-quarter grants applications are due Aug. 15.**

For a detailed list of grant guidelines and a downloadable version of a grant application, look under the Operation Round Up tab at CottonElectric.com

Gabriel's House Executive Director Dee Cairo and Executive Assistant Dallas Cowen pose with playground equipment purchased with CECF grant.

# Gabriel's House swings into new year

By Danielle Quickle

August is "National Back to School Month" and the team at Gabriel's House can hardly wait to start the new school year.

Gabriel's House is a Christian faith-based organization that provides after school programming for elementary aged children in the Duncan and Empire school districts.

Inspired by the needs of latchkey children, Gabriel's House provides a safe and loving place for students who have no where else to go at the end of the school day.

Each day, students are welcomed with a healthy snack and given help with any homework they may have. Volunteers from the community provide enrichment programs such as art, yoga and nutrition courses for students. Part-time grade coordinators are hired every year to lead classes that teach the children biblical morals and how to become contributing members of society. Before returning home for the evening, each child receives a full-fledged dinner to fill their bellies and empty their minds of any worry about where their next meal may come from.

Gabriel's House believes their mission is "to positively impact the children they serve, always looking for ways to enrich their lives." For them, this not only means providing after school services, but meeting all needs they see in the community. One of the greatest

needs they have met occurred this past school year during the Oklahoma teacher walk-out.

For two weeks while school systems were down, Gabriel's House opened their doors to all students in Stephens County providing three meals plus a snack and various activities each day.

Executive Director Dee Cario saw the teacher walk-out as a learning experience for services they hope to provide in the future.

"It is a dream of ours to eventually offer all-day summer academies as an option for students," Cario said. "The teacher walk-out gave us a good idea of what kind of resources and funding we would need to make that dream come true."

Cario has been with Gabriel's House for 10 years; this is her fifth as executive director. She remembers Gabriel's House when it was a small operation.

"We started in a tiny house in Duncan where we were only able to serve a handful of children," Cario said. "Now with our partnership with Duncan schools and recent branch out to Empire, we are able to serve 175 students."

The partnership with Duncan Public Schools has allowed the operation to work out of a former Duncan Middle School building, providing opportunity for growth.

The new location includes many benefits for the pro-

gram but lacked one important feature: a playground.

Gabriel's House received a \$2,000 CECF grant earlier this year to purchase a playground set for their Duncan facility.

"We had become very limited with what we could do outside with the children," Cario said. "The kids were so excited when they heard we were getting playground equipment."

Gabriel's House is a preventative and proactive program. By providing services to children who have no place to go, the United Way agency is protecting them from the streets where abuse, crime or similar harm could occur. In the future, they hope to branch out to more school districts. The only thing holding them back is funding.

"As a Christian based non-profit, our funding is limited because we cannot receive any funding from the government," Cario said. "It is organizations like Cotton Electric that are allowing us to upkeep the quality of our program and impact young lives."

This is the third CECF grant that Gabriel's House has received in 14 years.

Third quarter grant applications are due Aug. 15. For a detailed list of grant guidelines and a downloadable version of a grant application, look under the Operation Round Up tab at CottonElectric.com.

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# Community Spotlight

## LPO presents Willy Falk: Mostly Love

Lawton Philharmonic Orchestra kicks off the 2018-19 season with Willy Falk: Mostly Love at 7 p.m. Sept. 14 at the Hilton Garden Inn.

Originally from Lawton, Falk has performed on Broadway for many years.

Sponsored by EZ Go, Lawton Fort Sill Chamber of Commerce and Hilton Garden Inn, the event will include a cash bar and light refreshments.

Enjoy an evening of love songs and more from the Tony Award nominated Broadway star.

Tickets and sponsorship are available at Phillips Music Co. in Lawton or by calling 580-531-5043.

## 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.

## International Fest celebrates 39 years in Lawton

Lawton Arts and Humanities Council, City of Lawton and the International Festival Committee present the 39th annual International Festival beginning at 5 p.m. Sept. 28 at Elmer Thomas Park.

Since 1979, the festival continues to provide an opportunity for the community to display aspects of different cultures that make Lawton Fort Sill so unique.

There is no admission or parking fee for this family-oriented extravaganza of fun, food, children's games and activities, demonstration artists and multicultural entertainment.

For more information, find the 2018 International Festival page on Facebook.

## Cache FFA hosts market

Cache FFA will host the Cache Farmers Market from 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. 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.

