What's Inside



Sharing the cooperative in classrooms and communities page 5



Throwback Recipe: Strawberry Delight page 9



Safety begins at **Services** page 10



A Publication of Cotton Electric Cooperative Inc.

A Touchstone Energy® Cooperative *



"The Current - Informing Our Members Since 1957"

May 8, 2023 **VOLUME 66 NUMBER 9** Managing, monitoring your Cotton Electric account with ease

By Carli Eubank

ife can be fast and hectic, but it doesn't ✓always have to be complicated. Keeping up with your Cotton Electric account shouldn't be a complex task, and with SmartHub, it won't be.

Some members may have heard of SmartHub but are unfamiliar with its many benefits. SmartHub can help members take control of their account so they can spend less time worrying about their electric bill and more time focusing on other responsibil-

SmartHub has several features, including being able to pay a bill, viewing energy consumption, contacting Member Services and getting the latest co-op news.

Upon login, members have access to their billing history in the Bill and Pay tab. With the Payment History feature, they can view their current or previous bills to compare payments throughout the years.

"Another feature within the Bill and Pay tab is if members choose to go paperless with billing, they can still view and download paper bills from previous months on the app," said Jennifer Kriz, Cotton Electric member service representative.

Members are also able to view their energy consump-

tion in the Usage tab. SmartHub shows how member's energy use is trending over time by comparing monthto-month power use or showing a year's worth of kilowatt hour (kWh) usage. This allows members to take steps toward lowering their bill.

Another feature in Usage is a comparison of daily energy consumption to average temperature. This is shown on a bar graph overlaid with high, low and/or average temperatures. This illustrates the increase in electricity use during extremely hot or cold weather. Energy use thresholds can be set to notify members when they are using more energy than they would like and help them keep bills as low as possible.

"One of the great things about the energy consumption graphs is they can provide a summary of usage or it can show very detailed reports," said Tonya Daniel, Cotton Electric director of member services. "Everybody's usage is different and this helps members understand how much energy they use."

Making payments through SmartHub is fast and easy. The first time a member submits a payment, they are able to securely store payment information for future transactions, allowing for easy payment on future bills.

SmartHub accepts payments via electronic check or with Visa, MasterCard or Discover credit cards any time of day. Credit cards will not be accepted for payment on commercial accounts.

Another perk when using SmartHub is Cotton Electric members can arrange to have an email sent when their bill is ready, allowing them to know the amount of their bill before receiving it in the mail.

"If members want to update their stored payment information on their account, they will need to change it themselves," Daniel said. "To ensure their security, employees can't manage a member's account."

Members using our My-Choice prepay method can keep track of their balance and can schedule alerts for low balances. Downloading SmartHub is not mandatory for members enrolled in My-Choice, but it's recommend-

SmartHub alerts members of important co-op notices in the Notifications tab. Whether it's billing notices, payment confirmations, annual meeting, youth programs or anything in between, members can stay updated in the app. Members can select how they wish to be notified, including emails and text messaging.

"It's important to have a current phone number listed on an account to make sure you can receive notifications and updates, all from your

smart hub

USE THE APP

When using a mobile device such as a phone or tablet, its best to use the app instead of the browser. Browsing from mobile devices sometimes causes problems.

THINK ABOUT TIMING

When asking questions or leaving comments through SmartHub, keep in mind that it is not monitored beyond normal business hours. If you have a timesensitive issue,

please call.

CHECK YOUR BROWSER

If you are accessing through CottonElectric.com, SmartHub works best with Mozilla Firefox, Internet Explorer and Safari. It is not always compatible with Chrome or Edge.

CHECK FOR **TYPOS**

Ensure your email address is typed correctly as well as your password. Remember that passwords are case sensitive.



phone," Daniel said.

Reporting an outage is quick and easy from SmartHub. Using the app to report an outage immediately alerts the co-op that a member is without power. Since the app sends your account number with the report, it should not be used to report a neighbor's power outage. Members can use the Comments section to include a good callback number and related information about what was heard or seen before the power went out.

Contacting the co-op's Member Services department can also be done through SmartHub if members have any non-emergency questions they need answered. Specific information requires an account number, but SmartHub automatically sends that with the email. Members can also call the Member Services Department with any issues

logging into the app, or if you have a time sensitive issue.

With SmartHub, our members can manage and keep up with their Cotton Electric account no matter where they are, giving them access to all the app can offer right at their fingertips. Members can access SmartHub through CottonElectric.com or by downloading the app on your mobile device through the App Store or Google Play.

SmartHub gives members access to an overview of their Cotton Electric account from anywhere.

Power Cost Adjustment Calculated

The power cost adjustment now being applied to bills mailed after May 1, 2023, is \$0.00597 per kWh.

On a member's average bill of 1,300 kilowatt hours (kWh), this will amount to a charge of \$7.76 on the May bill.

April 2023 Temperature Extreme

	APIH	2025	Temp	Matt		Lucin	CS
Day	High	Low	Avg.	Day	High	Low	Av
1	70	46	58	16	73	36	5.5
2	80	40	60	17	83	37	60
3	89	51	70	18	82	53	68
4	85	69	77	19	92	58	75
5	72	40	56	20	76	49	63
6	65	40	53	21	74	48	6
7	71	40	56	22	55	46	5
8	73	43	58	23	60	37	49
9	74	41	58	24	73	38	56
10	77	47	62	25	69	54	62
11	77	48	63	26	63	50	51
12	81	43	62	27	65	49	51
13	82	44	63	28	63	47	55
14	84	55	70	29	74	49	62
15	72	42	57	30	76	48	62
Source: srh.noaa.gov/oun/							

Average Daily High: 74 Average Daily Low: 46

Did You Know?

Cotton Electric offices will be closed on Monday, May 29 to recognize Memorial 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 June 12, 2023.

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 TheCurrent@ cottonelectric.com.

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



Mission Statement Our mission is to safely deliver reliable and affordable power, provide excellent member service, and improve the quality of

life in the communi-

ties we serve.

From the CEO

This May, take the time to plug into safety

This month, I'd like to their own homes. take a moment to reflect on the importance of safety. May is Electrical Safety Month, and we will be sharing safety tips and reminders throughout the month to help raise awareness about the dangers of electricity. We all depend on electricity to power our lives, but accidents can happen when electricity is improperly used.

