

# The Current

A Publication of Cotton Electric Cooperative Inc.

A Touchstone Energy® Cooperative 

*“The Current - Informing Our Members Since 1957”*

VOLUME 63

August 10, 2020

NUMBER 12

## POSTPONED: 2020 District and Annual Meetings of Cotton Electric Cooperative, Inc.

We look forward to seeing our members every year at our District and Annual Meetings. It's like a big family reunion full of good food, good friends, good fun. We look forward to it because we care about serving members well, which includes an opportunity to meet face to face with cooperative employees.

We want what's best for everyone. We want to ensure the good health of the people of southwest Oklahoma and the electric cooperative that serves

them. Due to the current COVID-19 health crisis, it is impractical to have the 2020 District and Annual Meetings. We've made the difficult decision to postpone them until further notice.

Please stay safe and know that Cotton Electric will continue to operate and provide the highest-quality service possible for you, the members we serve.

Thank you for your understanding and support.

## Cooperative offers variety of payment options

Land lines and flip phones work just as well as smart phones when Cotton Electric members dial 1-855-730-8711 to make a payment using a debit or credit card or a check.

Many Cotton Electric members already use the integrated voice-recognition (IVR) system, which recognizes phone numbers on file and takes the caller directly to their account. It is a convenient yet safe environment for members to make payments over the phone.

Members calling for the first time will need to have some information ready. A Cotton Electric account number is necessary along with the credit card or banking account numbers from which the payment will be made. Callers should also know how much they plan to pay.

Members calling 1-855-730-8711 will be greeted with a recorded voice saying, "Welcome to Cotton Electric's pay-by-phone system."

After that, it is all a matter of pressing numbers on the phone's keypad. It wouldn't hurt to have pencil and paper handy, to jot down menu choices.

At the first menu, callers will be asked if they want to:

1. Check account status or make a payment;
2. Update phone number; or
3. Create or update PIN number.

Didn't quite catch the choices? Press 9 and the menu will be repeated. This is true every time a list of options is given.

A few things members should know:

- The system will always provide the account's balance, past due amount and due date. Cotton Electric members using MyChoice, our pre-paid billing option, should disregard the balance mentioned by the IVR system.



An accurate balance can be found by signing in to an account through CottonElectric.com or by using the SmartHub app.

- When entering the amount to be paid, enter enough digits to account for dollars and cents without a decimal. For example, enter 15003 followed by the pound sign (#) to make a payment of \$150.03.

• The key to successfully making a payment is to go slowly and to listen carefully to each menu of options. For a repeat of options, simply press 9.

• Hanging up before completing the transaction will stop the process.

Phone payments can be made anytime, any day. The IVR system bypasses the phone system at the Walters headquarters and Duncan office, which means that phone payments will not be delayed by other issues such as widespread outages.

Aside from the IVR system for phone payments, Cotton Electric offers a variety of other payment methods:

- By mail: Use the return envelope that comes with a bill. Enclose a check and the bottom portion of the bill.

- In person: We accept cash, checks and money orders at our headquarters, 226 N. Broadway in Walters, and at our Duncan office, 1101 W. Oak. Business hours at both offices are 8 a.m. to 5 p.m. Monday through Friday, except holidays. Cash payments are also accepted at Liberty National Bank's branches in Lawton, Medicine Park and Elgin. Payments made after 3 p.m. will be credited to Cotton Electric accounts at the open of the next business day.

In person credit card payments can be made only by using devices in the lobbies at either office or the outside kiosk at the Duncan office. Credit cards will not be accepted for payment on commercial accounts

- Online electronic check: Members with computers can visit CottonElectric.com and click on the View & Pay Bill button. After signing in, click the Pay Now button in the upper right corner of the screen to choose Pay By Check or Pay By Credit/Debit Card. Members can sign up for online account access and pay by this method any time of day.

- Monthly bank draft: This meth-

od requires an Authorization Agreement for Automatic Debit form and a voided, unsigned check. The forms are available at either office or can be downloaded at the Payment Options page of our website. We can also mail the form to you. Once it is filled out and returned, it takes a few days to arrange for your checking account to be drafted 10 days after your billing date each month.

• Moneygram: These transactions are handled at Walmart and CVS stores anywhere in the United States. There is a fee for this transaction that requires cash or a debit card. Use billing code 7933.

• Average Monthly Payment: Members needing help budgeting for electric bills may want to enroll in our Average Monthly Payment (AMP) plan. Qualifying members will have a 12-month billing history and the account should be in current status. This means that the current billing should not be past due, no unpaid balance should exist on the account and that previous credit history has been good.

The average of the previous 12 months is reflected in a monthly bill. The amount of each month's bill will vary some due to fluctuations in fuel costs, variations in usage and rate changes. With AMP, instead of high and low bills as the seasons change, bill amounts will tend to flatten and be close to the same amount each month. Any of the payment methods listed above can be used when paying on accounts using the Average Monthly Payment plan.

Please contact our billing department at 580-875-3351 to make sure that you qualify for this plan.

### Power Cost Adjustment Calculated

The power cost adjustment now being applied to bills mailed after Aug. 1, 2020, is \$0.00002 per kWh.

On a member's average bill of 1,300 kilowatt hours (kWh), this will amount to a charge of \$0.03 on the August bill.

