What's Inside



Five simple steps to become a co-op voter Page 6



Cultivating community Page 11



Spooky season snacks Page 15



Current

A Publication of Cotton Electric Cooperative Inc.

A Touchstone Energy® Cooperative



"The Current - Informing Our Members Since 1957"

VOLUME 68 October 11, 2024 NUMBER 2



Cotton Electric employees welcome members to the 2024 Annual Meeting and Member Appreciation Day. Photo by Carli Eubank.

Co-op thanks members for making this year's Annual Meeting a success

By Carli Eubank

After months of planning and preparing, Cotton Electric employees welcomed members to the 2024 Annual Meeting and Member Appreciation Day on Sept. 26 at the Stephens County Fairgrounds in Duncan and the Great Plains Coliseum in Lawton. While a new drive-thru registration format was introduced this year to offer more convenience for our members, familiar smiles and handshakes were exchanged with those in attendance.

Members were guided and greeted through the registration lines until they reached the first station where an employee searched the member's account and handed them a ballot to vote on the proposed bylaw amendments before driving forward to submit their ballot and receive their gift of a limited-edition hat and a \$20 energy voucher. Over the next few hours, a steady flow of members cruised through registration, and a friendly competition of registering efficiency broke out among employees.

There were 891 registered members, with several family members and friends in attendance for an afternoon of co-op business and community.

Later that evening, the livestreamed business meeting was called to order at 8 p.m. by Board President Shan Files. Next, Ken Layn, Board Trustee of District 2, gave the invocation followed by Board Trustee of District 4 Brian DeMarcus, who led the Pledge of Allegiance.

Following the playing of the national anthem, members received a brief overview of the cooperative's business, including an introduction of the co-op's Board of Trustees, a recap of Operation Round Up and an invitation for members to advocate for electric cooperatives, like signing up for Voices for Cooperative Power.

Then, Steve Robinson, secretary-treasurer and Board Trustee of District 7 presented his report of the co-op's well-managed financial status, sharing that the co-op met all of its financial requirements for 2023.

Files invited the co-op's legal counsel, Carl Buckholts, to the podium to report on the official notice and presence of quorum for this year's Annual Meeting. Five percent of the co-op's membership must be present to reach quorum, which allows those in attendance to vote on co-op business. Buckholts announced that a quorum was met for the business meeting with a total of 891 registered members, exceeding the amount needed for quorum of 836 registered members.

Files and Buckholts then announced the results of the proposed bylaw amendments before ending the business meeting. More information about the voting results can be found in the CEO column on Page 2.

Files then shared a message about how the co-op will continue to move forward through the adver- ful event. We hope to see you next year! sities and do its best to keep the lights on each and every day. Closing out on his three-year

everyone while serving in that position and announced DeMarcus as the next Board president.

Next, Cotton Electric CEO Jennifer Meason ended the 2024 Annual Meeting and Member Appreciation Day by thanking members for their participation in this year's successful event before announcing the winners of the prize drawings. A complete list of winners can be found on Page 7.

To watch the 2024 Annual Meeting business meeting, visit our YouTube channel at www.youtube.com/@CottonElectricCoop.

Thank you to all of our members who participated in this year's Annual Meeting and made it a success-



Power Cost Adjustment Calculated

The power cost adjustment now being applied to bills mailed after Oct. 1, 2024, is \$0.00046 per kilowatt-hours (kWh).

On a member's average bill of 1,300 kWh, this will amount to a charge of \$00.59 on the October bill.

eptember 2024 Temperature Extrem

September 2021 Temperature Extreme									
Day	High	Low	Avg.	Day	High	Low	Avş		
1	94	76	85	16	96	72	84		
2	88	71	80	17	95	69	82		
3	82	70	76	18	99	71	85		
4	87	71	79	19	102	75	89		
5	95	68	82	20	103	75	89		
6	93	66	80	21	100	72	86		
7	88	63	76	22	91	62	77		
8	89	55	72	23	79	60	70		
9	90	52	71	24	90	59	75		
10	91	49	70	25	88	59	74		
11	93	54	74	26	88	54	71		
12	92	60	76	27	90	56	73		
13	98	60	79	28	92	55	74		
14	100	74	87	29	92	55	74		
15	98	72	85	30	93	55	74		

Average Daily High: 93 Average Daily Low: 64

Source: srh.noaa.gov/oun/

Did You Know?

Cotton Electric offices will be closed Monday, Oct. 14 for All Employee Training Day. Emergency calls will be answered at 580-875-3351 or 800-522-3520.

The next issue of The Current should arrive in mailboxes Nov. 8, 2024.

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.



ELECTRIC CO-OP Mission Statement

Our mission is to safely deliver reliable and affordable power, provide excellent member service, and improve the quality of life in the communities we serve.

From the CEO

Co-ops power communities with purpose

Thank you to all of the Cotton Electric, our mission 891 members who recently participated in the 85th Annual Meeting! We were excited to see all of you and hope you had a great experience. Participation was the highest since 2011, when we had 893 members register in Duncan. It was great to see the Cooperative Principles in action as members voted on the proposed bylaw revisions, which passed with 93% of voting members approving the amendments.

As members of Cotton Electric Cooperative, we are all part of the electric cooperative community. This month, more than 30,000 cooperatives across the U.S. are celebrating National Co-op Month. It's a time to reflect on all the aspects that set cooperatives apart from other types of businesses, but more importantly, it's a time to celebrate the power of co-op membership.

Electric co-ops are not-forprofit utilities that are built by the communities they serve. For has always been to provide you with safe, reliable and affordable power. We care about your quality of life, and because we are locally operated, we're uniquely suited to meet our members' evolving energy needs.

Beyond the business of electricity, our employees and directors are equally invested in our local community. Why? Because we live here, too. That's why we work hard to support local economic development projects, youth programs and scholarships, charitable-giving initiatives and additional programs that make our community a better place to call home.

All co-ops, including Cotton Electric, are guided by seven Cooperative Principles that embody the values and spirit of the cooperative movement. These seven principles are a framework to help all co-ops navigate challenges and opportunities while remaining true to our purpose:

1. Open and Voluntary Membership

Co-op membership is open to anyone who can use the co-op's services.

2. Democratic Member Con-

Members make decisions that shape the cooperative. Why? Because co-ops are created by the members, for the members.

3. Members' Economic Participation

Members contribute money to the co-op to make sure it runs smoothly now and in the future. At Cotton Electric, this happens through paying your energy bills.

4. Autonomy and Independence

Co-ops are independent and can operate on their own, which ultimately benefits the members.

5. Education, Training and Information

Cooperatives continually focus on education to ensure employees have the training and information they need to make the co-op successful.



Jennifer Meason, CEO

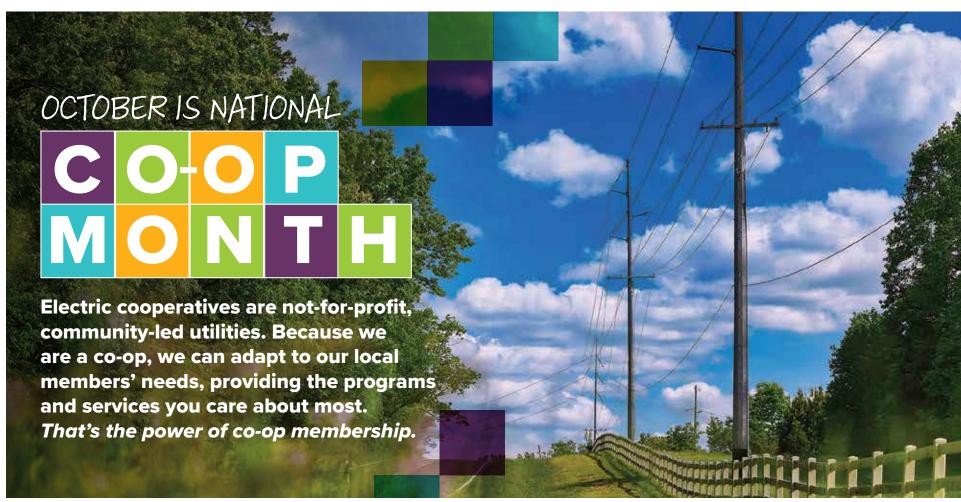
6. Cooperation Among Cooperatives

Co-ops share with and learn from other cooperatives. We help each other out in times of need because we want other coops to thrive.

7. Concern for Community

All cooperatives work for the greater good of the local communities they serve. Co-ops give back to their communities to help them thrive and grow.

This October, as we celebrate National Co-op Month and the power of membership, we hope you will recognize the many aspects that set electric cooperatives apart. Our mission is reliable power. Our purpose is people-the local communities we're proud to serve.





Energy Efficiency

Tip of the Month

If you recently made or plan to make energy efficiency improvements to your home, you may be eligible for federal tax credits. The Inflation Reduction Act (IRA) of 2022 empowers homeowners to save money on energy efficiency improvements and upgrades. Homeowners can save up to \$3,000 annually to lower the cost of efficiency upgrades by up to 30%.

A few upgrades covered through the IRA include new exterior doors, windows, insulation, heating/cooling equipment and other major appliances. If you completed an upgrade this year, or you are considering one, visit www.energystar.gov/federal-tax-credits to learn if you qualify for a tax credit.