Our responsibility to you

Cotton Electric's concern for safety extends beyond our employees. We care deeply about the safety of our members, and this month, we encourage you to plug into safety. According to the Electrical Safety Foundation International, thousands of people in the United States are critically injured and electrocuted as a result of electrical fires, accidents and electrocution in

To promote safety education in our local communities, we offer safety demonstrations at local schools and community events. We frequently provide electrical safety content in The Current, as well as on our website and social media. We strive to provide our communities with safe, reliable and affordable electricity and to serve as your trusted energy advisor, now and well into the future.

Our responsibility to employees

It is no accident that safety is a top priority at Cotton Electric. We are committed to a culture of safety that is integral to our daily operations. In fact, Cotton Electric is part of the Rural Electric Safety Achievement Program (RESAP) that follows specific guidelines and protocols for electrical safety that are considered leading practices.

Our lineworkers are required to wear personal protective equipment at all times when on the job. This includes special fire-resistant clothing that will self-extinguish, limiting potential injuries from burns and sparks. Insulated and rubber gloves are worn in tandem to protect from electrical shock.

Our safety team regularly discusses important safety issues pertaining to work within the building as well as out in the field.

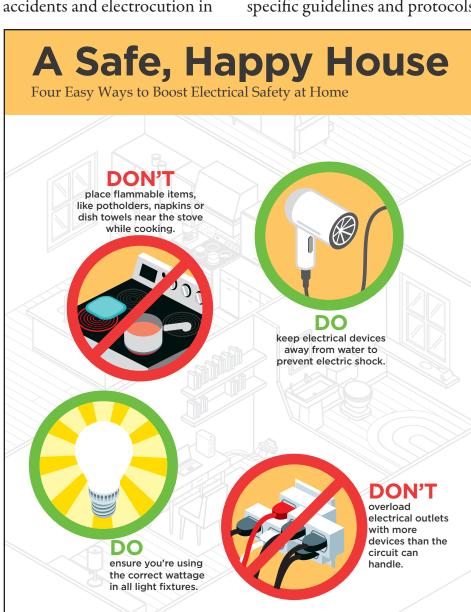
Your cooperative also has a subsidiary whose primary focus is protecting lineworkers throughout the country, Cotton Electric Services, Inc. (CESI). The testing facility at CESI exceeds the strictest standards established by the National As-



Jennifer Meason, CEO

sociation of Independent Laboratories and maintains its NAIL accreditation for protective equipment testing. CESI's dedicated staff tests equipment like the insulated rubber gloves and sleeves that protect lineworkers in the field. You can learn more about this unique business on pages 10 and 11.

As the CEO of Cotton Electric, I believe it is my duty and responsibility to raise awareness about the importance of electrical safety. I hope you'll take a few minutes to plug into safety by visiting our website at www. CottonElectric.com/safety to learn more.







Energy Efficiency

Tip of the Month

The location of your thermostat can impact your HVAC system's ability to maintain an ideal indoor temperature. For maximum accuracy, thermostats should be placed in the center of the home, away from air vents, plumbing pipes and exterior doors.

Avoid placing items like lamps and televisions near your thermostat, which can cause the HVAC to run longer than necessary. Avoid installing thermostats in rooms that tend to feel warmer or colder than the rest of the home. Do not place furniture in front of the thermostat, which can block air flow and result in inaccurate readings.

Source: Energy.gov

March 2023 Operating Stats

_		
	<u>2023</u>	<u>2022</u>
Total Amount Billed/Accrued	\$6,369,222	\$6,982,746
Cost of Purchased Power	4,182,886	4,736,975
Taxes	133,550	157,174
Total Operating Expense Per Mile	1,117	1,217
Average Farm and Residential Bill	151	169
Average Farm and Residential kWh	1,140	1,299
Total Meters Billed (farm, residentia	al) 19,202	19,181
Miles Energized	5,256	5,225
Density Per Mile	3.65	3.67
New Service Connects YTD	105	98
Services Retired	34	24

Upcoming Deadlines for The Current

June

Ad Sales May Classified May 26 Publish June 12

July					
Ad Sales	June	30			
Classified	June	30			

July 17

Publish

The Current

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

′	*
Jennifer Meason	CEO
Shane Bowers	Vice President
Zach Young	Director
Carli Eubank	Communications Specialist

Cotton Electric Cooperative, Inc. **Board of Trustees**

Shan Files, Velma, President Brian DeMarcus, Meers, Vice President Steven R. Robinson, Cache, Sec./Treas. Tony High, Walters, Asst. Sec./Treas. Ken Layn, Marlow

Clifford Dunham, Chattanooga Todd Clark, Duncan Nichole Scott, Central High

"Cotton Electric Current" (USPS #134-020) is published monthly by: Cotton Electric Co-op, 226 North Broadway, Walters, OK 73572 Periodicals Postage paid at

Lawton, OK 73501-4649

Postmaster Send #3579 To The Cotton Current 226 North Broadway Walters, OK 73572

This institution is an equal opportunity provider & employer.

Energy Efficiency

Energy-saving projects for the weekend warrior

save energy and money, we've got a few project ideas for you-all of which can be completed in a day or less.

Here are three energy-saving projects that you can easily tackle whether you're a weekend warrior pro or a DIY dabbler.

Get smart about home cooling and heating

ically account for a large portion of energy bills. Smart thermostats can help keep your cooling and heating costs in check, with ENERGY STAR®-certified models saving about 8% on annual energy costs.

Now that smart thermostats are more affordable, this simple upgrade makes for a fun, efficient weekend project. Smart thermostats offer a variety of bells and whistles, but the average model will allow you to set custom temperature schedules, giving you to catch large amounts of rainwater and

re you a weekend warrior? the control to adjust the settings from reduce home water use. According to If you're considering home anywhere (from your phone), and over the Environmental Protection Agency, Limprovement upgrades that time, learn your cooling and heating one rain barrel can save a homeowner preferences.

> Your new smart thermostat will come with step-by-step instructions, but this project typically involves shutting off your HVAC at the breaker panel, disconnecting/removing the old thermostat, installing the new smart thermostat and connecting it to your home Wi-Fi.

Play it safe: Remember to carefully Cooling and heating your home typ- read the installation instructions before you get started.

Go green and boost your greenery with a rain barrel

If you've got a green thumb, you already know that rainwater is the best water for outdoor plants. It's free of minerals, salts and treatment chemi-It also contains helpful macronutrients to foster healthy plant growth.