### July 2020 Temperature Extremes

Day	High	Low	Avg.	Day	High	Low	Avg.
1	98	75	87	16	101	78	90
2	98	74	86	17	101	72	87
3	99	72	86	18	97	74	86
4	94	74	84	19	98	73	86
5	96	73	85	20	98	74	86
6	93	71	82	21	94	73	84
7	89	70	80	22	97	74	86
8	96	73	85	23	91	75	83
9	97	76	87	24	97	75	86
10	91	76	84	25	94	75	85
11	103	75	89	26	96	73	85
12	97	73	85	27	97	74	86
13	100	79	90	28	89	71	80
14	104	80	92	29	94	76	85
15	99	78	89	30	99	71	85
				31	88	64	76

Source: [srh.noaa.gov/oun/](http://srh.noaa.gov/oun/)  
Average Daily High: 97 Average Daily Low: 74

### Did You Know?

Cotton Electric offices will be closed Monday, Sept. 7 for Labor 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 Sept. 8, 2020.

### 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](mailto:TheCurrent@cottonelectric.com). You can also drop us a line at Cotton Electric Current, 226 N. Broadway, Walters, OK 73572.

### What's Inside

Operating Stats.....	2
Co-op News.....	2
Community .....	3
Co-op News.....	4
Puzzles .....	5
Recipes .....	6-7
Co-op News .....	8-9
Classifieds .....	10-15
More news at <a href="http://cottonelectric.com">cottonelectric.com</a>	



# From the CEO

## Co-op tackles challenges amidst pandemic

This month's issue will look a little different from what you're accustomed to seeing this time of year. During the month of August, we're usually posting our District Meeting notices and discussing all the good food, fellowship and fun we'll have at our upcoming Annual Meeting.



Jennifer Meason, CEO

Unfortunately, 2020 continues to throw us a few curveballs as we address the current COVID-19 health crisis. After much discussion and thought, we have made the difficult decision to postpone our District and Annual Meetings until further notice.

I look forward to these events every year because it gives me another opportunity to visit with you and share updates about the co-op. Although I may not get to see you in person for a while, I want to let you know that our dedication and commitment to you hasn't changed.


The Cotton Electric Board of Trustees and co-op employees are working diligently to ensure that you have power that is safe,

reliable and affordable while protecting the health of our communities. I'm very proud of their flexibility and how well they are addressing challenges.

We are finding new ways to operate and make improvements. We're performing maintenance tasks, responding to outages, building new services, and continuing our vegetation management practices all while navigating unfamiliar waters.

If you need to transact business at our Duncan or Walters offices, our lobbies are designed with health and safety in mind and our drive-thru windows are also open. We've also worked to expand our website and now offer online membership applications for new services.

Our SmartHub app continues to be a helpful tool for members who prefer to transact business using computers and devices. You can manage payments, notify us of account and service issues, and report outages. For example, if you need to pay your bill or change your bank draft, you can use the SmartHub app without having to make a phone call or mail in a form, see more on Page 9. To get started, download



When you receive your next bill from us, please look at the top left corner. Under your account number and billing information, you'll see the phone number we have on file for your account. If we don't have a current number for you, it will be blank. If it is blank or your number has changed, please contact us so we can update your account. Accurate phone numbers not only help us contact you during outages, it can also speed up the process to report an outage.

the SmartHub app on your device. You'll need your account number and an email address to get started.

As I say every year at the District and Annual Meetings, we are here to serve you - our members. Please don't hesitate to reach out with any service issues or concerns you have. Please stay safe and well. We'll see you soon.

## Lining with The Current



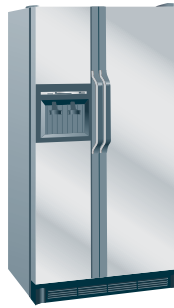
### Shelf lining:

Reuse old papers to line your cabinet, dresser, pantry or bathroom shelves. They're cheaper than shop-bought shelf liners and they're easy to put in and replace.



### Drawer Liner:

Place sheets of newspaper at the bottom of the fruit and vegetable drawer in your fridge. They will absorb any mess from rotten produce and will also keep the drawer free from odors.



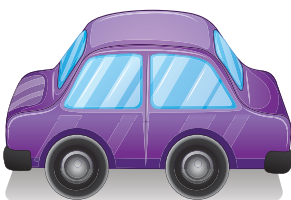
### Litter Box Liners:

Place sheets of paper in the bottom of your cat's box, under the litter. You'll save on litter and any odors and wetness will be absorbed.



### Car Floor Covers:

Lay down folded up newspaper on the floor of your vehicle - it will absorb water and help keep dirt off the carpet.



Need more newspaper? We have a surplus of newspapers available to members at no charge. Visit co-op headquarters in Walters and we will fix up a bundle for you.