August 2024 Operating Stats

	<u>2024</u>	<u>2023</u>
Total Amount Billed/Accrued	\$7,564,891	\$8,469,079
Cost of Purchased Power	5,314,532	5,757,398
Taxes	144,961	150,624
Total Operating Expense per Mile	1,394	1,453
Average Farm and Residential Bill	192	220
Average Farm and Residential kWh	1,758	1,826
Total Meters Billed (Farm, Residential) 19,735	19,505
Miles Energized	5,277	5,265
Density per Mile	3.74	3.70
New Service Connects YTD	306	306
Services Retired	146	123

Upcoming Deadlines for

The Current

November

Ad Sales Oct. 25 Classified Oct. 25 Publish Nov. 8

December

Ad Sales Nov. 29 Classified Nov. 29 Publish Dec. 13

The Current

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

Jennifer MeasonCEO Shane Bowers......Vice President Zach YoungDirector 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 Dell Farris, Comanche

"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

Is a ductless mini-split system right for your home?

where the temperature is customized to your liking and may be different pressor and an indoor air-handling from the temperature in the shared living areas or other rooms in the house. door unit(s) to the outdoor compres-This flexibility and customization are precisely why mini-split systems, pumps, and their energy efficiency aspects are so popular.

Let's unpack some mini-split basics and explore whether this type of sysheating and cooling needs.

sonalized comfort zone spaces. Similar to central heating and than the whole home. within your home? One cooling, mini-split systems have two main components-an outdoor comunit(s). A narrow conduit links the in-

While central heating and cooling also known as ductless air-source heat systems feature an indoor unit connected by long lengths of ductwork, mini-splits are typically ductless. This means energy is not lost traveling through long stretches of ductwork. tem is a good choice for your home Installing the air-handling unit in a desired room or area enables you to con-A mini-split system is a type of trol the temperature more precisely, HVAC equipment used for heating reducing energy consumption. That's

Tow would you like a per-the temperature in individual rooms or ture to a single room or space rather

Is a mini-split system right for

Mini-split systems are a popular option in home additions, or for supplementing heating and cooling in a space that may be furthest away from the main living area, such as a finished attic or basement. In these instances, it may not be feasible to install or extend the ductwork required in traditional central cooling and heating systems.

In contrast, mini-splits are relatively easy to install, requiring a small hole for the conduit connecting the indoor and outdoor units. Most systems can handle up to four indoor rooms or zones connected to one outdoor unit. Each of the zones can be customized because each includes a thermostat that enables you to heat or cool the space as needed, saving energy and money over time.

Cool solutions

Mini-split systems bring additional benefits. They are quiet, improve indoor air quality and are typically easy to install. Many come with remotes to make temperature control even easier, and because of their smaller size, minisplit systems have many placement options for indoor and outdoor units.

One of the greatest benefits of minisplits is that they typically have a higher SEER (seasonal energy efficiency ratio) rating than traditional central heating and cooling systems. The higher the unit's SEER rating, the more energy efficient it is.

Additional considerations

However, according to the Department of Energy, "mini-splits cost call your co-op at 580-875-3351.



Heath Morgan, **Energy Efficiency** Coordinator

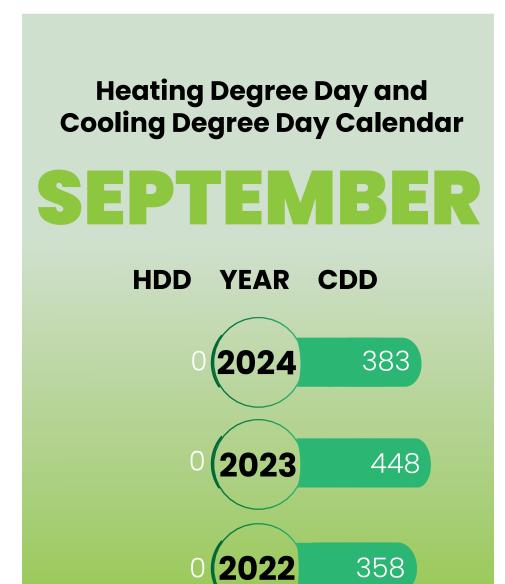
about \$1,500 to \$2,000 per ton of cooling capacity. That's about 30% more than central systems (not including ductwork) and may cost twice as much as window units of similar capacity." Cotton Electric offers a rebate program when members purchase and install certain energy-efficient equipment, including heat pumps/minisplits. For more information, visit our website at www.cottonelectric.com/ rebate-program.

While the technology is improving and evolving, those in particularly colder climates may need a fuel backup to run a mini-split system. Aesthetics are another factor to consider, as some homeowners don't like the appearance of the indoor units, which are more visible than central air conditioning

If you're considering an upgrade or additional heating and cooling equipment, talk to a qualified technician to learn if a ductless mini-split system could work for your home.

For questions or more information,





Degree days measure how cold or warm a location is by comparing the average of the high and low (mean) of the outdoor temperatures recorded in that location to the standard U.S. temperature, which is 65 F. The assumption is that we don't need heating or cooling to be comfortable when this is the outdoor temperature.







Cotton Electric Charitable Foundation



Meridian Volunteer Fire Department and Emergency Medical Services was awarded a Cotton Electric Charitable Foundation (CECF) grant for an AED. Pictured left to right: Cotton Electric Director of Marketing and Communications Zach Young and members of Meridian VFD and EMS.



A CECF grant was awarded to AmVets Post 11 for a flagpole. Pictured left to right: Cotton Electric Communications Specialist Carli Eubank, AmVets Post 11 Post Commander Kenneth Youngblood and AmVets Post 11 Public Relations Officer Bill Straily.



A CECF grant was awarded to Velma Community Outreach Center for food. Pictured left to right: volunteers with Velma Community Outreach Center, Cotton Electric CEO Jennifer Meason, Cotton Electric Communications Specialist Carli Eubank, Cotton Electric Vice President of Administration Shane Bowers, and a Velma Community Outreach Center volunteer.



Geronimo Volunteer Fire Department (VFD) received a CECF grant for hoses. Pictured left to right: Geronimo VFD firefighter Kevin Murphy, Geronimo VFD firefighter Aaron Billen, Geronimo VFD Captain Warren West, Geronimo VFD firefighter Riley Zellar, Geronimo VFD Captain Clay Maldonado, and Cotton Electric Vice President of Administration Shane Bowers.



A recent CECF grant was awarded to Leadership Duncan Class XXVIII for canine training for the Duncan Police Department. Pictured left to right: Kelsey Roberts, Brooke Harvey, Duncan Police Chief Brian Attaway, Josh Long, City of Duncan K-9 handler Bailey Webb, Clayton Pickard, Frank Kresse, Joyce Elwood, Amy Ryker, City of Duncan K-9 handler Kaleb Keplinger, and Cotton Electric Communications Specialist Carli Eubank.



A CECF grant was given to Marlow Samaritans for a misting fan. Pictured left to right: (front row) Mary Cobb, treasurer; Terrie Phillips, one of the original organizers of the agency; Sandy Chatfield, secretary; Lisa Ivory, memberat-large; Zach Young, Cotton Electric director of marking and communications; (back row) Charlie Dunbar, member-at-large; Scott Dittner, president; Carolyn Lowe, food bank manager; and Cricket Holland, vice president.

REMINDER

Fourth-quarter CECF grant applications are due

Nov. 12











Members from Districts 1, 3 and 5 show engagement with their co-op

Cotton Electric Cooperative is proud to be member owned and guided by Cooperative Principles, and one of these key principles is Democratic Member Control. Many members demonstrated this principle by getting involved with their co-op and making their voices heard at this year's District Meetings in Districts 1, 3 and 5.

The meetings began with District 1 Aug. 29 in Velma. Shan Files, serving as the Trustee of District 1, welcomed members before the District Meeting Committee, composed of Board Trustees, called the meeting to order. Meetings in Districts 3 and 5 followed the same agenda.

Nichole Scott, Trustee of District 3, welcomed members Sept. 6 near Central High, and District 5 Trustee Clifford Dunham hosted members of his area Sept. 9 in Chattanooga.

A chairman from among the members in attendance was selected before appointing a meeting secretary and reporting on the presence of a quorum. Co-op bylaws require a quorum of 5% of a district's members to hold an election.

Neither a quorum nor opponents were not present at the meetings held this year, so Trustees Files, Scott and Dunham were held over for additional three-year terms beginning immediately after the 2024 Annual Meeting and Member Appreciation Day on Sept. 26.

Cotton Electric CEO Jennifer Meason thanked members for expressing an interest in the co-op through their attendance and gave a report on cooperative business.

"Overall, our mission is to provide power that is safe, reliable and affordable while trying to improve the quality of life in the communities we serve," Meason said. "We're here because of you - our member-owners - so with everything we do and every decision we make, we think about how it will impact our members."

Next, Meason shared how the Vegetation Management crew continues to maintain and improve quality power by clearing trees from obstructing power lines and working with an USDA-certified herbicide application contractor to prevent regrowth of vegetation within the service territory.

Another way Cotton Electric is working to improve quality of service is through our pole inspection program. The cooperative has been working with contractors who are moving through the service territory inspecting poles and marking ones that need to be replaced. Line operations and meter crews have completed orders for system upgrades and continue to maintain line upgrades to help improve reliable service.

Meason expressed gratitude to members who voluntarily participate in Operation Round Up and shared how the Cotton Electric Charitable Foundation (CECF) has impacted local organizations, schools and other CECF grant recipients.

With the current Enironmental Protection Agency Power Plant Rule and other regulations facing electric cooperatives, Meason encouraged members to advocate for their cooperative by signing up for Voices for Cooperative Power.

"Together, our voices of many make a lot more of an impact than just a few," Meason said. "We will continue to keep you informed, spread the message and remember the most important thing is safe, reliable and affordable power for members."

Each meeting concluded with an invitation to the 2024 Annual Meeting and Member Appreciation Day, prize drawings, refreshments and engagement with Cotton Electric members and employees.

Next year's District Meetings will take place in Districts 4, 7 and 9.

For more information about the cooperative's Board of Trustees or the 2024 Annual Meeting, visit our website at www.cottonelectric.com.