Installing a rain barrel is an easy way

1,300 gallons of water annually.

Most residential rain barrels range in size from 50 to 90 gallons, so the size you purchase will depend on your watering needs.

The simplest way to install a rain barrel is positioning a plastic or wooden barrel directly under your gutter downspout. Basic piping may be required, but this is an easy way to harvest rainwater, and the barrel won't won't be added to your home (which take up much space. Consider a cover for the top of your rain barrel to keep insects and small debris out of your harvested water.

Create fresh savings with a DIY clothesline

If you have enough outdoor space cals found in tap water or groundwater. available, installing a clothesline is a great way to save energy. Not only will you save on dryer costs-in the summer, you can also save on cooling costs since unwanted heat from the clothes dryer



Heath Morgan, **Energy Efficiency** Coordinator

makes your air conditioner work harder). Additionally, air drying is much gentler on fabrics and will keep your clothes and linens looking fresh longer.

You can create your own clothesline with two T-posts, wire and hook-andeye turnbuckles. Depending on your soil, you may need a small amount of Quikrete to set the posts. Another option is installing the line between two trees. A typical load of laundry requires about 35 feet of line, so keep this in mind as you're determining the best location.

If an outdoor clothesline isn't an option, no sweat. You can easily create an indoor drying rack that folds to save space. Home improvement websites like thespruce.com and hgtv.com offer step-by-step tutorials for a variety of indoor clothes racks.

These are just a few simple ideas to help you save energy and money. So, get out there, roll up those sleeves and tackle a few projects.

Check out our website for additional energy-saving tips at www.cottonelectric.com/energy-efficiency or call us at 580-875-3351.



The size of rain barrel you purchase depends on your household's needs.



Air dying clothes can help save energy costs while keeping fabrics looking fresher longer.



MYTH: Electricity always takes the path of least resistance

FACT: Although the path of least resistance is the easiest to take, an electrical current can take any conductive path.





MYTH: Rubber gloves and shoes will protect me from shock and electrocution

FACT: That is only true if they are 100% rubber. Most everyday gloves and shoe soles are not, and the other materials they contain can be conductors.

MYTH: Voltage has to be high to kill

FACT: Although the voltage plays a role in how strong the current flows, exposure to the current itself is what's deadly. Even lower voltages can kill.





MYTH: Heavily insulated tools will always protect against shock and electrocution

FACT: Don't let a tool give you a false sense of security; take all precautions even if a tool is marketed as safe or insulated.





Cotton Electric Charitable Foundation

CECF announces second quarter grant recipients

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

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

The funds are pooled and administered by the Cotton Electric Charitable Foundation (CECF), a board of directors who meets quarterly to consider grant applications from individuals and organizations in the area. The board consists of Jennifer Meason, the co-op's CEO; Shan Files, president of the co-op's board of trustees; and three representatives from the Cotton Electric service area: Cindy Zelbst, Danny Marlett, Carter Waid.

The board met in April to review several grant applications. Grants totaling \$21,181.18 will be distributed to 6 of the applicants. Second-quarter grant recipients include: AmVets Post 11, Duncan Area Literacy Council, Duncan Community Residence, Hulen Volunteer Fire Department, City of Indiahoma, Stephens County Honor Guard.

Third-quarter applications are due July 11, 2023. The board of directors for CECF will meet again in July to review applications for the quarter.

CECF grant guidelines and applications can be downloaded and completed at www.cottonelectric. com/grant-applications. Application can also be submitted by email to zyoung@cottonelectric. com or by mail to 226 N. Broadway, Walters, OK 73572.

Grants Awarded

AmVets Post 11

\$1,403.44 for office supplies and repairs **Duncan Area Literacy Council**

\$1,500 for children's books

Duncan Community Residence \$5,000 for windows

Hulen Volunteer Fire Department

\$5,429.97 for equipment

City of Indiahoma

\$5,347.77 for a commercial freezer/refrigerator for the community center

Stephens County Honor Guard

\$2,500 for uniforms

Apache Auction Market

Thursday 8 a.m.

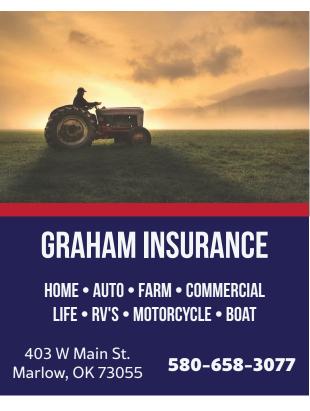
Stockers, Feeders, Cows, Bulls & Pairs

Apache Video

Wednesday 10 a.m. 800-926-9696 580-588-3840



Livestock Marketing, Inc.





Wire Fencing Marlow, OK

Pipe Fencing Corrals **Gates**

Boyd Nunn OWNER 580-641-0377





Sharing the cooperative in classrooms and communities

Education, Training and Information is one of the seven cooperative principles that Cotton Electric strives to follow each day. One example of how we inform our membership and communities is through educational presentations.

As a free service to the community, Cotton Electric can share information on a variety of topics for your next school, organization or other group event.

Cooperative 101

• Learn about the roots of electric co-ops with our Cooperative 101 presentation. Employees explain the cooperative business model, how electricity reaches residences, what it means to be a member of the co-op, and how we serve local communities.

Electrical safety

 Co-op employees can advise your group on how to stay safe around electricity in different situations: indoors, outdoors, on the road, after a storm and more. We also give a glimpse of how our crews stay safe on the job. A popular section of this presentation is the tabletop farm safety demonstration that shows how to stay safe and what happens if someone comes into contact with electricity.

Cooperative careers

• From member services representatives and accountants to engineering technicians and journey-



Cotton Electric Energy Efficiency Coordinator Heath Morgan uses the tabletop farm safety demonstration during a school presentation.

man linemen, electric cooperatives have various career paths to explore. Employees from different departments can share their experiences and what their responsibilities look like working at a co-op.

Energy efficiency

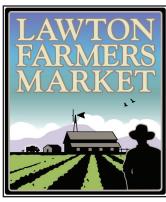
• Hear from the co-op's Energy Efficiency Coordinator and gather different ways to help lower energy cost and usage. Changes can be as simple or complex as someone wishes, such as adjusting the thermostat or insulating an attic space. Information about our rebate programs and home energy efficiency evaluations can be shared, as well.