### 2020 YOUTH LEADERSHIP COUNCIL TOP 3 PEER LEADERS



**MADISON ADAMS**  
VERDIGRIS VALLEY



**MADISON WALTERS**  
COOKSON HILLS



**MARLON BANNER**  
COTTON



**OKLAHOMA YOUTH TOUR**  
#SHAREYOURSHINE

*Congratulations to 2020 Youth Tour winner, Marlon Banner, for being selected as Top Three Peer Leader in Oklahoma's Youth Leadership Council (YLC) competition. Created by the National Rural Electric Cooperative Association, YLC is a group of 44 students, with each delegate representing a state participating in Youth Tour. To apply, Banner submitted an application and essay. He was selected as a Top 10 Finalist and interviewed by a panel of judges via Zoom. In the final round of the competition, he performed an advocacy speech and recognized as a Peer Leader. Banner was not able to attend Youth Tour, but he represented Cotton Electric and its members well.*



## Energy Efficiency Tip of the Month

Installing a smart power strip is a quick and easy way to start saving money while making your home more energy efficient. Smart power strips can actually cut power off to save energy since they are able to detect when a device is in standby mode.

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

## The Current

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

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

### Cotton Electric Cooperative, Inc.

#### Board of Trustees

Ken Layn, Marlow, President  
Shan Files, Velma, Vice President  
Brian DeMarcus, Meers, Sec./Treas.  
Steven R. Robinson, Cache, Asst. Sec./Treas.  
Charles Spencer, Elgin  
Ronnie Bohot, Hastings  
Tony High, Walters  
Clifford Dunham, Chattanooga  
Todd Clark, Duncan

"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.



**COTTON**  
ELECTRIC CO-OP

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

June 2020 Operating Stats		
	2020	2019
Total Amount Billed/Accrued	\$5,510,837	\$5,184,463
Cost of Purchased Power	3,650,520	3,622,783
Taxes	97,023	102,567
Total Operating Expense Per Mile	966	998
Average Farm and Residential Bill	157	139
Average Farm and Residential kWh	1,360	1,205
Total Meters Billed (farm, residential)	18,728	18,447
Miles Energized	5,205	5,199
Density Per Mile	3.60	3.55
New Service Connects YTD	179	155
Services Retired	79	48



# Community Spotlight

If you would like your community event listed in the September issue, please submit information by Aug. 26 by calling 580-875-4255 or send an email to [TheCurrent@CottonElectric.com](mailto:TheCurrent@CottonElectric.com). Events that occur before Sept. 8 will not be published in the next issue.

### Freeze-Off set for Aug. 22

Need a cool treat on a hot day? Come to the 37th annual Ice Cream Freeze-Off sponsored by Walters Chamber of Commerce. The competition to see who can produce the best homemade ice cream begins at 11 a.m., Aug. 22, at the Cotton County Fairgrounds.

Contestants should plan to bring their fruit, plain vanilla or chocolate, or specialty ice cream to compete for the \$50 first prize in each of three categories. The best of all three will win a \$50 grand champion prize.

For information, call Joi Bellamy at 580-678-8586.

### Fletcher Free Fair set for Sept. 3-5

Come show under the lights! The 2020 Fletcher Free Fair is set for Sept. 3-5 at the Fletcher Fairgrounds.

The fair kicks off with the goat and sheep show at 6 p.m. Sept. 3. Pigs show at 6 p.m. Sept. 4 and the beef show wraps up the fair at 6 p.m. on Sept. 5. Dairy show will be Saturday at 9 a.m. There will be no horse show.

There are 25 trailer spots available each night. Spots may be reserved for \$25. Pens inside barn on dirt floor are available for free.

For information or to reserve a trailer spot or pen, call Kashen Urban at 580-483-2712.

### Wine festival begins Sept. 11

Visit downtown Duncan for the Wine'n on the Chisholm Trail Festival Sept. 11-12 at 10th and Main Street, in the southeast corner of the intersection located under the "Crepe myrtle mural."

This fun, two-day event features local Oklahoma wineries, food and vendors. A disposable wine cup will be included with admission, and wine by the glass, bottle or case will be available for purchase. All wineries will have hand sanitizer and there will be hand sanitizing stations throughout the premises. Physical distancing markers will be placed along the perimeter, as well, for the safety of festival goers, volunteers and staff.

Friday night includes an Italian-style dinner with entertainment under the Oklahoma stars by candlelight. Festivities will be from 5-10 p.m. with dinner served from 6-9 p.m. Purchasing tickets in advance is encouraged as tickets will sell out. Tickets may be purchased for \$30 by visiting [MainStreetDuncan.com](http://MainStreetDuncan.com).

Saturday includes wine tastings, vendors, door prizes, entertainment, games and more from 11 a.m. to 6 p.m. Admission is \$10. Visitors must be 21-years-old or older to enter the tasting area. There is a separate section for those underage.

For information, call 580-252-5696 or email [MainStreetDuncan@sbc-global.net](mailto:MainStreetDuncan@sbc-global.net). Event details may be seen at [MainStreetDuncan.com](http://MainStreetDuncan.com).

### Think Ability Market open weekly

Think Ability Farmers Market will now open their doors from 4-8 p.m. on Fridays through Oct. 30, at 2113 Beech Ave., in Duncan. Patrons can enjoy shopping for fresh vegetables and food in cooler weather.

Locally grown, Think Ability offers fresh vegetables free of pesticides and

impurities. They offer SNAP benefits and those under this umbrella can participate in Think Ability's double-up program, which helps community members receive more access to fresh vegetables. The market also accepts senior benefits, Chickasaw Vouchers and WIC.

Social distancing will continue along with the availability of hand-washing stations as well as hand sanitizer in vendors' tents. For information, visit [thinkabilityfirst.com](http://thinkabilityfirst.com) or find Think Ability 'The Market' on Facebook.