Cotton Electric CEO Jennifer Meason shares an overview of cooperative business with members in District 5. Photo by Carli Eubank.



Cotton Electric Energy Efficiency Coordinator

Heath Morgan offers a snack for members at the

meeting for District 3. Photo by Carli Eubank.

Cotton Electric Board President Shan Files welcomes members from his district to the District 1 Meeting. Photo by Carli Eubank.



Cotton Electric Member Services Representative Jeannie Evans registers a member at the meeting in District 5. Photo by Carli Eubank.

UNCOMFORTABLE?

Does your home have any of these symptoms?

- Rooms that get too hot or too cold?
- High utility bills?
- Thermostat wars with your spouse?
- High humidity in summer?
- House just never seems comfortable?
- There doesn't seem to be enough airflow?
- Dust buildup within 2 days of dusting?
- Problems with your system since it's been installed?
- Anyone with allergies or asthma?
- AC starts and stops frequently or runs all the time, and house is still not cool?

□ Have been told by other contractors that the problem cannot be fixed?

If you answered <u>YES</u> to any of these questions, we can help!

Pippin Brothers has specialists that can pinpoint and correct these problems and, in many cases, you don't even have to replace your equipment, with the solution usually being easier and costing a lot less than you may think. There is no other contractor in Lawton more qualified than Pippin Brothers at diagnosing and correcting these annoying, inconvenient, unhealthy, comfort-compromising and energywasting concerns. Call us today and let us make your home Feel As Good As It Looks! After all, your home is your largest investment and you and your family deserve to be comfortable - don't you?



"Comfort Without Compromise"

Call Today: 580-248-7924 www.PippinBrothers.com

Congratulations to our 2024 **District Meeting** prize winners!

District 1

Allen Byrom, Jane Lynn and Michael Harrell

District 3

Ray Kesner, Chad Marek and **Todd Grim**

District 5

Darlinda Pickens, Richard Duncan and Lynn Geis





Cotton Electric Member Services Representative Kyle Graham registers members at the meeting in District 3. Photo by Carli Eubank.

Starlite Welding Supplies

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

1 Yr. Cylinder Lease \$45.95

SPECIALS on Welders/Generators



VISA





526 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

Audiology & Hearing AID of Duncan

'Serving Duncan Since 1995 HEARING EVALUATIONS HEARING AIDS **HEARING AID SUPPLIES** ALL BRANDS REPAIRED

Pack of Batteries, \$3 * Resound Dealer* Cynthia Reidenbach - Hearing Aid Tech

Matt Campbell - M.S., CCC-A AUDIOLOGIST 2126 N HWY 81, STE 26B • CHISHOLM MALL, SOUTH ENTRANCE

HOLT ELECTRI OVER 30 YEARS EXPERIENCE

Residential Commercial **Industrial**



Remodeling **New Construction**

580-228-2383

24 hour Service

580-365-4147 P.O. Box 131 * Sterling OK 73567*Lic#OK10531

Toll Free: 1-800-259-2384 580-228-3290

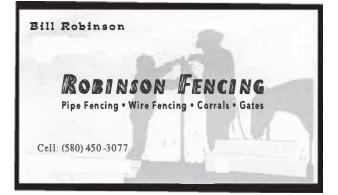
Eck Drug & Gift



For all your prescription needs!

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

101 S. Main Waurika, OK 73573



Five simple steps to become a co-op voter

If you could shape the future of our community in five steps, would you? While I know it might seem like an impossible question, the 2024 general elections are taking place nationwide next month, giving electric cooperative members—like you—the opportunity to make your voice heard on issues that affect our community. This election is our opportunity to elect candidates who support energy policies that promote safe, reliable, affordable energy.

Cotton Electric understands the importance of voting with co-op issues in mind and is working to ensure all our members go to the polls as Co-op Voters. To help, we are partnering with Co-ops Vote, a national, non-partisan initiative focused on enhancing the political strength of electric cooperatives through relationship-building with policymakers.

Co-ops Vote is a program built to give members of the Cotton Electric community the resources and information needed to vote with electric cooperative issues in mind. So, how can you be a co-op voter at the polls? Well, it's as easy as following these five steps.

1. Get ready

Registering to vote is simple and easy. To help, Co-ops Vote has a website full of voter resources and information. You can check it out at www.

vote.coop. Remember, it's essential to regularly check your registration and verify that your information is correct and up to date.

2. Get the details

Every state's election process is different, and it's important to know about upcoming voter registration deadlines, the process for requesting absentee ballots and more, so you don't miss key dates. We've made it easy, and ing Voices for Cooperative Power, a you can find all the information about voting in Oklahoma by visiting www. vote.coop/gotv.

3. Get informed

Before you head to the polls, it's important to be educated on the policy issues that help keep our community's power reliable, affordable and safe. Learn more about these issues by join-

national network of co-op advocates, by visiting www.voicesforcooperativepower.com/issues.

4. Get the background

Now that you're registered and informed, it's time to learn about your candidates. You can view a list of your current elected officials on the Voices for Cooperative Power website and then click to view their official website for news releases and official policy positions.

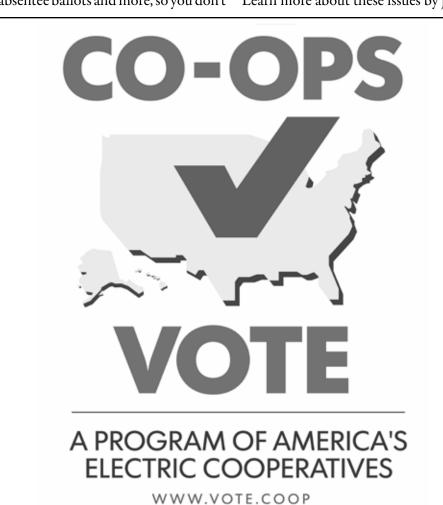
5. Get others involved

Now that you've done your research and are officially ready to head to the polls as a Co-op Voter, it's time to get your family, friends and neighbors in-

We encourage you to complete these five simple steps and become a Co-op Voter. America's electric cooperatives, including Cotton Electric, understand the importance of political engagement.

Together, we have the power to educate lawmakers, build awareness about our issues and concerns and support legislative issues that are important to our communities. The co-op voice is powerful, and it starts with you.

For more information about how you can advocate for electric cooperatives, visit www.cottonelectric.com/ your-co-op-your-voice.





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!



Skid Steer Grapples, Augers, Mowers, Forks, Etc.



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

For estimate on your job call Jeff 580-704-2226

PUBLIC AUCTION

273575 Forest Drive Hastings, OK 73548 Saturday, October 19th, 2024 10am Preview: Friday, October 18th, 2024 1pm-6pm

Vehicles, Camper, Trailers & Firearms will sell at 12pm. For Photos: www.auctionzip.com Enter Auctioneer ID# 17788

Scroggins Auction Service has been commissioned to offer at Public Auction the Personal Property of Mr. & Mrs. Joel & Dora Fogelstrom.

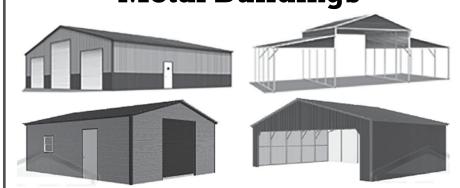
Directions: From Hwy 81 & Hwy 53 go 7.5 Miles West to Coco Road. Turn South and go 2.5 Miles to Beaver Point. Turn into Beaver Point and follow the road to auction site.

Vehicles: 2008 Ford Explorer Eddie Bauer. 1999 Ford Lariat 4x4, 1981 Ford F150 4x4. Motorcyle: 2014 Honda Goldwing GL1800. Camper: 2010 20' Heartland Trail Runner. Trailers: 10" Enclosed Motorcyle Trailer, 18' Gooseneck Flatbed Trailer. Tractor & Farm Items: John Deere 2440, Pasture Drill, 6' Brush Hog, Box Blade, Oxen Yoke, Cow Yokes, Antique Firestone Boat Motor, Chicken Coop, 2 Team Draw Bar, Wagon Wheel Hubs, Front End Loader, Tool Bar, Agri Fab Lawn Vac. Firearms: DPMS AR-15, Browning Lever Action 308 w/Scope, Stevens .410/22 Over & Under, Benelli Montefeltro 12 Gauge, H&R .22/.22 Mag Revolver, Smith & Wesson .44 Mag Revolver, Sig Sauer .22 Semi Auto Mosquito. Mower: 16.5hp Gardenway by Troy Built Riding Mower. Antiques & More: 1950's Antique Pedal Tractor, Spurs, Lots of Crocks (Churns, Jars & Bowls), Dazey Churns, Jewel Tea Dishes, Old Marbles, Cobalt Blue Glass, Antique Glassware, Hens on the Nest, Ice Tongs, Old Lanterns, Antique Rocking Horse, Cast Iron Ware, Old Wooden Boxes, Matchbox Holder Collection Ice Pick Collection. Household Items: Full Size Bedroom Suites, Dining Table & Chairs, Lighted China Cabinet, Bar Stools and Church Pew Misc Items: Lots of Fishing Equipment, Old Fishing Lures, Minnow Buckets, Minnow Tanks, Wood Duck Decoys, 2 Man Cross Cut Saws, Kerosene Lamps, Stainless Steel Sink, Yard Tools, Power Washers, Oil Cans, Water Cans, Hand Water Pumps, Window Weights, Fireplace Insert, Gas Fireplace, Fire Hydrant, Solid Wood Door, Metal Shelving.