## Weekly farmers market in Lawton

Lawton Farmers Market is open from 8 a.m. to noon on Wednesdays and Saturdays from April through October at the Comanche County Fairgrounds, 920 SW Sheridan Road. In addition to local seasonal produce,

expect to see specialty foods such as jams, jellies, salsas, baked goods, wine, freshly roasted coffee beans, as well as handmade soap, herbs, plants, eggs, beef and an assortment of handcrafted items and food concessionaires. For information, visit Lawton Farmers Market on Facebook.

## 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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# RENEWABLE ENERGY SOURCE CROSSWORD



Did you know the electricity you use in your home is generated using a variety of fuel sources? Some energy sources are nonrenewable (like coal and natural gas) and some are renewable (like solar and wind energy). Learn about renewable energy sources and complete the puzzle below.

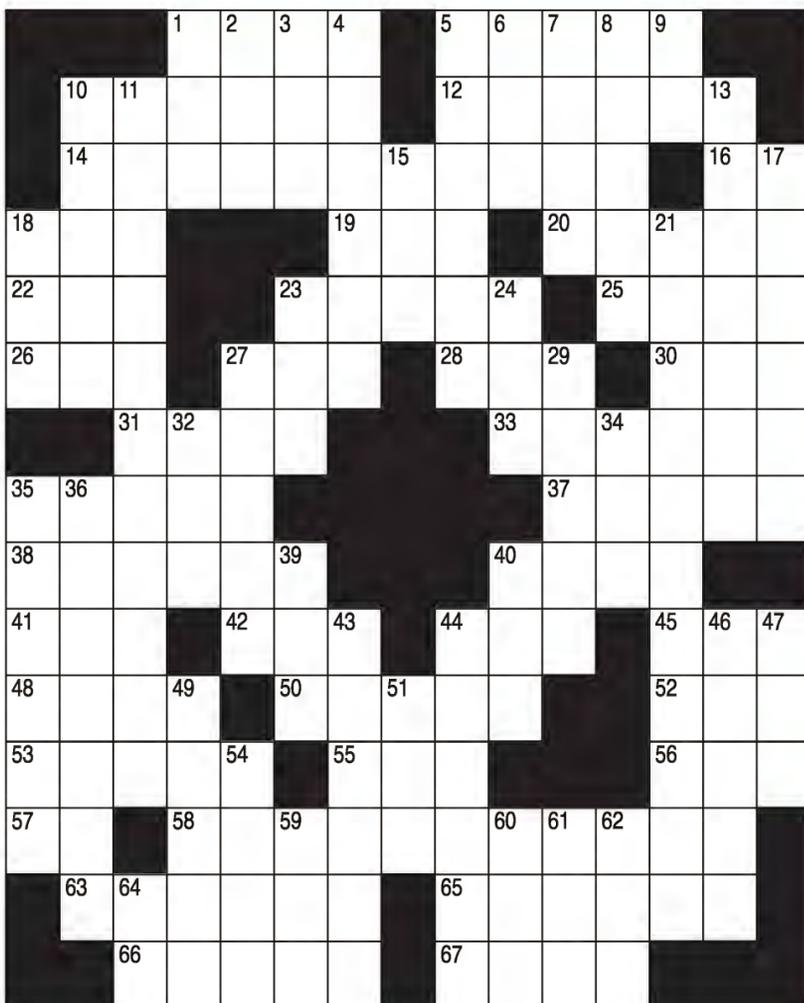
- 1. ACROSS:** \_\_\_\_\_ energy uses heat from the earth. People can use the heat to warm buildings or to generate electricity.
- 2. DOWN:** \_\_\_\_\_ energy is produced through panels that convert sunlight into electricity.
- 3. DOWN:** \_\_\_\_\_ is energy produced from moving water. The power plant is typically located on or near a water source.
- 4. ACROSS:** \_\_\_\_\_ energy uses tall turbines with blades to collect kinetic energy.
- 5. DOWN:** \_\_\_\_\_ is organic material that comes from plants and animals; it contains stored energy from the sun and when burned, uses chemical energy that is released as heat.



ANSWER KEY:  
1. ACROSS: GEOTHERMAL, 2. DOWN: SOLAR, 3. DOWN: HYDROPOWER, 4. ACROSS: WIND, 5. DOWN: BIOMASS

## ACROSS

1. Imitated
5. Explosion
10. One who writes
12. Large nests
14. Philly specialty
16. A form of "to be"
18. Automobile
19. A way to stand
20. Waterlogged land
22. A way to provide
23. We all need it
25. Stalk of a moss capsule
26. Promotional materials
27. Bashful
28. Ten
30. He captured Valencia
31. Quickly
33. Violent seizure of property
35. Fugazi bassist
37. Baseball great Davey
38. Large bird cage
40. British noble
41. They protect Americans (abbr.)
42. Economic institution
44. Pat lightly
45. Not even
48. Cools
50. Seat belt advocate
52. A dishonorable man
53. Smooths over
55. Moved quickly
56. Part of a play
57. South Dakota
58. Worsen
63. Madam Butterfly and La Boheme
65. Removes
66. Dull, brown fabrics
67. Comedian Rogen