### Lawton cancels fall 'Open Streets'

In consultation with City of Lawton staff and healthcare officials, the Open Streets Committee has cancelled the Fall 2020 Open Streets event in downtown Lawton due to the ongoing COVID-19 health pandemic.

Open Streets is a health-based initiative that traditionally takes place twice a year and turns city streets into temporary public parks.

"This was a difficult decision for the committee to reach, but the safety and well-being of the community is our first priority," said Tiffany Martinez Vrska, community relations director for the City of Lawton. "Each year we look forward to coordinating and hosting this free, family-friendly event and, because the committee feels Open Streets is so important to our community, we aim to continue our mission of promoting healthy lifestyles and active transportation by modifying the event to safely accommodate all citizens. Please be on the lookout for additional information as we learn, plan and grow this initiative in a safe way."

Additional information will be posted to the Lawton Fort Sill Open Streets Facebook page and [lawtonok.gov](http://lawtonok.gov) in weeks to come.

### International Festival canceled

The City of Lawton has canceled the annual International Festival due to COVID-19 concerns.

The 41st annual festival was scheduled to take place Sept. 25-27. Last year, the event drew more than 25,000 people and 60 vendors to Elmer Thomas Park, where it is now held.

"It was a difficult decision," said Chair of the International Festival Committee Bobbi Whitson. "It is painful. We know thousands of people will miss the International Festival this year, but it was the only responsible decision. Given the information we have today, we cannot in good conscience proceed with the festival this year."

Committee members said by making this decision they are better prepared to protect the long-term sustainability of the festival.

### Duncan opens first dog park

Those with four-legged friends in Duncan may now visit the city's first dog park. The park sits at S. 15th St. and West Cypress.

The park is split into two sections, one for large dogs and one for smaller dogs. Signs indicate which side to enter. The park features self-latching gates, benches, fire hydrants, pooper-scooper stations, and water fountains for dogs and their owners.

More features, such as an agility course, could be coming in the future. The park is open from 6:30 a.m. to 9 p.m., though it will remain unlocked throughout the night to accommodate people who work different schedules. Surveillance cameras overlook the park and are monitored by the Duncan Police Department.

## PHOTO OF THE MONTH



Bobbi Shortt displayed her Hometown Pride when she had the honor of being a cheerleader for a day. This photo was submitted by Cotton Electric member Mari'a Simpson.

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

## Co-op represented at fair

Cotton Electric employees look forward to visiting with co-op members every year at the Stephens County fair. In addition to handing out goodies and energy efficiency advice, the co-op encourages everyone passing the Cotton Electric booth to enter a drawing for a gift certificate to a local merchant.

Things will be a little different this year. "In the interest of keeping employees safe, we will not be at the Stephens County fair in person," said Karen Kaley, Marketing and Communications Director for the co-op.

"We'll have a booth laid out with our energy efficiency materials and a few other things. We will have a drawing, but entering will be no-touch."

Instead of entries to fill out, there will be signs with QR codes. Scan the codes with a smart phone and a registration form will come up. Entry is simple: Fill in your name and phone number and press Submit. To enter without filling in the form, other signs will have a special phone number to call and leave the same information.

The drawing will be held Aug. 24.

# WE LOVE YOUR ENERGY

And we think you're going to love ours. As a member of Cotton Electric Cooperative, you can help guide our future as we efficiently deliver affordable, reliable and safe energy.

## COTTON

**ELECTRIC CO-OP**

A Touchstone Energy® Cooperative

## Upcoming Deadlines for The Current

September		October		November	
Ad Sales	Aug. 21	Ad Sales	Sept. 18	Ad Sales	Oct. 23
Classified	Aug. 26	Classified	Sept. 23	Classified	Oct. 28
Publish Date	Sept. 8	Publish Date	Oct. 5	Publish Date	Nov. 9



# Keep refrigerators cool, running efficiently

Refrigerators and freezers are constantly working hard to keep our food and drinks cold, accounting for 12% of our home energy use and costing more than \$200



**Heath Morgan,**  
Energy Efficiency  
Coordinator

indication there may be an issue with your appliance. If you have to set both controls to their lowest setting to try and keep either side cold, it may be time to call a professional.

### Keep It Full

Try to keep both the fresh food and frozen food sides about 2/3 full. Allow for airflow around items in the fresh food side. Keeping both compartments full will help to maintain your temperature settings. Each time you open the doors, cold air rushes out. By filling the air space up with items, you limit the amount of air escaping each time. These food items also retain their temperature better than the air. Once the door is closed, the items already at the desired temperature help to cool the air inside. As food is consumed between trips to the store, consider adding bottles or pitchers of water to help fill the space.