Auctioneers Message: This auction has lots of very nice items. Lots more than listed. Still going through items. You don't want to miss this one!! Terms & Conditions: Announcements made day of sale supersede any previous advertisements. Everything sells AS-IS Where Is! Buyers MUST provide a copy of SALES TAX PERMIT day of sale to avoid sales tax. Terms & Conditions of Sale: Cash, Personal Check & Company Check accepted with positive ID.

> **Scroggins Auction Service** Parker Scroggins – Auctioneer 580-656-4416

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



Come Check Out Our SALE!



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 580-467-1501 BestBarnsandCarports.com

NO ONE BEATS OUR QUALITY OR PRICE

BestBarnsandCarports.office@gmail.com

Vote for solid investment strategies

With the presidential election just a few weeks away, the public is naturally interested in not just the outcome but what the results will mean for issues of national importance. As a citizen, you likely share well — under Democratic these concerns — but how about as an investor? After the votes are counted — or even before — should you make some moves in antici-



pation of possible changes in are, have different results policy?

Let's look at the big picture first, through the lens of history. The financial markets have performed well — and at times, not so and Republican presidents alike. And the same is true about which party controlled Congress.

While it might be an overstatement to say that decisions made in Washington have no effect on the markets, it's not always so easy to draw a direct line between what happens there and how the markets perform. For one thing, political candidates often make promises that are not fulfilled, or, if they

than intended. Also, other institutions can have a significant impact on the markets. For example, the Federal Reserve, which controls short-term interest rates, can certainly affect many market sectors. And there will always be external events, such as foreign conflicts and even natural disasters, that can make short-term impacts on the investment world.

So, rather than making changes to your portfolio in anticipation of what might happen if certain candidates get elected, or even in response to actual policy changes, look to other factors to drive your investment decisions.

These factors should

include the following: Your goals – You probably have short- and long-term goals you'd like to achieve. For your short-term goals, such as a wedding, a down payment on a house or a long vacation, you may want to invest in instruments that provide stability of principal. For your long-term goals, most important of which may be a comfortable retirement, you'll need to

own a reasonable number of retirement, you may want to growth-oriented investments. consolidate any gains you Your risk tolerance - When you build and maintain your investment portfolio, you'll need to ac-

commodate your individual

risk tolerance. All invest-

ments carry some type of risk, but you need to be com- stay ahead of inflation. fortable with the overall risk

level of your investments. Your time horizon – Where you are in life is an important consideration when investing. When you are young and just starting out in your career, you may be able to focus more on growth, as you have time to overcome the inevitable short-term market downturns. But as you near may have achieved, and low-reflect your needs and goals. er your risk level, by moving your portfolio toward a somewhat more conservative approach. Even in retire-

some growth potential to

 Your needs for liquidity – As you invest, you'll need to maintain an adequate amount of cash and cash equivalents in your holdings. Without this liquidity, you might be forced to sell longterm investments in case you have unexpected expenses.

In any case, when it comes to investing, you may want to pay less attention to what names are on the ballot — and instead "vote" for the longer-term strategies that

ment, though, you will need Edward Jones, Member SIPC

Kelsey Avants

1110 N. 10th Street | Duncan, OK 73533 | 580-255-4408 kelsey.avants@edwardjones.com | www.edwardjones.com Edward Jones MAKING SENSE OF INVESTING

2024 Annual Meeting prize winners listed

The 2024 Annual Meeting and Appreciation Day concluded with a prize drawing. Each registered member was automatically entered for a chance to win a variety of prizes. A new addition to this year's drawing was Cotton Electric's \$1,000 donation to the local volunteer fire department that serves the grand prize winner's membership account, and this year's donation will go to the City of Comanche Fire Department. The following is a complete list of prizes and winners:

\$1,000 energy voucher: Faye Baldwin of Comanche

\$500 energy vouchers: Joe Hennessee of Duncan, Mark Trosclair of Marlow, Shane Linam of Marlow and William Hall of Duncan

\$250 energy vouchers: Kristie Gardner of Duncan, Donna Lindesmith of Waurika, Floyd Carter of Duncan and Lynn Cobb of Comanche

\$100 gift cards: William Brooks of Lawton, Steve Duty of Geronimo, Sherri Sprague of Lawton, Heather Shockley of Indiahoma, Joel Petty of Duncan, Brett Bain of Lawton, Jeannie Moralez of Lawton, Harvey Garrett of Comanche, Mark Mattingly of Elgin and Lyndell Patton of Faxon

Congratulations to all of our win-



A behind-the-scenes look of the setup to livestream the business meeting portion of the 2024 Annual Meeting and Member Appreciation Day. Photo by Carli Eubank.



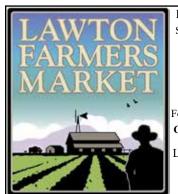
DISTRICT 9 OCT. 24 | 7:30 A.M.

CASEY'S LAKESIDE MINI MART

185960 N 2740 RD, HASTINGS

We hope to see you there!





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

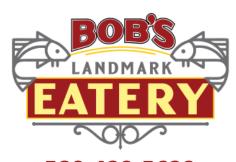
For vendor inquiries please call: Cindy Nocton (580) 678-9472

LawtonFarmersMarket.com









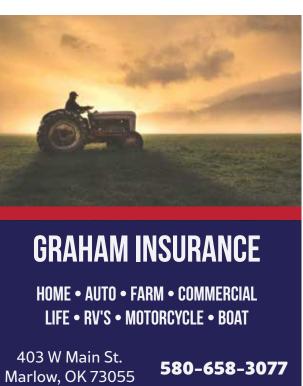
580-439-5639

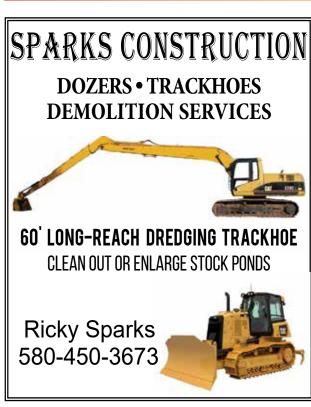
Same great food and friendly service! Catfish, Steak, BBQ, Burgers & more! Banquet room with seating for up to 45.

Dine In or Carry Out

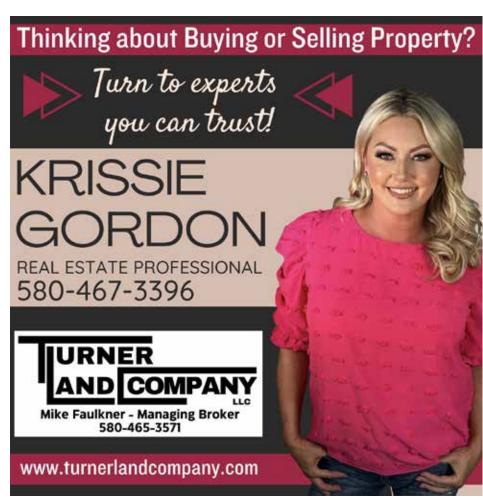
Old Hwy 81 & Refinery Rd

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









Top three ways cyber attackers target you



Social engineering attacks, in which adversaries trick people into doing something they shouldn't, are one of the most common methods that cyber attackers use to target people. The concept has been used by con artists and scammers for thousands of years. What is new is that the Internet makes it very easy for a cyber-criminal anywhere in the world to pretend to be anyone they want and target anyone they want. Below are the three most common types of social engineering methods that cyber attackers will use to try to engage and fool you.

Phishing

Phishing is the most traditional social engineering attack; it is when cyber attackers send you an email attempting to trick you into taking an action you shouldn't do. It was originally called phishing because it was like fishing in a lake: You threw out a line and hook but had no idea what you would catch. The strategy behind this tactic was that the more phishing emails cyber-criminals sent, the more people fell victim. The phishing attacks of today have become both far more sophisticated and targeted (sometimes called spear phishing), with cyber attackers often customizing their phishing emails before sending them.

Smishing

Smishing is essentially SMS-based phishing, in which a text message is sent instead of an email. Cyber attackers send text messages to your phone on apps such as iMessage, Google Messages or WhatsApp. There are several reasons why smishing has become popular. The first is that it's much harder to filter out messaging attacks than it is to filter out email attacks. Second, the messages that cyber attackers send are often very short, meaning there is very little context which makes it much harder to determine if the message is legitimate or not. Third, messaging is often more informal and action-based, so people are used to quickly responding to or acting on messages. Finally, people are getting better and better at spotting phishing email attacks, so cyber attackers are simply shifting to a new method, messaging.

Vishing

Vishing, or voice-based phishing, is a tactic that uses a phone call or voice message rather than email or text message. Vishing attacks take far more time for the attacker to execute, as they talk directly to and interact with the victim. However, these types of attacks are also far more effective, as it is much

easier to create strong emotions over the phone, such as a sense of urgency. Once a cyber attacker gets you on the phone, they will not let you get off the phone until they get what they want.

Spotting and stopping these attacks

Fortunately, it does not matter which of the three methods cyber attackers use, there are common clues you can spot:

- Urgency: Any message that creates a tremendous sense of urgency in which attackers are trying to rush you into taking quick action and making a mistake. An example is a message claiming to be from the government, stating your taxes are overdue and if you don't pay right away you will end up in
- Pressure: Any message that pressures an employee to ignore or bypass company security policies and procedures.
- Curiosity: Any message that generates a tremendous amount of curiosity or seems too good to be true, such as an undelivered UPS package or a notice that you are receiving an Amazon refund.
- Tone: Any message that appears to be coming from someone you know such as a coworker, but the wording does not sound like them, or the overall tone or signature is wrong.
- Sensitive Information: Any message requesting highly sensitive information, such as your password or credit card.
- Generic: A message coming from a trusted organization but uses a generic salutation such as "Dear Customer". If Amazon has a package for you or phone service has a billing issue, they know your
- Personal Email Address: Any email that appears to come from a legitimate organization, vendor, or co-worker, but is using a personal email address like @gmail.com or @hotmail.com. By looking for these common clues you can go a long way toward protecting yourself.