Cotton Electric strives to keep our communities safe and informed. Co-op employees can present to surrounding schools, colleges, career fairs and other community groups. To schedule a presentation, call 580-875-3351 or visit www.cottonelectric.com/ presentations.





NEED! COME SEE US, THEN BUILD IT!



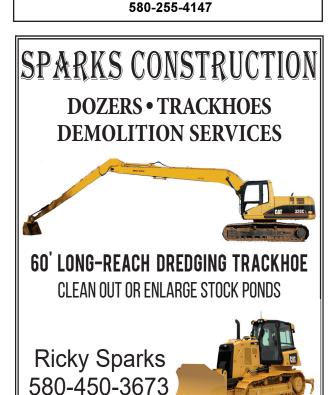
Lawton Farmers Market Saturdays 8:00 a.m.-1:00 p.m. 77 SW 4th St.

A year-round market located in the heart of downtown Lawton, Oklahoma

For vendor inquiries please call: Cindy Nocton (580) 678-9472 LawtonFarmersMarket.com



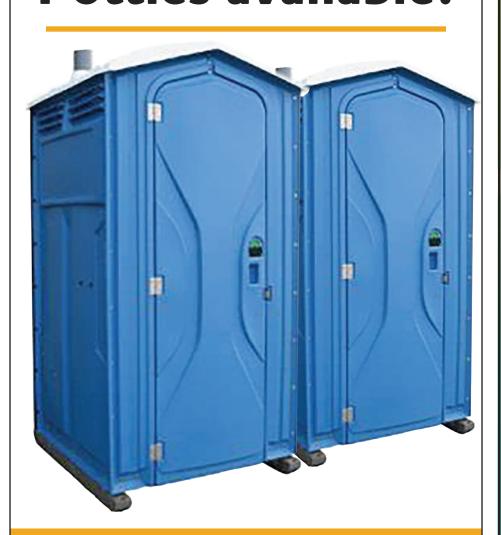








BK Equipment Now has Porta Potties available!



GIVE US A CALL

580-252-0013



In the Cotton Electric Service Area "Wealth is not measured in dollars."





-Farm Pond and Lake Construction-

 Fence Rows • Building Pads • • Land Clearing • Dredging • Pond Repair •

Serving the Southwest Area **Bulldozers, Trackhoe Scrapers & Loaders**





Correction

The first-quarter grant for Velma-Alma FFA went towards a 10-ton pipe bender and pipe die. The April edition of The Current incorrectly stated the grant went towards the installation of heaters. We apologize for the misprint.





401 School Rd. - Temple, OK

(855) 212-5809 Newly Remodeled. 1, 2 or 3 Bedroom Apartments Extra Storage, Central H&A, Stove & Refrigerator, Carpet & Mini Blinds, Washer/Dryer Hookups & On-Site Laundry. Rental Assistance HUD Section 8 Accepted. This institution is an equal

RUSH CREEK VILLAGE Apartments Apartments Apartments Apartments

opportunity provider & employer.

1, 2 and 3 Bedroom Apartments Available For Rent. CHA, carpet & mini blinds, stove & refridgerator, washer/dryer hookups laundry facility & playground on site Rental assistance available for qualified applicants.

HUD Section 8 Accepted ₩ **4** K TDD 711

505 N. 5th - Rush Springs, OK (580) 476-2655 **Contact Julie**

Tuesday & Thursday: 8am - 12pm

Crossed Arrows Ranch Check out our new boutique! Featuring natural fiber clothing, home goods, and all natural skincare products. 45 N 9th, Duncan, OK 73533 (580) 444-3541 ·FHF FARMHOUSE FRESH ORGANICS & NATURALS FREE GIFT WITH ANY \$50 FARMHOUSE FRESH

REAL ESTATE & AUCTION CO. Todd Robertson, Owner / Broker / Auctioneer and 1705 S. Hwy. 81 - Duncan, OK

580-252-3880 ros www.FarmsRanchesLand.com

"WE SELL LAND AND everything ON IT" **Meet Our Real Estate Professionals...**



Tammy Vaughn Realtor Associate



Cace Robertson Jennifer Wolston Realtor Associate

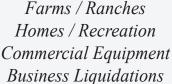


Venessa Swanson

Realtor Associate

Work for You! 38 years Experience Farms / Ranches

Let Land Pros





Mary Swanson Realtor Associate

Land Pros Real Estate and Auction Co

LOCAL, STATE, AND NATIONAL MARKETING. IT IS OUR GOAL TO PROVIDE THE VERY BEST COUNSEL, ADVICE AND SERVICE POSSIBLE FOR ANY OF YOUR AUCTION AND REAL ESTATE NEEDS.

Is Your Water Safe?

Give Your Back a Break...Stop Adding Salt to Your Softener

Minerals in your water form scale deposits that build up inside your pipes, water heater, shower heads, and other water using equipment like cholesterol in your arteries. These deposits significantly decrease the efficiency of your plumbing systems. Drinking water and icemakers are also negatively affected, as are health quality of water and taste. Hard water is not safe for you, your family or your home.

Benefits of a No-Salt Water Conditioning System:

- Maintain healthy calcium & magnesium levels
- No sodium added to water
- No waste water vs. up to 10,000 gallons per year with salt softeners
- No environmental discharge of salt or chemicals Clothing will last longer Reduces iron staining

- Extends appliance life by 50% or more Descales inside of pipes & water heater
- Cleaner bodies, clothes, and dishes
- 1 25% or more reduced detergent use
- Cleaner more refreshing water Improves water heater efficiency and thus lowers energy bills

Call Today 580-248-7924









Bradley J. Margo, MD Christopher Tkach, MD Jeremy Woodson, MD Diann Johnson, APRN

> **SCHEDULE NOW** 800.552.9270

Lawton Appointments:

Available 5 Days a Week

100% Physician Owned

www.ranchersmarket.us

580-454-123

www.mcboh.com

Digital spring cleaning in seven simple steps

We often hear of the term "spring cleaning," the time of year when we go through our belongings and organize our house and lives in preparation for the upcoming summer. This is also the perfect time to take an annual review of your digital life. The following seven simple steps, taken once a year, will go a long way toward ensuring you can make the most of technology, safely and securely.