### Inspect and Clean Door Gaskets

The rubber seals around the doors of your appliance play a major part in keeping the cold air in. A misaligned or faulty seal could cause your refrigerator to run significantly more than normal. Regular cleaning and inspections will ensure the seals are functioning appropriately. Warm water and soap can be used to clean the seals. An old toothbrush may be necessary to clean inside the folds of the seals. Any sticky substances or debris in the folds or on the surface of the seal can affect its ability to perform properly. The seal must be able to expand and form to the fridge to keep cold air from escaping. Once you have cleaned the seal, check for any cracks or tears. Make sure the door seal does not appear to be kinked or misshaped. If you notice the door seal bunching up or binding on the hinge side of the door, you can use a seal lubricant or some petroleum jelly on the face of the seal. This will allow the seal to slide into place without catching. After your inspection, test the seal. You can use a dollar bill by simply closing the door seal over part of the dollar and slowly pulling the bill out. You



**The longer it takes you to locate what you need in the refrigerator, the more chilled air escapes.**

### Keep It Clean

Clean the condenser coils at least a couple times each year. Turn off power or unplug the refrigerator prior to performing the cleaning. Use a vacuum, refrigerator coil brush or compressed air to remove dust and hair from your coils. The coils and fan can normally be accessed by removing a small cover on the back side of the fridge. The fan located near the coils moves air across them to remove heat. While doing so, it can draw in the dust and debris from the area around the refrigerator. The dirtier the coils, the less efficient your appliance is. If you have pets who shed or notice the coils are dirty, increase the frequency of your cleanings. Also, clean air louvers in the back panel and on the toe-grill located at the front of the fridge.

### Keep the Temperatures Right

The recommended temperature settings for your fresh food side is between 34-40 degrees F, ideally 37 degrees F. The frozen food section should be set between 0-5 degrees F. To verify the temperature, place a thermometer in a glass of water for 24 hours and check. For the freezer, place your thermometer between two packages for the same amount of time. Allow between 12-24 hours after making adjustments to refrigerator settings before retaking temperatures. As a general rule, your appliance's recommended settings should achieve desired temperatures and require minor adjustments, if any. The need for significant changes is an

should feel slight resistance on the bill as you pull it out. If you notice excessive moisture in the fresh food side or lots of frost building up in the freezer, this is an indication of an air leak.

### Keep It Organized

The longer it takes you to locate what you need in the refrigerator, the more air escapes. The more organized you keep the food inside the fridge, the quicker you will be able to find what you are looking for. Be sure to reference your owner's manual to find out what kinds of food should be stored in the different compartments. Temperature and humidity levels are intentionally different in separate areas to accommodate different types of food. Each additional refrigerator or deep freezer can add \$100s to your electric bill each year. If these extra appliances are necessary, be sure they are also kept full. If you can consolidate and remove any that are unnecessary for even part of the year, you are saving money.

### Do Research For Replacements

Educate yourself about a variety of models before purchasing a major

appliance, such as your refrigerator. Compare the "Energy Guide" sticker on different models. Not all Energy Star appliances are equal. Use online comparison tools to compare features and different attributes. Newer models are more efficient. According to the U.S. Department of Energy, refrigerators today use at least 40% less energy than those produced in 2001.

Different styles of refrigerators have different efficiency levels. A French-door or bottom freezer style can use up to 16% less energy than a side-by-side model. The newer models may come with dual evaporator cooling systems and more efficient compressor technology. These units are able to better maintain temps in the separate compartments of your fridge. Door-in-door access, refrigerated drawers and separated freezer drawers are all features that help to limit the amount of air that escapes when you retrieve food.

Be sure to check for safety features like child safety locks and anti-tip devices included with the appliance.

## COMMON UTILITY SCAMS

### DISCONNECTION DECEPTION

Scammers call & threaten service disconnection, demanding immediate payment. Demands for payment over the phone through prepaid cards, gift cards or other odd methods are scams. If you have a past-due balance, Cotton Electric will mail or email notices & offer payment options before disconnecting service. Call **580-875-3351** if you have questions about your account.

### BOGUS BILLS

Scammers send suspicious emails that include a bill that appears to be from us. Think before you click! Never open any links or attachments from an unfamiliar email address. Scammers use links and attachments to steal personal information and install malicious software on your computer.

Electric co-op members are increasingly being targeted by utility scammers - particularly scammers who are threatening immediate disconnection. Here are some reminders of the various types of utility scams and how to protect yourself.

### SMISHING

Scammers attempt smishing (short for SMS phishing) to trick cell phone users into sharing personal information. Reminder: Cotton Electric will never text you to collect personal information. We will only text members who have signed up for our SMS notification service.

### OVERPAYMENT TRICK

Scammers call claiming you overpaid your bill, asking for personal banking information. Reminder: If you make an overpayment, Cotton Electric will automatically apply the credit to future charges on your account. Give us a call at **580-875-3351** if you have questions about payments.

## GAMMILL INSURANCE AGENCY

C R O P • H O M E • A U T O • F A R M • C O M M E R C I A L

Affordable Protection That Pays!

### Wheat Crop Signup by September 30!

Easy signup  
Professional Local Service

David & Josh Gammill Agents  
580-479-5416 888-299-2767  
201 W 2nd, Grandfield

## Lawton Septic Tank & Storm Shelter

Over 25 Years Experience • Licensed, Bonded & Insured  
Manufacture • Installation • Inspection • Tank Pumping • Maintenance

**We manufacture and install all types of septic systems and specialize in aerobic systems.**

**Offer complete service or sell parts for do-it-yourselfers! Financing available on aerobic repairs.**

Mon-Fri 8am-5pm • 2401 SE 45th St., Lawton  
24-Hour Service

# 580-248-3131





# COTTON

## ELECTRIC CO-OP

### RENEWABLE ENERGY SOURCES WORD SEARCH

The electricity that powers our homes is generated by a variety of fuel sources, including renewables. Renewable energy comes from natural resources, like the wind and the sun. Can you find all the renewable energy-related words in the puzzle below?