By looking for these common clues you can go a long way toward protecting yourself.

Source: www.sans.org





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.greatpiains.edu/jobs

Great Plains is an Equal Opportunity Employer.



YOUR FIGHT IS OUR FIGHT!

We embrace new and innovative treatments that emerge each year in the fight against cancer! Our doctors and nurses are cancer specialists. Our staff is highly trained to support you as a patient. You will not fight alone.

We encourage you to get routine cancer screenings. Early detection improves outcomes and saves lives.

Hope & Healing RIGHT HERE AT HOME











ALTUS 1200 E. Broadway St. Altus, OK. 73521

580.379.6000

LAWTON 104 NW 31st St. Lawton, OK. 73505 580.536.2121

DUNCAN 2465 N. Whisenant Dr. Suite 100 Duncan, OK. 73533 580.251.6600

CHICKASHA 2222 W. Iowa Ave. Chickasha, OK. 73018 405.222.9222

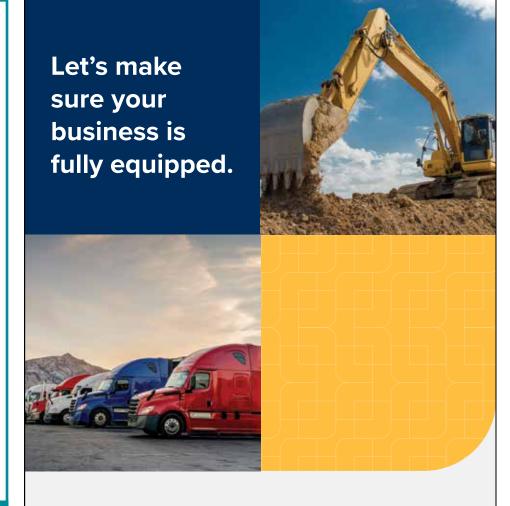
Altus • Lawton • Duncan • Chickasha

CANCER CENTERS

of Southwest Oklahoma

A SERVICE OF COMANCHE COUNTY MEMORIAL HOSPITAL

For more information, visit our website **CCSWOK.COM**



Your business needs equipment to succeed and grow, and we're ready to help make financing fast and convenient. When it's time to get well equipped for the future, give our team a call.

arvest.com/equipment | (580)255-7121



ARVEST Equipment Finance

Member FDIC Loans subject to credit approval.

Steering teens toward responsible driving

National Teen Driver Safety Week is October 20-26, 2024

Parenting teens can be challenging. While some battles aren't worth fighting, protecting your teen behind the wheel is.

Although no one wants to think about teens being in car accidents, it does happen. Protecting your teen behind the wheel is crucial due to their inexperience, which makes them more susceptible to crashes. Car accidents are a leading cause of death for teens in the U.S., with the highest risk in the first year of driving. Common hazards include additional passengers, speeding, drowsy driving and using phones.

Distracted driving is a major issue, with 3,308 people killed in distracted-affected crashes in 2022, including 2,613 teens, according to the U.S. Department of Transportation.

Teen drivers often lack the skills and experience needed to avoid fatal crashes, and distractions such as texting can be particularly dangerous. For example, reading a text at 55 mph is like driving the length of a football field with your eyes closed. For this reason, many states have laws against texting, talking on the phone and engaging in other distractions while driving.

There are three types of driving distractions to discuss with your teen:

- Visual, when you take your eyes off the road.
- Manual, when you take your hands off the wheel.
- Cognitive, when you take your mind off driving.

To prevent distracted driving, teach your teens (and emulate) these tips:

- 1. Do not text while driving.
- 2. Block texts and keep your phone out of sight.
- 3. Avoid eating while driving.
- 4. Use playlists instead of searching for music.
- 5. Set up navigation before driving or have a passenger navigate.

Teen drivers report pressure from families and friends to use phones while driving. Many drivers continue to use phones even when they are aware of the crash risk. Technology can help avoid cell phone use while driving. Use built-in features on your smartphone or cell phone blocking apps to prevent distractions. For the greatest safety benefit, change your phone settings to block hands-free and calls and text messages.

Stay safe around power lines

Ensure your teen knows what to do if they encounter downed power lines: stay in the vehicle, call 9-1-1 and stay at least 50 feet away from the scene if they witness an accident.

Make sure they realize that downed lines or other damaged utility equipment can look lifeless and harmless yet still be energized. They do not have to be sparking, moving or sizzling (like you often see in movies) to be energized.

For more safety tips, visit SafeElectricity.org and consider downloading a Parent-Teen Driving Agreement from the Centers for Disease Control and Prevention (CDC).



THAT TEXT CAN WAIT

When texting while driving, the shortest amount of time a person takes his or her eyes off the road is five seconds. At 55 mph, that is like driving the length of a football field with your eyes closed.

DON'T GET OUT

If you are in a car accident involving a power line or padmount transformer ("green box"), stay inside the vehicle and call 9-1-1. Unless the car is on fire or giving off smoke, do not get out. If there is a fire, make a solid jump from the vehicle without touching it and hop with your feet together as far away as you can.

RESPECT WORK ZONES

One work zone crash occurs every 5.4 minutes. Remind teen drivers to consider anyone doing their job in or near the road as someone they know and love. Encourage them to move over and slow down for workers.

DON'T DRIVE DISTRACTED

Texting is not the only form of distracted driving. Driving and doing anything else is multitasking. Eight deaths occur EVERY DAY due to drivers who drive distracted.

Learn more:

Safe Electricity.org







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

580-248-7924

www.PippinBrothers.com

- Reduces iron staining
 - Cleaner more refreshing water

Improves water heater efficiency and thus lowers energy bills Call Today

Extends appliance life by 50% or more

Descales inside of pipes & water heater

Cleaner bodies, clothes, and dishes

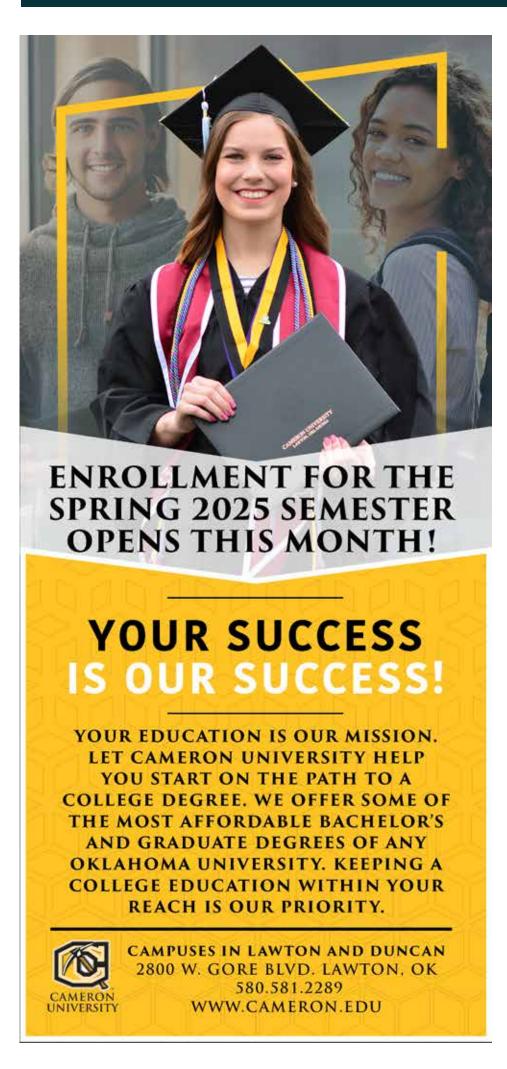
1 25% or more reduced detergent use



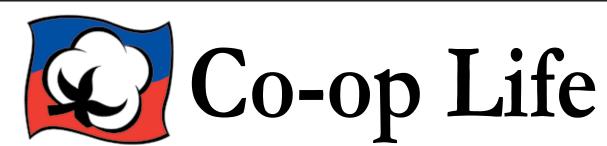
(580) 529-5000 HILLIARY.COM

Always Innovating

because every community matters







Cultivating community

By Carli Eubank

Tucked away just outside of Walters, Oklahoma, you can find a faint cloud of dust in the air and hear the steady rumble of cattle following the echo of a yelp from the other end of the pasture. This scene occurs several times a day, as Cotton Electric members and owners of Re:Farm Zach and Kacie Scherler-Abney grow their sustainable practices of regenerative agriculture.

As a Walters-native and fifth-generation farmer and rancher, Kacie's childhood memories include those of growing up on her family's farm, but she always knew she wanted to live in a big city one day. So, after graduating high school, Kacie packed her bags for Los Angeles and pursued a degree at Pepperdine University. During her time living in San Francisco, Kacie worked for many nonprofits, including FairTrade, traveling all around the world with the goal of making food supply more sustainable remaining in the back of her mind.

Zach's journey began thousands of miles away in Uganda, where he grew up with his family of missionaries. After he and his family moved back to Portland, Oregon, and Zach graduated from college, he started working at the nonprofit his parents started.

As fate would have it, with Zach and Kacie both working for nonprofits based in Uganda and connections of mutual friends, their paths crossed and the couple wed in 2018.

Two months after the wedding, with a plan to travel the country for work in their Airstream, Zach and Kacie's future took a life-altering turn when she began to lose feeling in her legs. After weeks at the hospital and far from identifying the issue, Kacie was sent home with a 30% chance of recovery.