Accounts:

Review each of your accounts. Using a long, unique password for each account ensures that if one account is compromised, your other accounts are still safe. Can't remember all those different passwords? Don't worry, neither can we. We recommend you use a password manager to securely store all your passwords and make your life far simpler and more secure. Enable multi-factor authentication (MFA) when possible, especially for your personal email or financial accounts.

This is the single most important step you can take to secure any online account. If you have any online accounts, you have not accessed in over a year, it could be time to simply delete them.

Programs:

Keeping your devices and software updated and current ensures you have the latest security features installed and known vulnerabilities are fixed. The simplest way to do this is to make sure you have automatic updating enabled on all your computers, mobile devices, and even smart home devices. Also, delete any unused programs or apps on your mobile devices and computers. Some apps require large amounts of storage, can introduce new vulnerabilities, and may even slow things down. The fewer apps you have, the more secure your system and your information remains. Many devices show you how long it has been since you've used an app. If it has been a year since you last used the app, chances are you don't need it anymore.

Finances:

Verify that your bank accounts, credit card accounts, investments, and retirement accounts are configured to alert you whenever a transaction is made, especially for unusual sign-ins, large purchases, or money transfers. This will make it so that you are always notified when a financial transaction occurs and you can spot any fraud or unauthorized activity right away. The sooner you identify fraudulent activity, the sooner you can stop it and the more likely you can recover your money.

Disposing of devices:

Over time you may find yourself collecting old devices you no longer need - perhaps an old smartphone or smart home device. If you dispose of any of these devices, first wipe any personal information from them. Most devices have a simple wiping function that



securely purges all personal information (or reset to factory default) before disposing of the device.

Backups:

No matter how safe or secure you are, at some point you will most likely need backups to recover your important information or migrate your information to a new device. Set your devices to automatically back up to the cloud. Creating and scheduling automatic backups allows you to recover important information.

Parenting:

If you are a parent or guardian, this is a good time to review any parental controls settings you have in place for

children. As children get older, you will most likely need to update these controls settings.

Social media:

Review privacy settings on your social media accounts these are a goldmine of personal information. Review your accounts to check that you are not sharing sensitive information such as your birthday, phone number, home address, banking information, or geo-location in personal photos.

Spending just a couple hours a year taking these steps will go a long way toward protecting you, your devices, and information.

Source: Sans.org







HOME LOANS WITH PERSONAL SERVICE

Arvest retains the servicing of 99% of the home loans we make, giving you peace of mind that you won't suddenly be dealing with an unknown mortgage servicing company. You can also make payments at any branch location, over the phone, or even online.

If you're considering buying a home, give us a call or visit your nearest Arvest location.

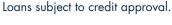








PHOTO OF THE MONTH



91-year-old Cotton Electric member Billy Shelby enjoys sharing the amaryllis he grows in his small greenhouse.

Enter your "best shot" in our Photo of the Month contest. The theme for June is Rural America! Entries can be emailed to TheCurrent@CottonElectric.com.

Community Spotlight

If you would like your community event listed in the June issue, please submit information by calling 580-875-3351 or send an email to TheCurrent@CottonElectric.com by May 26. Only events occuring after June 12 will be published in the next issue.

Editor's Note: We recommend checking for cancellations with local sources before attending any event.

Arts for All Festival

The Arts for All Festival is southwest Oklahoma's largest free juried arts festival, full of art, entertainment and tantalizing foods. The festival will feature 90 artists, and include two stages of live entertainment, a youth art competition and multicultural food vendors. Come to the Arts for All Festival and browse through artist booths filled with fine art, photography, pottery, sculpture, painting and jewelry. The event is May 12-14 at Shepler Park, W. Gore Blvd. and 5th Street, in Lawton. For more information, call 580-248-5384 or visit www. lawtonartsforall.org/festival/.

Tour de Meers

The annual Tour de Meers bike ride is one of the region's oldest and most successful bike rides in the small rural community of Meers, located just north of the Wichita Mountains

Wildlife Refuge. Bicyclists can choose varying distances of 10, 22, 36 or 60 miles. The longer routes go through the wildlife preserve, where riders can see bison, longhorns, elk, birds and several other species up close. This event is an annual fundraiser for the Meers Volunteer Fire Department, 26362 State Highway 115, in Meers. Registration begins at 6 a.m. and the fee is \$40 for a single rider and \$55 for tandem bikes. The ride starts at 7:30 a.m. on May 27 at the Meers Volunteer Fire Department. To register or for more information, call 580-704-9009 or visit. www.tourdemeers.org and their Facebook page, Tour de Meers Bicycle Ride.

Legacy Fest

Kick off the summer with three days of red dirt music at Legacy Fest. This June country music festival will feature popular acts reigning from both Oklahoma and across the nation. Headliners include NBC's "The Voice" alum Corey Kent, Texas-based rock-n-roll group Giovannie & The Hired Guns, and Georgia hitmaker Craig Campbell. Additional supporting artists will be performing, as well. The festival is June 15-17 at Highway 7 and Cherokee Road in Duncan. For more information or to purchase tickets, call 580-470-5302 or visit legacyfest.co.



FOR MORE INFORMATION:

CALL 580-875-3351 OR DOWNLOAD THE CO-OP CONNECTIONS APP.





Scan Me To View Co-op Connections Website! Or Visit connections.coop!

Looking to Sell Your Rural Home?





RURAL PROPERTIES ARE
IN DEMAND! LET'S FIND
A BUYER FOR YOURS!

□ MLS (=)

CALL US FOR A FREE & PERSONALIZED HOME VALUE ASSESSMENT

PAMandBARRY.com



If your home is currently listed, this is not an attempt to secure a listing. Each office is independently owned and operated.

Jicama adds unique and nutritional benefits to diet



Kim Bandelier, MPH, RD, LD

Food **W** For A

Jicama (pronounced "Hee-kuh-muh" or "HICK-uh-muh") is a warm weather root vegetable popular in Mexican cuisine. It can be eaten cooked or raw and can even be juiced. The texture is similar to an apple but the taste is more subtle; some describe it as slightly sweet and nutty. Because of its subtle flavor, it is easily incorporated into common salads, soups, and other dishes.

If your grocery store carries Jicama, it will be in the produce area in the form of pre-cut white "sticks" or in whole form (looks like a tan turnip). Jicama is mainly offered in areas of the country with a normal vegetable intake.