3. One point south of due east
4. Profoundly
5. Swatted
6. Confederate general
7. Soviet composer
8. Japanese deer (pl.)
9. Tellurium
10. Burn with a hot liquid
11. Pupae
13. Famed chapel
15. Car mechanics group
17. Blocks from the sun
18. Numbers cruncher
21. Responds in kind
23. Shaft horsepower (abbr.)
24. Each
27. Fitzgerald's wife Zelda
29. Tribe of Judah rep
32. Patti Hearst's captors
34. "The Raven" author
35. Bars give them their own nights
36. Essential for guacamole
39. Currency
40. Golfers hope to make it
43. Touch gently
44. Does not allow
46. Cyprinids
47. Insecticide
49. Passover feast and ceremony
51. Patriotic women
54. Protein-rich liquids
59. Type of soda
60. Necessary to extract metal
61. Inform upon
62. A type of residue
64. Palladium

## DOWN

1. 100 sq. meters
2. Dessert

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You can also earn one (1) entry for every 25 points on your Comanche Card for your chance to win the Grand Prize drawings for \$100 Comanche Credit and the ATV.



Grand prize drawing is on November 11, 2018 at 10PM. Each confirmed winner is allowed to win two (2) Comanche Credit prizes. All participants are eligible to win the ATV. Actual ATV may vary from image shown. See Comanche Club for details.

# School mornings made easy with Smithfield

Most parents know the first few weeks of school season and new daily routines can be hectic. From stocking up on school supplies to finishing up homework, there's few unused minutes in the day.

One thing that's particularly easy to forget in the mad dash to catch the bus or make it to morning drop-off is a well-balanced, protein-packed breakfast. According to a No Kid Hungry study, when students have a balanced breakfast in the morning, they are more likely to

attend school and perform better on standardized tests. Start the school year off right by giving your kids a breakfast they'll love that also provides the protein they need to kick-start their day. Recipes like Simple Ham and Waffle Breakfast Sandwiches or Baked Eggs in Avocado can be ready in minutes and provide fuel long past the first morning school bell.

As a simple time-saver, Smithfield offers pre-diced, cubed and sliced ham that can make breakfast a breeze

any day of the week. Incorporate it into a simple breakfast sandwich for a protein boost you can enjoy on-the-go. Served crispy or chewy depending on your preference, Thick Cut Bacon also puts a savory spin on nearly any breakfast plate, whether paired with eggs and avocado or a simple side of toast.

For more information and breakfast ideas, visit [smithfield.com](http://smithfield.com).

Source: Family Features



## Simple Waffle Breakfast Sandwiches



Cook time: 30 minutes  
Servings: 4

- 8 frozen prepared waffles, toasted
- 8 ounces Smithfield Anytime Favorites Quarter Boneless Sliced Ham, any flavor
- 4 large eggs
- 4 slices cheddar or American cheese
- maple syrup (optional)

Prepare waffles according to package directions; keep warm.

In nonstick skillet over medium-high heat, cook ham slices until lightly browned, about 30 seconds per side; keep warm. In same skillet over medium heat, fry eggs until desired doneness.

Lay out four waffles and top each with sliced cheese, ham and fried egg, topping with remaining waffles to finish. Serve warm with maple syrup, if desired.

Tip: Try spreading fruit jam on your sandwich for a change of pace.

For more breakfast ideas, visit [smithfield.com](http://smithfield.com).

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Dick Tannery is a 3rd generation Oklahoman. He comes from a family with strong Military values; he is son to Richard Tannery who fought in WWII at two Jima and later retired as Lawton's Fire Chief in 1988. Dick served in the Army in the 70's and his grandson Joby Pazoureck is currently deployed to Afghanistan. Dick is married to Becky Baden Tannery a retired teacher and counselor of 39 years. Together they have six children, twelve Grandchildren and attend First Christian Church. When Dick was formerly elected District Attorney of Comanche/Cotton Counties for two terms he personally tried 300 trials with over 50 being murder/manslaughter trials. Dick believes in a "hands on" approach and that the DA's office needs a strong experienced prosecutor with a new vision. He will grow a strong "Veterans Court" to handle cases when Veterans have PTSD and addiction/mental health issues. He will establish a strong and aggressive "violent crime" and "gang task force" while working side by side with local police agencies.