"Getting news like that is devastating, especially after just getting mar-

Eventually, Kacie was accepted into the Mayo Clinic in Minnesota where she was diagnosed with a rare autoimmune condition called MOG. With a treatment plan still unavailable, Kacie began researching all that she could for her diagnosis and discovered The Autoimmune Protocol, a book that explains a diet rooted in eating clean meat. Discouraged by the lack of accessible, quality food that met her dietary standards, the couple decided to lease some land to raise their own meat, resulting in Kacie experiencing recovery almost immediately from the diet shift.

"What started as a personal health journey has become more of a soil journey," Kacie said.

After visiting with mentors, watching videos, reading books, and trials and errors, Zach and Kacie began to grow their operation using regenerative farming practices. They raise grass-fed, grass-finished beef without hormones or antibiotics while using a rotational grazing system. Up to two or four times a day, herds will move to different paddocks sectioned off by a spool of electrical wire within a crop ground or native pasture. Zach and Kacie also raise pork and grow wheat using regenerative practices of no herbicides, pesticides or tillage and using the least amount of inputs possible.

"I really enjoy watching how the land responds to frequent cattle movement, and the regeneration that happens through a growing season," Zach said. "I didn't grow up around farming or ranching, and being around it now is really enjoyable for me. It feels like I'm doing something meaningful every day."

One of the main focuses of Zach and Kacie's operation is learning to adapt to ensure soil health. They frequently use carbon sequestration tests



Cotton Electric members and owners of Re:Farm Zach and Kacie Scherler-Abney implement regnerative agriculture principles near Walters, Oklahoma. Photo courtesy of Re:Farm.

ing sunk in the soil from no tilling, improving the root systems' health.

"It's less about what you do or don't do, and more about adapting to make sure your soil is healthy," Zach said. "Basically, the principles of regenerative agriculture are working with nature rather than against it and manipulating the land to do what we want."

As word got around about Re:Farm, people started to grow interested in their operation and now they sell their products every weekend at the Farmers Market at Scissortail Park in Oklahoma City.

"We started going to farmers markets to sell the beef we had raised, mainly for Kacie to be able to eat, and we sold out quickly," Zach said. "We were surprised and excited that people were looking for the same things

Frustrated with the lack of accessibility to clean products, then discovering that common ground with others, the duo was inspired to open a retail store, Re:Supply, in Norman, Oklahoma City and Wichita Falls with their beef and household products, like laundry detergents, dish soap, herbs, spices and ried," Kacie said. "It was quite jarring." that measure how much carbon is be-more. With a mutual love of providing Facebook and Instagram.

transparency and interacting with customers, Zach and Kacie have created a space that invites good questions that bring good conversations.

"We're really passionate about being bridge builders, and we never want to silo ourselves, even though what we do is different," Kacie said. "We wanted the retail stores to be this bridge-building space between people, whether they care about supporting small businesses, buying local food or the health component, there's something that connects everyone and finding out what that is has been really fun and given us the opportunity to meet so many amazing people."

Though life has played out differently than Zach and Kacie envisioned six years ago, their heart for helping others remains the same. Finding their calling in carrying on another generation of farming while sharing knowledge of their practices and the why behind what they do, they are cultivating a community with values to regenerate, renew, restore and revitalize.

For more information about Re:-Farm, visit their website at www.refarm.market or follow their page on



Re:Farm follow a rotational grazing system where herds are moved up to four times a day to graze in different paddocks of a crop ground or native pasture. Photo by Carli Eubank.



Zach and Kacie Scherler-Abney sell their Re:Farm products at the Farmers Market at Scissortail Park in Oklahoma City. Photo courtesy of Re:Farm.



Zach and Kacie Scherler-Abney own three retail stores, Re:Supply, in Oklahoma City, Norman and Wichita Falls. Photo courtesy of Re: Supply.



If you would like your community event listed in the November issue, please submit information by calling 580-875-3351 or send an email to The-Current@CottonElectric.com by Oct. 25. Only events occurring after Nov. 8 will be published in the next issue.

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

CTAC host live music show

On Oct. 15, The Fretliners will be the first performers to hit the stage for the 2024-2025 Chisholm Trail Arts Council (CTAC) Live Concert Series. The Fretliners is a band that shares profound originals and some bluegrass covers. Sam Parks, a Duncan native, will be performing on the mandolin with his Colorado bandmates. Also, world-renowned fiddle player Kyle Dillingham will kick off the night at 7 p.m. as the preshow entertainment. Tickets can be purchased online at www.chisholmtrailarts. com/. The Fretliners are set to perform at 7:30 p.m. Oct. 15 at the Simmons Center Theatre in Duncan. For questions or more information about the CTAC Live Concert Series, visit their website or call 580-252-4160 or 580-252-2900.

Fall season begins in Lawton

Celebrate the fall season at the Lawton Farmers Market Harvest Festival. Vendors will be available, as well as the Comanche County 4-H Annual Pumpkin Show. The festival is from 8 a.m. to 1 p.m. Oct. 26 at the Lawton Farmers Market. For more informa-

tion, visit the Lawton Farmers Market Facebook page.

Spooky twist on local trail

Chisholm Trail Heritage Center (CTHC) is partnering with the Simmons Center for Halloween on the Trail. For those who think they know Tex and Jesse – CTHC's animatronic characters – you are in for a treat. Join them for a special, haunting performance from two of visitors' favorite animatronics. Spooky games and art projects will also be available. Entry is \$1 per child. The event is Oct. 26 at the Heritage Trails in Duncan. For more information, call 580-252-6692.

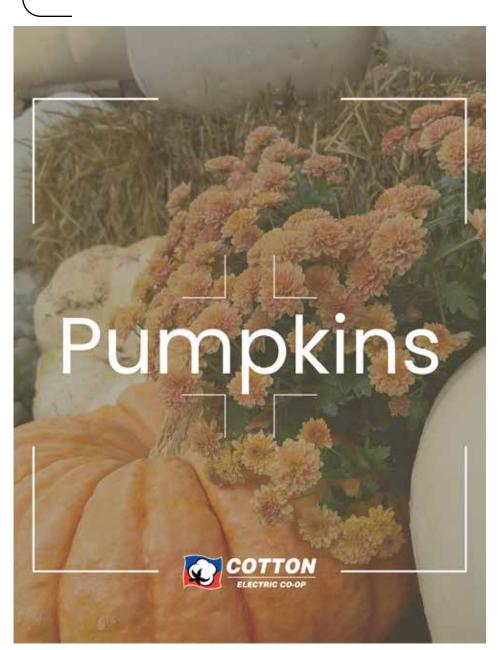
Food pantry open once monthly

Walters Community Food Pantry is open from 8 to 11 a.m. on the second Saturday of each month. The pantry is in the old City Hall, 131 1/2 W. California St. Pantry organizers try to provide a two-week supply of basic staples to anyone with identification and proof of Cotton County residency. Monetary donations may be sent to Food Pantry, c/o Paul Metcalfe, 211 E. Colorado St., Walters, OK 73572. For information, call Roger Noland at 580-591-6826.

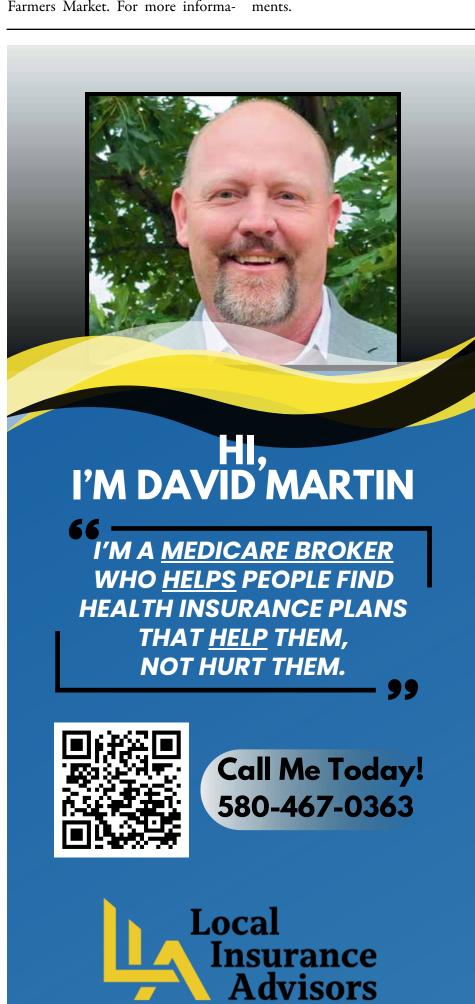
Blessings Boutique open monthly

Marlow First United Methodist Church opens its Blessings Boutique from 11 a.m. to 2 p.m. every first and third Tuesday of the month. Clothing donation drop-off days are Tuesdays, or donors can call the church at 580-658-2765 to make other arrangements.

PHOTO OF THE MONTH



Enter your "best shot" in our Photo of the Month contest. The theme for November is Pumpkins! Entries can be emailed to The-Current@CottonElectric.com or mailed to The Current, 226 N. Broadway, Walters, OK 73572. Winners will receive a Cotton Electric prize.





Balanced nutrition plays a vital role in bone health



Kim Bandelier, MPH, RD, LD

Food **M** THOUGHT

ct. 12-20 is Bone and Joint Action Week, with special days for awareness of different musculoskeletal disorders including arthritis, back pain, trauma including fractures and falls, and osteoporosis. These disorders affect more than one out of every two adults in the United States, with a greater burden in adults age 65 and over (nearly three out of every four). Musculoskeletal includes bone, joints, ligaments, muscles, and tendons.

Nutrition plays a role in musculoskeletal health, traditionally pointing to calcium, vitamin D and protein. Webster and colleagues published a review of the scientific literature related to musculoskeletal health and fall and fracture prevention in Bone Reports in 2023. The authors revisited the importance of calcium, vitamin D and protein but also looked at other nutrients and dietary patterns, including vitamin K, nitrate, and plant-based diets.