G	S	X	H	O	F	S	X	G	F	E	X	W	E	A
N	N	O	Z	L	S	K	R	S	N	Q	I	T	L	S
O	O	R	L	A	B	T	S	I	Q	N	K	S	B	I
L	A	I	M	A	R	X	B	H	D	Y	W	T	A	V
K	O	O	T	S	R	R	A	E	V	O	G	B	W	Y
S	I	S	P	A	U	E	N	F	R	S	B	H	E	L
B	D	C	Q	T	R	E	N	Q	B	X	X	Y	N	H
F	L	F	D	N	R	E	D	E	D	E	Y	D	E	B
Y	H	N	M	G	J	P	N	U	R	L	B	R	R	X
D	I	B	Y	Q	A	D	Y	E	H	G	M	O	Z	D
W	Z	A	W	D	E	Z	M	J	G	T	Y	P	R	F
S	O	L	A	R	P	A	N	E	L	S	U	O	X	J
L	A	M	R	E	H	T	O	E	G	B	T	W	O	B
N	F	X	W	R	D	I	P	V	Y	J	J	E	C	Q
C	T	I	W	S	A	L	H	K	M	U	F	R	G	O

#### WORD BANK:

- HYDROPOWER • GEOTHERMAL
- WIND TURBINE • BIOMASS
- RENEWABLE • GENERATION
- SOLAR PANELS • SOLAR ENERGY
- WIND ENERGY



**GEOTHERMAL REPAIR SERVICES**

**GEARY HEILMAN**

Duncan, OK 73533 Phone (580) 475-8102

### WOODLAND ANIMAL HOSPITAL

**JOHN RECTOR, DVM**  
COMANCHE, OK

**HOURS**  
M, T, W, F: 7:30 - 5:30  
TH & SAT: 7:30 - 12:00

- k LARGE & SMALL ANIMAL
- k GROOMING
- k BOARDING
- k QUALITY PET FOODS



**833-439-8884**

### 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**

### M&M Trailer Service, LLC



**580-658-6510**  
166494 Heffington Rd, Marlow, OK  
mmtrailerservice@yahoo.com

#### HITCHES

- Gooseneck •Receiver •5th Wheel•

See us for all your trailer part, hook-up & flooring needs!

Authorized dealer for  
**Shelby Trailer Flooring**

For Inquiries:  
mmtrailerservice@yahoo.com



- Repairs, Maintenance •Brakes, Lights, Wiring
- Sand Blast & Paint •DOT Inspections •Hook-ups
- Floors- Shelby X-Lug, Tongue & Groove, Plank or Wood

- ACROSS**
- Corrode
  - Jean Paul \_\_, author
  - Hebrew unit of dry measure
  - A type of scientist
  - Greek goddess of discord
  - For Red Sox MVP
  - It checks your speed
  - Made dirty
  - The First State
  - Lodgings
  - Spiritual leader
  - Bradley Int'l Airport code
  - Native American people
  - Sharp pain
  - Touch
  - Slowly disappears
  - Indigenous Russian people
  - Narrative poem
  - Some are bad
  - Small quill feathers
  - Tattles
  - Popular Easter entree
  - Beneficiary
  - Clothed
  - Payroll firm
  - Lower Normandy's largest city
  - Binary compound of halogen
  - The Fighting Irish
  - Skilled, paid worker
  - Eyelashes
  - The 12th letter of the Greek alphabet
  - Large, stocky lizard
  - Made poisonous
  - Former US Secretary of State
  - Sticky substances
  - A type of gin

1	2	3	4		5	6	7	8	9	10				
11					12						13	14	15	
16					17				18					
19				20	21			22	23			24		
25						26					27			
28					29						30			
				31	32					33				
34	35	36	37						38					
39					40	41	42							
43				44						45	46	47	48	
49			50						51	52				
53		54						55						
56		57				58					59			
60					61	62					63			
			64								65			

- DOWN**
- To return an echo
  - Displace
  - Japanese religion
  - Predilections
  - Partial
  - Poisonous plant
  - Road open
  - Atomic #81
  - Accomplished American composer
  - Oh, God!
  - Potato state
  - Most melancholic
  - Supportive framework
  - Hollywood's Pacino
  - A title for women
  - Popular Grammys alternative
  - Check
  - Bolivian river
  - South Dakota
  - Wonderful
  - Supervises flying
  - Commercial
  - More (Spanish)
  - Even distribution of weight
  - "Arabian Nights" hero
  - Compact mass of a substance
  - Bachelor of Laws
  - Halfback
  - Some of it is ground
  - They play in the trenches
  - Atomic #18
  - Chinese Prefecture
  - Fabrics
  - Being in a direct line of descent from an ancestor
  - In slow temp
  - Flood
  - Long-necked bird
  - Secondary school
  - Artificial intelligence
  - Structure by the water
  - Lather
  - What happens there stays there
  - A bone
  - The Great Lakes State

**PUBLIC AUCTION**

**Saturday, August 22, 2020**  
**10:00AM**

**3578 Gatlin Road**  
**Marlow, Oklahoma**  
**(See Directions Below)**

**Gary Criswell Auction Service & Real Estate, Inc.** has been commissioned by Mr. Jack L. Geller to offer at Public Auction his Home and Personal Property situated at 3578 Gatlin Road in Marlow, Oklahoma. The Auction also includes Consignment of a 2018 TOYOTA CAMRY-SE (1 Owner-Like New) and a 2018 BUICK LUCERNE CXL.