Mexican cultural influence and in grocery stores which offer predominately healthy food options.

Like all vegetables, Jicama has some very beneficial nutrition properties. It is high in fiber and in water. Fiber helps with weight management by filling you up with less calories (one cup of Jicama provides 49 calories, 12 grams of carbohydrates, and 6.4 grams of fiber). Fiber also helps with many bodily functions like laxation and feeds the good bacteria in the colon.

With its unique combination of texture and taste, Jicama works best fresh as an additional vegetable on a veggie tray, chopped fresh and added to salads with a citrus dressing, juiced (but you are eliminating the beneficial fiber if you throw away the pulp), or cooked by stir frying or baking in cubes or strips. It also works well in stews and soups.

Why give Jicama a try? If you can get past the subtle, starchy taste, Jicama provides a satisfying crunch and a lower calorie, higher fiber delivery mechanism for yummy dips instead of chips. It can be a healthy filler for meat-based recipes as it will take on the flavor of the seasonings, basically a vegetable chameleon adding fiber to your dish. Jicama is not a necessity, not a "super food," but can be a unique and healthy deviation from your

THROWBACK

Let's look back 40 years ago and see what was cookin' in The Current!

Strawberry delight

Ingredients

Crust:

1 stick butter

1 c. flour

1/4 c. brown sugar

1/2 c. chopped pecans

1/2 tsp. vanilla

Filling:

20 oz. pkg. strawberries, thawed

1 tsp. lemon

1 tsp. vanilla

1 c. sugar

2 egg whites

Directions

For the crust: Mix ingredients until crumbly and spread into cookie sheet in thin layer. Bake in oven for 10-15 minutes at 325 degrees. After crust cools, remove from cookie sheet and crumble up. Set aside.

For the filling: Whip ingredients with electric mixer for 5-10 minutes and fold in 1 c. cool whip.

Place half of the crust mix in bottom of 9x13" pan. Pour in filling. Top with remaining crust mix. Freeze.















supples and Toys too!

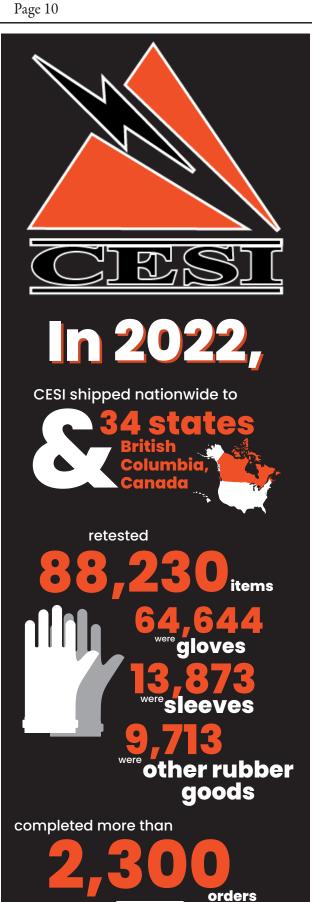


WE HAVE MOVED!

5669 N. HWY 81 **DUNCAN, OK 73533**

Come see how we can turn your back yard into a relaxing oasis!

(580) 252-7114



Safety begins at Services

May is National Electrical Safety Month

By Carli Eubank

es at Cotton Electric that ripples operative," Woods said. "We see the applies the appropriate voltage to throughout the cooperative into people that wear the products we the equipment. Anywhere from 2.5 quality power while keeping our erything. We hold ourselves to the see if any gloves have holes in them. members safe. Employees attend highest standards possible to make If the machine detects a hole, it will safety trainings and complete safety sure that each crew member goes burn all the way through the glove courses. Personal protective equip- home safely to their families." ment (PPE) helps keep crews safe co-op headquarters in Walters.

voltage equipment since 1985. Lat- are received. er, they went commercial and began came into his current role in 2013.

"What sets CESI apart is being approved for rubber goods, before Safety is one of the main focus- just down the street from the coour communities. Crews maintain are testing, and we put a face to ev-

CESI employees test more than while working on power lines. A lot 20 products: including primary proof work goes into keeping members, tection, such as gloves and sleeves, crews and employees safe, and it be- and secondary protection, like linegins just down the street from the hose, blankets, crossarm covers and much more. When shipments ar-Cotton Electric Services Inc. rive, CESI keeps their commitment ozone the machine did not detect. (CESI) is a subsidiary company of of a two-week-or-less turnaround the cooperative that has tested high from the day rubber good materials on a tire," Woods explained. "It's

When gloves arrive, employees testing for customers all across the give an initial visual inspection to U.S. in 1992. Eric Woods, CESI identify any cuts or other abnorsupervisor, has been with the Cot-malities and document the results. ton Electric more than 17 years and Gloves are washed in a commercial employees throw away their failed

going through an electrical test that kilovolt (kV) to 40 kV is applied to and employees will remove the gloves and circle the failed spots before setting them aside. After the electrical test, employees conduct another visual inspection on the inside and outside of gloves using an inflator to check for any cuts or

"Ozone is comparable to dry rot bound to happen, but storage and care of equipment plays a big factor in how quickly they oxidize and

Some customers request CESI washer, using a special soap that is equipment, but Woods encourages



Cotton Electric Services Inc. (CESI) staff line up in front of one of the delivery vehicles. Pictured left to right: Tassie Berry, lab technician; Shelly Sehrt, CESI representative; Caleb Ferguson, lab technician; Eric Woods, CESI supervisor; Jennifer Meason, CEO; Bryce Hooper, COO; Brady Stapp, lab technician; Ryan Noland, lab technician; and Jake Lawler, lead lab technician.



CESI Lab Technician Tassie Berry hangs and clips gloves before being tested. Photo by Zach Young.



Ryan Noland, CESI lab technician, prepares and loads blankets to be tested. Photo by Carli Eubank.





Catfish, Steak, BBO, Burgers, & more! Banquet room with seating for up to 45.

> Ryan & Amanda Mora 179027 N. 2820 Rd Comanche, OK 73529





Pond, Terraces, Tree Clearing, Building Pads, NRCS Work, etc.





30% Federal Tax Credit **EXTENDED Through 2032!**

Call us today for more information! 580-252-2205



Cotton Electric Co-Op Rebates Available On: *16 Seer, 17 Seer, 18 Seer(+) Air Source Heat Pumps. *New Water Heaters And Mini-Splits. *New Geo-Thermal Systems & Replacement Systems.