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## Baked Eggs in Avocado

Cook time: 10 minutes  
Servings: 6



- Nonstick cooking spray
- 3 large avocados
- 6 eggs
- 4 strips Smithfield Thick Cut Bacon, diced and cooked until crispy
- 1 cup blue cheese
- 1/4 cup fresh cilantro

Heat oven to 450 F. Spray baking sheet or glass baking pan with cooking spray. Cut avocados in half. Scoop out 1-2 tablespoons of avocado to create well for eggs. Place avocados flesh-side up on prepared baking sheet or glass pan.

Gently crack one egg in each avocado well, making sure to keep yolk intact. Bake 10 minutes, or until eggs reach desired temperature. Remove.

Top with bacon pieces, blue cheese and cilantro.

# Strength training essential for older adults

Walking is the most prevalent form of exercise for adults age 65 and over who engage in physical activity. Walking does improve functionality for older adults, but its benefits are magnified when it is combined with strength training.

The ability to avoid falls and fractures, and to survive a hospitalization, extended illness or treatment for a chronic disease largely relies on your muscle mass.

We all begin to lose muscle mass around age 30. After age 75, the loss greatly accelerates. Bed rest and illness also speed up the loss. Strength training is key to losing less muscle, but how much and what type is most effective?

Research on strength training in older adults shows that the intensity of the strength training matters. High intensity strength training with a total of three sets of lifting at 80 percent of your revolution



Kim Bandelier, MPH, RD, LD



maximum produces results in older adults.

Here's how to find your revolution maximum: If you can lift 10 pounds one

time and put it down but cannot lift it again, 10 pounds is your revolution maximum. In that scenario, 80 percent of your revolution maximum would be eight pounds.

To get the benefits of strength training, your first two sets would be eight pounds, lifted eight times per set. The last set would be lifting eight pounds until you can lift no more.

You should do this type of lifting with your upper and lower body two to three times per week. Your revolution maximum will be different for your upper body and your lower body.

As you get stronger, you will need to rediscover your revolution max and adjust the weight that you are lifting.

The Centers for Disease Control and Prevention published a how to get started with strength training guide for older

adults in 2002. You can find it at [https://www.cdc.gov/physicalactivity/downloads/growing\\_stronger.pdf](https://www.cdc.gov/physicalactivity/downloads/growing_stronger.pdf).

The guide was published before the consensus on high intensity physical activity and number of repetitions, but it is still a great guide to get started.

Included in the guide are ways to assess your current strength and whether or not you should check with your physician before beginning a new exercise routine.

It is never too late to reap the benefits of physical activity. Health experts even refer to physical activity as medicine for older adults.

Walking is great but is not enough. Strength training is key to receiving all the benefits physical activity offers as you age.

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# Wilson recognized by Oklahoma Agriculture

By: Bryan Painter

LOCO – Cattle and horses over people.

Jerri Wilson, raised near Duncan in southern Oklahoma, made that choice about the time she was still shedding baby teeth.

She was born to Billie and (Ed) John E Jackson, Jr. and grew up on the commercial Angus cow-calf ranch in southern Stephens and northern Jefferson counties. Ed Jackson purchased the ranch the year Wilson was born, 1959, and expanded it to 23,000 acres.

Billie and Ed had four daughters. Their names started with J so it was called the 4J ranch.

Wilson was the youngest and grew up following her father around taking care of the cattle.

"The others did not take up much to cattle and the country life," she said. "I was quite the tomboy, staying out with the cattle all day."

Wilson's love for taking care of cattle and the land was not a secret. Everyone could see it.

"Our ranch was far from school," she said. "I was the first one on and the last one off the school bus for two hours each way and spent many hours looking at cattle and pastures along the way."

Add those round-trips up from grade school through high school and that's a lot of miles.

Not long after the bus came to a stop near their house, Wilson was out on her paint pony riding through the cattle and across pastures.

"At branding and shipping time," she said, "myself, and the other kids on the ranch were in the mix of helping. I thank all of the adults from back then for allowing us to be there because it was what shaped my future."

As she got older, Wilson's responsibilities grew. She worked cattle, took care of the cattle and horses, and doctored the sick ones.

Wilson also began showing cattle at the county and state level.



Jerri Wilson at 10 years old showing her home-raised Angus show steer.

"I really think that was the point that I knew I would always have cattle in my blood," she said. "At that time, everyone would show home-raised steers. I remember running down to the barn and feeding in the dark before getting on the bus."

At 13, she showed heifers, but they had to be registered.

"I was fortunate that our neighbor, Mr. Phil Lowery, raised registered Herefords for years," she said. "I had been riding my pony up the road to help him gather his cattle and I told him I needed to buy one of his heifers to show. He said, 'Pick one out.'"