Calcium, vitamin D and protein remain essential to bone and skeletal muscle health. The recommended daily intake (RDI) for adults age 50+ is 1,200 mg per day. The recommended dietary allowance (RDA) for vitamin D is 15 mcg (51-70 year olds) and 20 mcg for age 70+. Both calcium and vitamin D are listed on the nutrition facts label. The recommended dietary intake of protein is 0.8 grams per kilogram of body weight per day for all adults; however, research increasingly points to the need for higher intakes of protein for older adults, suggesting 1.0-1.5 grams per kilogram of body weight is required to preserve muscle. (Convert pounds to kilograms by dividing pounds by 2.2.) Protein is also listed on nutrition facts labels in grams.

Beyond calcium, vitamin D, and protein, vegetables were suggested as an emerging benefit to musculoskeletal health. Specifically, intake of a variety of vegetables, particularly greens and beetroot, was discussed as potentially beneficial due to vitamin K and nitrate content. Specific levels of intake could not be suggested due to the need for additional research.

While vegetable intake is suspected to have benefits for bone health, exclusively plant-based diets are still a concern. The authors recommend individuals following a vegetarian (defined as no meat or fish) or vegan (defined as no animal products) diet should discuss bone health with their medical provider and seek out a registered dietitian to ensure adequate calcium, vitamin D, and pro-

There are many other factors to consider when evaluating bone health and the risk of musculoskeletal disorders, including age, alcohol intake, smoking, family history, medications and many more. It's never too early or too late to ask your medical provider to screen for risk and discuss opportunities for improvement.



A nutrition filled with vitamins and minerals plays an important role in bone and musculoskeletal health. Photo courtesy of Metro Creative.

REAL ESTATE & AUCTION CO. and Todd Robertson, Owner / Broker / Auctioneer 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 Cace Robertson Jennifer Wolston Jessica Parker Todd Robertson Realtor Associate Realtor Associate Realtor Associate Auctioneer



Allison Bray

Tony DeCarlo

Realtor Associate Realtor Associate Realtor Associate Business Liquidations Online & Live Auctions

Let Land Pros Work for You! 40 years Experience

Caitlin Paxson

Realtor Associate

Farms / Ranches Homes / Recreation Commercial Equipment

LOCAL, STATE, AND NATIONAL MARKETING. IT IS OUR GOAL TO PROVIDE THE <u>VERY BEST</u> COUNSEL, ADVICE AND SERVICE

POSSIBLE FOR ANY OF YOUR AUCTION AND REAL ESTATE NEEDS. 🚯 Land Pros Real Estate and Auction Co









Agriculture Tractors

Bush Hog Mowers Spartan Mowers Trailers



Construction Equipment

Forklifts Attachments Implements











· Parts · Service

530

Financing

Contact us today for all your construction, farm, and lawn mower equipment and parts needs. We also offer delivery, disposal, pickup, pre-season inspection, and other services.













KEYSTONE TRACTOR

15% OFF SINGLE PARTS PURCHASE

(PARTS ONLY, EXCLUDING NETWRAP)

EXPIRES 10/31/2024 LIMIT ONE PER CUSTOMER PER MONTH

KEYSTONE

10% OFF LABOR AND PARTS IN SERVICE SHOP

EXPIRES 10/31/2024 LIMIT ONE PER CUSTOMER PER MONTH

KEYSTONE

HANDHELD STRING TRIMMER AND BLOWER WITH PURCHASE OF ANY **NEW ZERO TURN MOWER**

> EXPIRES 10/31/2024 LIMIT ONE PER CUSTOMER PER MONTH

KEYSTONE

INCLUDES OIL CHANGE, OIL FILTER. AIR FILTER, BATTERY LOAD-TEST,

LUBE POINTS, AND INSPECTION

EXPIRES 10/31/2024 LIMIT ONE PER CUSTOMER PER MONTH









🐺 Bobcat









CNH CAPITAL

For Commercial use only. Customer participation subject to credit qualification and approval by CNH Industrial Capital America LLC. See your participating New Holland dealer for details and eligibility requirements. Eligible equipment limited to dealer inventory in stock. Previous retail sales are not eligible. No payments until January 1, 2025. Down payment not required. Offer good through December 31, 2024, at participating New Holland dealers in the United States. Not all customers or applicants may qualify for this rate or term. CNH Industrial Capital America LLC standard terms and conditions apply. This transaction will be unconditionally interest free. For commercial use only. See your participating New Holland dealer for details and eligibility requirements. Cash back applied at time of sale. Offer is nontransferable, Offer ends December 31, 2024. Offer subject to change or cancellation without notice, ©2024 CNH Industrial America LLC. All rights reserved. CNH Capital and New Holland are trademarks registered in the United States and many other countries, owned by or licensed to CNH Industrial N.V., its subsidiaries or affiliates.

Spooky season snacks Pop up scary sweet Halloween treats

(Family Features) Scaring up a good time this Halloween starts with spooky costumes, ghoulish decor and treats you can share with your favorite ghosts and goblins. For an extra haunting twist, skip the store-bought candies and break out your cauldron for tempting homemade sweets.

You can celebrate the seed-to-snack simplicity of one of fall's favorite snacks popcorn – with crunchy desserts that pair perfectly with your favorite spooky traditions. Popcorn's smell, taste and versatility help it enhance Halloween as a budget-friendly solution for ghostly gatherings.

Embrace the taste of autumn - pumpkin spice - with a snack that allows you to indulge throughout the season. These White Chocolate and Pumpkin Pie Spice Popcorn Bites offer warm flavor without the scare. Simply pour melted pumpkin pie spice-seasoned chocolate over popped popcorn, toss with toffee bits and sea salt then break into bite-sized chunks for a seasonal sweet that's perfect for celebrating National Popcorn Poppin' Month.

Visit Popcorn.org to find more Halloween-inspired snacks.

Go for a ghoulish snack bar

Encourage a little devious creativity this Halloween with a popcorn bar (charboo-terie board) that features everyone's favorites. Start with enough freshly popped popcorn to feed all your little zombies and vampires then add seasonal favorites like candy corn, chocolate candies, individually wrapped treats, dried fruit, nuts and beyond.

To pop popcorn on a stovetop, cover the bottom of a 3- to 4-quart pan with a thin layer of vegetable oil (don't use butter, it will burn). Place 3 kernels of popcorn in the pan, cover with a loose lid that allows steam to escape and heat. When the kernels pop, pour in enough popcorn to cover the bottom of the pan, one kernel deep, then cover the pan and shake to evenly spread the oil. When the popping begins to slow to a few seconds apart, remove the pan from the stovetop. The heated oil will still pop the remaining kernels.





White chocolate and pumpkin pie spice popcorn bites Servings: 12

Ingredients

- 12 cups unsalted, unbuttered popped popcorn
- cups chopped white chocolate or white chocolate chips
- tablespoon light olive oil
- teaspoons pumpkin pie spice
- 1/2 cup toffee bits
- teaspoon flaked sea salt, crushed

Directions

Line large, rimmed baking sheet with parchment paper or wax paper. Place popcorn in large mixing bowl.

In microwave-safe bowl, combine white chocolate, olive oil and pump-

kin pie spice; microwave on medium 2-3 minutes, or until melted and smooth, stirring after each minute.

Pour melted white chocolate mixture over popcorn; add toffee bits and toss to combine. Transfer to prepared baking sheet, spreading to edges of pan; sprinkle sea salt over top.

Let cool; refrigerate 1-2 hours, or until set. Break into chunks for serving.

Tip: Homemade pumpkin pie spice can be made by combining 3 parts ground cinnamon with 1 part ground nutmeg, 1 part allspice and 1 part gin-

Save your pumpkin seeds and make a delicious snack

Culinary.net) Don't throw out your seeds after this year's pumpkin carving. This healthy snack is easy to make at home and a fun project to get the kids involved.

Plus, this versatile Roasted Pumpkin Seeds recipe can be modified with any of your favorite seasonings or spices.

Visit Culinary.net to find more quick, simple snacks.

Roasted pumpkin seeds

Ingredients

Water

11/2cups raw pumpkin seeds

teaspoons sea salt, plus addi-2 tional for seasoning (optional)

2 teaspoons salted butter, melted

teaspoon garlic powder teaspoon paprika

Directions

In pot over high heat, bring water to boil. Add pumpkin seeds and 2 teaspoons salt; boil 15 minutes. Drain water and spread seeds evenly on paper towels to dry.

Preheat oven to 350 F. Line baking sheet with foil or parchment paper.

In medium bowl, toss seeds and butter until coated well. Sprinkle with garlic powder, paprika and additional salt, if desired. Spread seeds evenly on baking sheet.

Bake 25-30 minutes, or until golden brown and lightly toasted. Stir every 10 minutes.





Cold winter weather calls for comfort food like these delicious and moist pumpkin bars. Start your favorite movie and warm up your chilly day with a cozy blanket, a mug of hot chocolate and a plate of some of these incredible Spiced Pumpkin Bars. Find more dessert recipes at culinary.net.

Recipe adapted from Better Homes and Gardens.

Source: Culinary.net

Ingredients

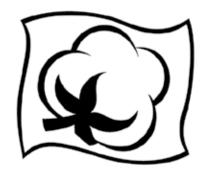
- 2 cups flour
- 2 tsp baking powder
- 2 tsp ground cinnamon
- 1 tsp baking soda
- 1/4 tsp salt
- 4 eggs
- 15 oz can of pumpkin
- 12/3 cups sugar
- 1 cup cooking oil
- 3/4 cup chopped pecans (optional)
- 8 ounce package cream cheese, soft-
- 1/4 cup butter, softened
- 1 tsp vanilla
- 2 cups powdered sugar (sifted)
- Pecan halves (optional)

Directions

1. In a medium bowl stir together flour, baking powder, cinnamon, bak-

Spiced pumpkin bars ing soda, and salt; set aside.