**Real Property consists of:** A Nice 2 Bedroom Frame Home (Approximately 1,680 Square Feet) with an Attached Sun room with 15 Insulated Windows (Approximately 468 Square Feet), Great Room, Dining Area, Kitchen with Island and Nice Cabinetry, Large Pantry, Utility Room and 2 Full Baths.

**Additional Improvements include:** Geo-Thermal Central Heat and Air System. The Home has a Wrap Around Porch which connects to a Nice Elevated Covered Patio (20'x 23'). The Home an Attached Car Port (16'x80'), a 2 Room Cabin (12'x24') and 3 Utility Buildings. All situated on a nice 3 Acre Wooded Tract with a Small Pond and a Fenced in Yard in a Good Location. Conveniently located near the Duncan Lakes.

**Household Furnishings includes:** Dining Table with Claw Feet and 6 Chairs and 24" Leaf, China Cabinet with Glass Doors, 3 Piece Poster Bedroom Suite, La-Z-Boy Sleeper, Settee with Gilded Mirror, Wurlitzer Spinnet Piano with Bench, Estate House Sleeper (Floral), BASSETT- Advantage Sleeper, Galanz Refrigerator (Small), Bedroom Suite (3 Piece), Amana-Washer, MAYTAG-PERFORMA Dryer, Living Room Tables, Emerson-Microwave and PHILLIPS-Color Television 19" (3).

**Glassware and Collectibles:** JOHANN HAVILAND - BAVARIA (Germany) China (Setting of 14), Variety of Bowls and Dishes, a Large Collection of Milk Glass and a Glass Case with Indian Artifacts.

**Lawn Equipment:** CRAFTSMEN-Riding Lawn mower Zero Turn 22.0 HP with 42" Mower, MURRAY Push Mower 21", Self Propelled Push Mower 20" and a Variety of Lawn and Garden Tools.

**Miscellaneous:** Trailer with Dual Axel 16'x76" with Metal Bed and Loading Ramps. A CRAFTSMAN 7000 Mower (No Deck), Lawn Mower Trailer 30'x40", Champion Power Generator (3500 Watts) and a MO JACK - EZ-Lift, Aluminum Ladders and too many items too numerous to mention.

**Dodge Pickup:** 1986 DODGE RAM 1500 Pickup, 4 Wheel Drive, Automatic, 2 Door. The Pickup will Require Maintenance and Repairs.

**Consignment:** 2018 TOYOTA CAMRY SE with a Sunroof, Automatic, All Power, 4 Door, Color-Black, Mileage 8,067. The TOYOTA CAMRY SE is a 1 Owner and has been well Maintained (Like New). Please see to Appreciate!

**Consignment:** 2008 BUICK LUCERNE CXL, Automatic, All Power, 4 Door, Color-Gold/Tan, Leather Seats, Mileage 52,682.

**Directions:** In Duncan, Oklahoma from North Highway 81, Go East on Gatlin Road 4.5 Miles. The Auction Site is on the South Side of Gatlin Road. Please watch for Auction Signs.

**Terms of Sale:** 10% Earnest Money on the day of Public Auction. Balance due at Closing upon delivery of Title and Deed. Personal Property - Cash, Personal or Company Check accepted. Positive I.D. required. Buyers must provide Auction Company a copy of Sales Tax Permit to avoid Sales Tax.

**Preview of Real Property and Personal Property:** Will be held Friday afternoon, August 21, 2020 from 1:00 pm to 6:00 pm. Announcements made day of Sale supersede all other advertisements. Please plan to attend this Public Auction.

**Auctioneer's Note:** This is nice Sale with Household Furnishings and 2 Vehicles (Consignment). The Vehicles will sell at 12 o'clock (High Noon). This is a nice Home in a good location with a number of Improvements. The Real Property will be offered "As-Is-Where-Is." Mr. Jack Geller reserves the right to accept or reject the final bid. Stephens County Abstract will serve as the Closing Agent on the Real Property.

**Gary Criswell Auction Service & Real Estate, Inc.**  
580-255-8162 • 806 West Main • Duncan, OK • 580-467-2248  
(Auctioneer/Broker) email: garycriswell@cableone.net (Cell Phone)



# Support Your Immune System with Grapes

### FAMILY FEATURES

**B**oosting immune function through a healthy diet has become an important new focus for many people these days. One key dietary recommendation is to eat more fruits and vegetables each day to improve immune function and prevent heart disease and diabetes. When looking to guide your family to healthier snacks and meals or simply trying to mix up your at-home menu, success can be as simple as rethinking the ingredients you choose to use, including your favorite produce, such as grapes.

Fresh California grapes, for example, make for an ideal snack because they are tasty, healthy, hydrating and refreshing, but grapes can also be used to make good-for-you dishes that are also satisfying and delicious. Grapes of all colors – red, green and black – are a natural source of beneficial antioxidants and other polyphenols. Plus, they are naturally fat-free, cholesterol-free and contain virtually no sodium.