Lowery gave her a heifer every year through high school as payment for helping him with his cattle.

"I built my first herd with those registered Herefords and still have a little Hereford patch for sentimental reasons," Wilson said.

One of her other passions was livestock judging and grass identification. She went to numerous contests and loved all the aspects of learning.

In high school, she started going to the state high school rodeos.

That's where she met her future husband Bob Wilson. The two married after

high school, in June, 1977.

"For a couple of years we lived in Elk City," she said. "Bob worked there during the oil and gas boom and of course I dragged a few cows along with us."

As her Dad was getting older, he had heart problems, so Bob and Jerri returned to Ed's ranch where they lived and worked.

The Wilsons had three daughters, Kristy, Kerri and Kayla.

When Jerri Wilson's father passed away, the family dispersed the ranch and cattle.

Wilson, 30 years old at the time, and Bob, began their own ranching operation near Loco. They put together enough acreage to get a start, so they bought four loads of commercial Angus bred heifers.

"The timing was not great," Wilson said. "The cattle market was on a low, so Bob began driving a Peterbilt with a flat-bed."

While he was gone, Wilson was feeding cattle and taking care of their first grandson.

"By now our two youngest daughters were beginning to show cattle and loved it," Wilson said. "It had changed dramatically from my days. Hair products and clipping were much different. There was a lot of learning to do."

"Along the way I bought a couple of Simmental heifers for them to show and liked the way they performed and their temperaments."

So, from artificial breeding the heifers, and purchasing some purebred and percentage bulls, they started breeding Simmental into their cow herd.

"Now we have a SimAngus cow base and have been breeding them to registered Angus bulls," she said.

Over the years, Jerri and Bob have purchased more land and have doubled their size from what they started with, "which has been gratifying to improve those areas." They have done a lot of clearing brush, sprigging Bermuda and weed spraying to improve the grass for cattle, while yet always being mindful of the wildlife.

They are also mindful of the future. In addition to three children, they have six grandchildren.

"So who knows, maybe some of them will continue in a ranching lifestyle," Wilson said. "In the cattle business it's a lot of long days and hard work but it is a lifestyle that I love and have a passion for."

Source: Oklahoma Department of Agriculture, Food and Forestry



Jerri Wilson of Loco is being recognized as a significant woman in Oklahoma agriculture.



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# Preventing wildfires during dry season

Wildfires can voraciously destroy homes, equipment, and property and even take the lives of the professionals who are on the front lines battling the blaze in order to save families and homes. Safe Electricity encourages you to learn about prevention and prepare for dangers related to wildfires.

Whether you are burning debris, running equipment, or tending a campfire — always make sure that fire, sparks, and embers are contained and safely extinguished.

Fire that gets near power lines can create additional hazards. Safe Electricity offers these tips:

• If you see downed power lines, or other damaged electrical equipment, notify the local electric utility as soon as

possible because the lines could still be live and present a fire risk.

• Downed power lines, stray wires, and debris in contact with them all have the potential to deliver a fatal shock. Stay clear of fallen power lines and damaged areas that could hide hazards.

• Contact the electrical utility immediately if you see fire near transmission or distribution lines.

If a wildfire is threatening your area, stay tuned to local media for reports and evacuation information. Smoke limits visibility, and evacuation routes can be cut off by fire, traffic, or fallen trees or power lines. Follow the instructions of local officials. If you are ordered to evacuate—do so.

If you have enough time, turn off the

electricity, water, gas, and propane tanks as well as any other bottled gas you may have before evacuation. In addition, disconnect appliances and electronics to reduce the chance of electrical shock when power is restored.

With plenty of advance time and planning, Federal Emergency Management Agency (FEMA) offers steps you can take to reduce your home's exposure to flames and radiant heat—both outside and in. A full list can be found on FEMA's preparedness website, [www.ready.gov](http://www.ready.gov). A few of these steps include:

- Cleaning roof and gutters; raking leaves and twigs; and clearing all flammable vegetation.
- Asking your electric utility to clear branches from power lines.

• Removing tree limbs within 15 feet of the ground.

It is also recommended that you limit the flammable vegetation and material around your home for at least 30 feet on all sides.

Both FEMA and Safe Electricity also encourage everyone to create a portable disaster preparedness kit with enough supplies to last at least three days. This kit should include such items as water, food, blankets, pillows, clothes, a first aid kit, medicines, toiletries, flashlights, batteries, and a radio.

For more electrical safety and preparedness information, visit [SafeElectricity.org](http://SafeElectricity.org).

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