- 2. In a large mixing bowl beat together eggs, pumpkin, sugar, and oil on medium speed. Add the flour mixture; beat until well combined. If desired, stir in chopped pecans.
- 3. Spread batter into an ungreased 15x10x1-inch baking pan.
- 4. Bake in a 350° F oven for 25 to 30 minutes or until the center comes out clean. Cool completely in pan on a wire rack.
- 5. In a medium mixing bowl beat together cream cheese, butter, and vanilla until fluffy. Gradually add sifted powdered sugar, beating until smooth.
- 6. Frost pumpkin bars. If desired, top with pecan halves. Cut into squares. Store, covered, in refrigerator up to 3 days.



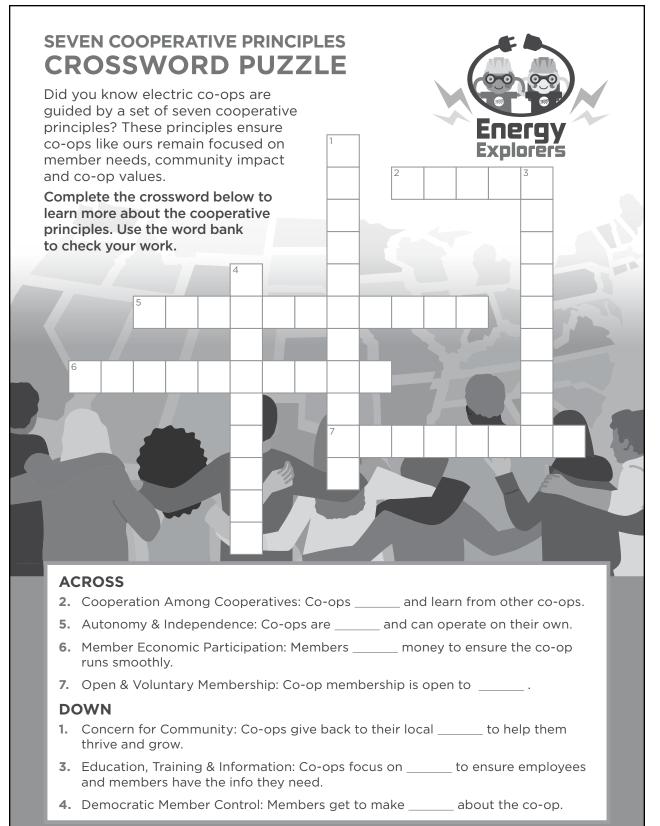
COTTON

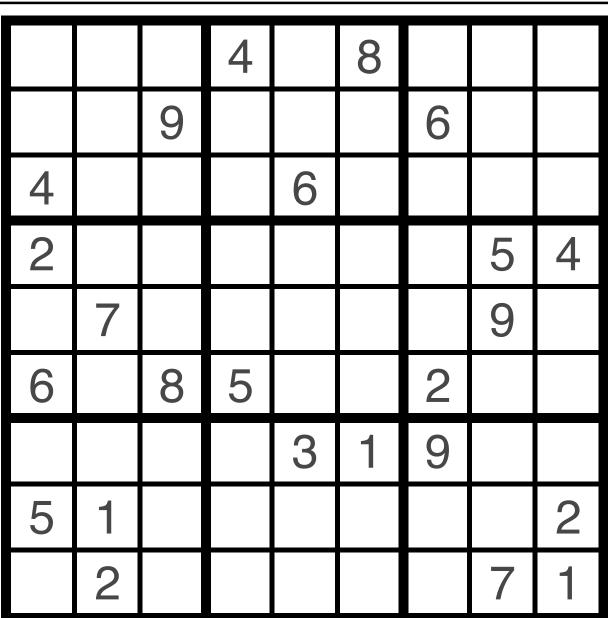
ELECTRIC CO-OP

2 ACROSS: INDEPENDENT 7 ACROSS: EVERYONE

S ACROSS: SHARE

9 ACROSS: CONTRIBUTE





3 DOWN: EDUCATION

J DOMN: COWWNULLES

4 DOMN: DECIZIONS

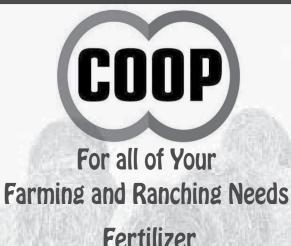
Level: Advanced

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!



Fertilizer Chemicals Feed & Seed Farm Supplies

Your Co-op can blend and apply either Dry or Liquid Fertilizer

Call and Schedule your Needs-

Walters Co-op 580-875-3345

We Appreciate Your Business



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



Comanche 580-439-8809

Waurika 580-228-2085

Statement of Ownership, Management & Circulation

- 1. Publication Title: The Cotton Electric Current
- 2. Publication Number 134-020
- Filing Date: 09/27/2024 4. Issue Frequency: Monthly
- 5. Number of Issues Published Annually: 12
- 6. Annual Subscription Price: \$10.00 7. Complete Mailing Address of Known Office of Publication (Not
- printer) (Street, city, county, state, and ZIP+4®): 226 N. Broadway, Walters, OK 73572-1226; Contact Person: Carli Eubank; Telephone: 580-875-3351.
- 8. Complete Mailing Address of Headquarters or General Business Office of Publisher: 226 N. Broadway, Walters, OK 73572-1226 9. Full Names and Complete Mailing Addresses of Publisher, Editor, and Managing Editor: Publisher: Cotton Electric Cooperative, 226 N. Broadway, Walters, OK 73572-1226; Editor: Carli Eubank, 226
- N. Broadway, Walters, OK 73572-1226. 10. Owner: Cotton Electric Cooperative is an electric cooperative owned by its members who hold membership in and are entitled to one vote at membership meetings. Cotton Electric Cooperative, 226 N. Broadway, Walters, OK 73572-1226.
- 11. Known Bondholders, Mortgagees, and Other Security Holders Owning or Holding 1 Percent or More of Total Amount of Bonds, Mortgages, or Other Securities: Rural Utilities Service of the US Dept. of Agriculture, US Dept of Agriculture, Stop 1560, 1400 Independence Ave. SW, Washington, DC 20250; CoBank, 5500 S. Quecee Street, Greenwood Village, CO 80111; National Rural Utilities Cooperative Finance Corporation, 3737 Keller Avenue, Alexandria, VA 22302
- 12. Tax Status: The purpose, function, and nonprofit status of this organization and the exempt status for federal income tax purposes has not changed during preceding 12 months.
- 13. Publication Title: The Cotton Electric Current
- 14. Issue Date for Circulation Data Below: Sept. 13, 2024
- 15. Extent and Nature of Circulation (Average No. Copies Each Issue During Preceding 12 Months / No. Copies of Single Issue Published Nearest to Filing Date:
- a. Total Number of Copies (Net press run): 15,943 / 15,943 b. Paid Circulation (By Mail and Outside the Mail)
- (1) Mailed Outside-County Paid Subscriptions Stated on PS Form 3541: 15,639 / 15,653
- (2) Mailed In-County Paid Subscriptions Stated on PS Form 3541:
- (3) Paid Distribution Outside the Mails Including Sales Through
- Dealers and Carriers, Street Vendors, Counter Sales, and Other Paid Distribution Outside USPS®: None
- (4) Paid Distribution by Other Classes of Mail Through the USPS:
- c. Total Paid Distribution: 15,639 / 15,653
- d. Free or Nominal Rate Distribution
- (1) Free or Nominal Rate Outside-County Copies included on PS Form 3541: 74 / 60
- (2) Free or Nominal Rate In-County Copies Included on PS Form 3541: None
- (3) Free or Nominal Rate Copies Mailed at Other Classes Through
- the USPS: None (4) Free or Nominal Rate Distribution Outside the Mail: 30 / 30
- e. Total Free or Nominal Rate Distribution: 104 / 90
- f. Total Distribution: 15,743 / 15,743
- g. Copies not Distributed: 200 / 200
- h. Total: 15,943 / 15,943
- i. Percent Paid: 99.34 / 99.43
- X I certify that 50% of all my distributed copies (electronic and print) are paid above a nominal price.
- 17. Publication of Statement of Ownership: If the publication is a general publication, publication of this statement is required. Will be printed in the October issue of this publication.
- 18. Signature and Title of Editor, Publisher, Business Manager, or Owner: Carli Eubank, Editor, 09/27/2024

DON PRATER

Building Farm Ponds & Private Lakes 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



ANNUAL ROWDY SWARSON

Memorial Bull Riding

October 26, 2024 @ 6:00 pm Stephens County Fair Grounds

Advance tickets adult \$8 kids \$5 at Great Plains Kubota Comanche Seed and Grain Two coin tosses 6 and 3 Lakes Feed and Supply

\$10 at the gate Kids 6 and under free!

under and ages 7-10

Free concert after! Blake Hall & Dayne Ledford

Call for info - enter 580-467-5468



Silent Auction Concession Vendors







\$100 ENTRY FEE \$50 contractor \$50 pot \$5000 ADDED MONEY



Only accepting 30 riders Prepay to enter

CALL 580-467-5468 TO ENTER

STEPHENS COUNTY FAIR AND EXPO CENTER INDOOR ARENA

All Proceeds go to the Rowdy Swanson Memorial Scholarship

mate

710 W Walnut Ave, Duncan, OK 73533

Lower your energy costs. Increase your comfort.

PLANNED MAINTENANCE AGREEMENT

Plans start at

179

climatecontrolco.net

580-255-0183