Dehart Air Conditioning offers maintenance plans to keep systems healthy!

*Rebates Available in many OMPA Member cities *Restrictions apply



Jake Lawler, CESI lead lab technician, checks water levels of the machine before gloves are tested. Photo by Carli Eubank.

them to get the failed equipment sent back to use as an education tool. Test results help address how crews can change or improve on some things they do on the job to help prevent the equipment from failing.

The frequency of retesting varies for each piece of equipment and the standards are set by the American Society for Testing and Materials (ASTM). Woods is active in the organization to keep up with evolving safety standards and updates.

Another program that Cotton Electric, CESI and most electric cooperatives in Oklahoma participate in is the Rural Electric Safety Achievement Program (RESAP). Their safety standards expand more on their testing procedures than ASTM standards.

One example is how, according to ASTM standards, line hoses aren't required to be tested unless something doesn't look right, but RESAP standards require them to be tested annually.

"Usually, cooperatives test gloves every 60 to 90 days, sleeves every 120 days, and line hoses and hot sticks annually," Woods said. "Cotton Electric tests gloves and sleeves every 30 days."

Since 1996, CESI has been certified by the North American Independent Laboratories for Protective Equipment Testing (NAIL) and meets their strict standards. One of their standards includes inspecting the inside and outside of gloves, as previously mentioned, instead of just the outside, which is all ASTM requires. Additionally, an auditor will observe the CESI team every three years on how they work and to make sure they are following procedures properly.

Another way that CESI employees help ensure safety is by staff rotations. Every couple of years, Woods will rotate employees between the two lab areas: one area tests sleeves, line hoses, blankets and 40,000-volt gloves and the other lab area tests all other volt-



CESI Lab Technician Caleb Ferguson inflates a glove to identify any cuts, tears or other damages to the glove. Photo by Zach Young.

ages of gloves. Rotating employees helps have a fresh set of eyes on the equipment when being tested, while also expanding their knowledge on different aspects of the job.

"I've got a fantastic crew, and I always encourage them to take their time and do the best job they can to make sure crews are wearing safe equipment," Woods said.

CESI's mission statement says: "Cotton Electric Services conducts dielectric testing on personal protective equipment against strict standards designed to ensure the safety of the equipment and those who use it." For CESI employees, they aren't just fulfilling PPE orders; they are the starting point of keeping their customers, employees and friends safe on the job.

"You can't put a price on safety, so we are going to keep doing the best job possible," Woods said. "Our ultimate goal is to make sure people are working with safe equipment and able to go home at the end of the day."



Brady Stapp, CESI lab technician, removes the previous testing date on gloves that are ready to be tested again. Photo by Zach Young.



Gloves are clipped and ready to be machine tested after being visually inspected by employees for any cuts, tears, ozone or other damages to the material. In 2022, CESI employees retested 64,644 gloves. Photo by Carli Eubank.



A testing machine identified a punctured hole in a blanket, burning a hole all the way through the failed equipment. Photo by Carli Eubank.



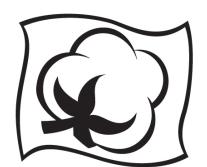






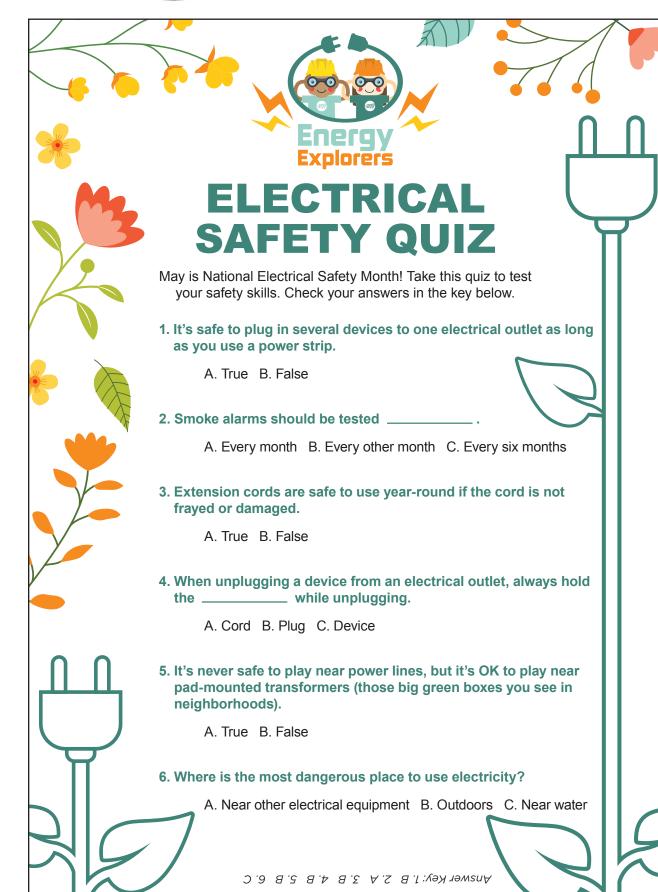


www.turnerlandcompany.com



COTTON

ELECTRIC CO-OP





- 1. Midway between south and southeast
- 4. Fathers
- 9. Wine grape
- 14. Al Bundy's wife
- 15. Organic compound 16. Venezuelan state
- 17. Interest term
- 18. Experts
- 20. Central cores of stems
- 22. Smooth and glossy
- 23. One-time S. Korean city 24. One from Damascus
- 28. Short message at the end
- of an email
- 29. It cools your home
- 30. Oh, God! 31. Intestinal pouches
- 33. Men
- 37. Popular English soccer team (abbr.)
- 38. Former CIA
- 39. Arrange in steps 41. A baglike structure in a
- plant or animal
- 42. The Great Lake State
- 43. Dog-_: to mark a page
- 44. Stop moving 46. Ancient Dead Sea re-
- gion 49. Of I
 - 50. Clerical vestment
 - 51. Songs sung to a lover
 - 55. Charges 58. Popular design program
- manufacturer 59. Where to park a boat
- 60. One who values reason
- 64. Slang for cigarette
- 65. Sailboats
- 66. Actress Zellweger
- 67. Screen material 68. Country music legend
- Haggard
- 69. Puts together in time

20 22 26 27 25 28 29 39 42 43 44 45 46 49 50 55 57 53 58 67 66 69 70

70. When you hope to ar-ful or significant things

DOWN

- 1. An involuntary and abnormal muscular contraction
 - 2. PhillyÕs rail service
 - 3. Leaves a place
 - 4. No longer be a part in
- 5. Guitar players use them
- 6. Cease to exist 7. GeneralÕs assistant
- (abbr.)
- 8. Shaking of the earth
- 9. Strong winds
- 10. For each one 11. A bog

Email: macsbodyshop2161@yahoo.com

Mac's Body Shop

12. The creation of beauti-

& Wrecker Service

> 300 N 7th Street Walters, OK 73572

Phone: 580.875.2161 Fax: 580.875.2149

After Hours Tow 580.351.7888

- - 13. Affirmative
- 19. Pie _ _ _ mode 21. Nonclerical
- 24. Inspirational football
- player Hamlin 25. Learning environment
- 26. Khoikhoi peoples
- 27. Bring out or develop
- 31. Shows up 32. Theatrical device
- 34. Loads
- 35. Popular Hollywood
- alien
- 36. Distinguishes
- 40. College dorm worker

Toll Free: 1-800-259-2384

- 45. Resembling wings
- 47. One who delivers a speech
- 48. In the middle
- 52. Loop with a running
- 53. Airborne (abbr.)
- 54. Beloveds
- 56. Ordain
- 57. Breed of small cattle 59. Very small period of
- time (abbr.) 60. Revolutions per min-
- 61. They _
- 62. Longtime ESPN an-41. Secondary or explana- chor Bob
 - 63. A place to stay

580-228-3290 Eck Drug & Gift



For all your prescription needs!

Dana "Biff" & Valerie Eck **Doctors of Pharmacy**

101 S. Main Waurika, OK 73573

580-228-2383



We Service All Major Brands of **Electric & Portable Welders** Warranty - Service - Parts

109 Bois D'Arc, Duncan

580-255-0207

www.WelderRepair.net welderrepairs@att.net

Starlite Welding Supplies

Torch & Regulator Repair **Welder-Torch Kit Specials**

1 Yr. Cylinder Lease \$40.95 SPECIALS on Welders/Generators





506 Industrial Ave.—By Duncan Cemetery Mon.-Fri., 8 am -5 pm; Sat., 8 am -12 noon Home-owned by Kenneth/Jeff Golay **Since 1991** 580-252-8320

Lovett Ranch Hay Bailing

Macy Lovett lovettranch@gmail.com 580-313-0394

BERMUDAGRASS Midland of 99 sprigs and roots for sale! CALL HC MCGEE 580-512-3569



Insurance, it's probably the only thing you keep paying for that you hope you never have to use. But when an unfortunate situation does occur, you shouldn't have to fight with your insurance provider to get the claim award you deserve.

At Bartling, we're always on your side and we'll do everything we can to expedite any claim you make in a timely manner. We're also proud to say that we offer the finest coverage for your health, your home, automobile and commercial

Put the strength of a solid performer behind you. Call us now for a free, no obligation, price quote assessment of your



580-228-2085

580-439-8809

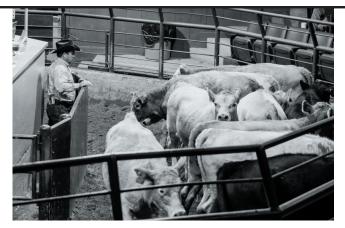




Need to make a payment by phone? Call our automated system at

1-855-730-8711

Have your Cotton Electric account number and credit card or banking account numbers ready before making the call.



OKLAHOMA CITY westerncommissioncompany.com

Mon/Tues 8am

Ben I. Hale 405.235.8908 940.631.2333

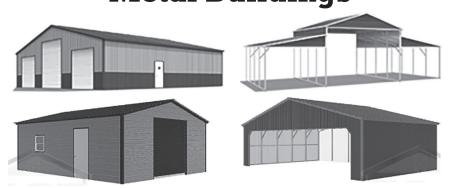
COMANCHE Wednesday 9am

Peyton D. Hale 580.439.8865 817.888.0657



Visit us on Facebook for weekly Market Reports

Carports, Garages, Barns, **Metal Buildings**



Come by, call or e-mail for a free quote!



Stop by our display yard at Land Pros in Duncan, across from the Stephens County Fairgrounds on South Hwy 81. Let us design and price your custom building.

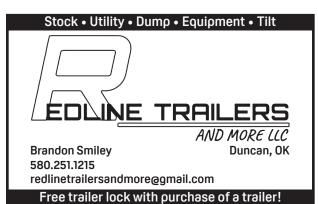


1705 S. Hwy. 81 **DUNCAN, OK 73533** 580-252-3880

BestBarnsandCarports.com

NO ONE BEATS OUR QUALITY OR PRICE

BestBarnsandCarports.office@gmail.com



HOLT ELECTRIC

OVER 30 YEARS EXPERIENCE

Residential Commercial **Industrial**



Estimates Remodeling **New Construction**

24 hour Service

580-365-4147

P.O. Box 131 * Sterling OK 73567*Lic#OK10531





SHOWMAN'S CHOICE

FOR ALL YOUR HORSE TACK & SHOW SUPPLY NEEDS.

HOURS MON-FRI 8:00-5:30 SAT 10:00-2:00

1205 SW SHERIDAN RD LAWTON, OK 73505 580-355-7469

FINDUS ON FACEBOOK!

GREAT PLAINS

Technology Center

Ready for a new opportunity? We're hiring!

We have several open positions. APPLY TODAY!

For full job descriptions, deadlines

and applications see www.greatplains.edu/jobs Great Plains is an Equal Opportunity Employer.



7758 US-277, Elgin, OK 73538

(580) 454-1756



WWW.DARBYSFURNITURE.COM



COMMISSION FREE SALES STAFF



CARQUEST

EARNHA

AUTOMOTIVE AND TRUCK PARTS, INC.

580-470-0570 2297 N HWY 81

Duncan, OK 73533 Hours:

> Mon - Fri, 8 - 5:30 Saturday, 8 - 2:00 Sunday, Closed

COME SEE US FOR ALL OF **YOUR NEEDS!**

- Automotive/Truck
- Heavy Truck
- Hoses (Hydraulic & A/C)
- Paint and Body

(First Responder and Military Discounts)