Try recipes like Moroccan Grape and Grilled Chicken Bowls with Grape Vinaigrette, Spiced Chickpeas and Grapes with Yogurt, and Cauliflower Steaks with Grapes to pair heart-healthy grapes with other nutritious ingredients and add variety and fresh appeal in the kitchen.

Visit [GrapesFromCalifornia.com](http://GrapesFromCalifornia.com) for more nutritious family recipes.

### Moroccan Grape and Grilled Chicken Bowls with Grape Vinaigrette

Servings: 4

#### Couscous:

- 1 cup Israeli couscous
- 2 tablespoons extra-virgin olive oil
- 1/2 cup carrots, thinly sliced
- 1/2 cup tomatoes, diced
- 1/2 cup parsley, leaves only
- 1 1/2 teaspoons ras el hanout (Moroccan spice blend)
- 1 teaspoon salt

#### Chicken:

- 2 chicken breasts (8 ounces each)
- 1 tablespoon harissa paste
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon salt

#### Vinaigrette:

- 1/4 cup green California grapes
- 1 lemon, juice only
- 1 preserved lemon, rind only
- 1/4 cup extra-virgin olive oil
- 2 tablespoons cilantro, chopped
- salt, to taste
- ground black pepper, to taste

- 1 cup red California grapes, halved
- 1/2 cup sliced almonds, toasted


To make couscous: Cook couscous in boiling salted water. Drain, rinse with cold water and combine with olive oil. Add carrots, tomatoes, parsley leaves, ras el hanout and salt. Mix well and set aside.

To make chicken: Heat grill to medium-high heat. Rub chicken breasts with harissa paste, olive oil and salt. Grill on both sides until just done. Set aside to cool. Slice into 1/4-inch slices.

To make vinaigrette: In blender, puree green grapes, lemon juice, lemon rind, olive oil and cilantro until smooth. Add salt and pepper, to taste.




Toss couscous mixture with vinaigrette and portion into four bowls. Top with sliced chicken, red grapes and almonds.

**Nutritional information per serving:** 590 calories; 30 g protein; 44 g carbohydrates; 32 g fat (49% calories from fat); 4.5 g saturated fat (7% calories from saturated fat); 65 mg cholesterol; 720 mg sodium; 3 g fiber.

**Marlow Real Estate**  
 205 W. Main, Marlow  
 580-658-2295  
*"Selling our listings, would like to sell yours."*

Always Ready to go the "Extra Mile" for you.  
[www.marlowrealestate.com](http://www.marlowrealestate.com)  
[www.realtor.com](http://www.realtor.com)

**Debbie Lynn Benton**  
 Broker/Owner GRI  
 Cell: 580-658-1177  
[debbie@marlowrealestate.com](mailto:debbie@marlowrealestate.com)

**GRAHAM INSURANCE**



**AUTO • HOME • FARM**  
**HEALTH • COMMERCIAL • LIFE**

403 W Main  
 Marlow, OK  
 580.658.3077



**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.**

Is rooftop solar a good option for your home?

**Variables to consider:**

- Overall energy efficiency of the home
- Age and pitch of the roof
- Orientation of the sun in relation to the home
- Tree coverage near the home
- Weather patterns for the region

**We can help.**  
 As your trusted energy advisor, we can provide information so you can make a well-informed decision.




**COTTON**  
 ELECTRIC CO-OP

580-875-3351 • [www.CottonElectric.com](http://www.CottonElectric.com)





Spiced Chickpeas and Grapes with Yogurt

**Spiced Chickpeas and Grapes with Yogurt**

Prep time: 15 minutes  
Cook time: 5 minutes  
Servings: 4

- 1 can (15 ounces) chickpeas, rinsed, drained and patted dry
- 1 cup California grapes
- 1 tablespoon peanut oil
- 1 1/2 teaspoons mustard seeds
- 1 teaspoon cumin seeds
- 1 teaspoon fennel seeds
- 1/4 teaspoon salt, divided
- 1 pinch red pepper flakes
- 1 cup low-fat Greek yogurt
- 1 tablespoon lemon juice
- 1/2 teaspoon finely grated lemon zest
- 1/2 garlic clove, grated
- 2 tablespoons chopped cilantro
- 2 tablespoons thinly sliced scallions

In large bowl, mix chickpeas and grapes. In small skillet, warm oil over medium-high heat until shimmering. Add mustard seeds and cover. Cook until seeds stop popping then add cumin and fennel seeds; cook until fragrant, about 1 minute. Stir in 1/8 teaspoon salt and pepper flakes; pour over chickpeas and grapes. Mix well.

In separate bowl, stir yogurt, lemon juice, lemon zest, garlic and remaining salt. Spread on serving platter and top with chickpea mixture, cilantro and scallions.

**Nutritional information per serving:** 220 calories; 11 g protein; 31 g carbohydrates; 6 g fat (25% calories from fat); 1.5 g saturated fat (6% calories from saturated fat); 5 mg cholesterol; 280 mg sodium; 1 g fiber.

**Cauliflower Steaks with Grapes**

Prep time: 10 minutes  
Cook time: 30 minutes  
Servings: 4

- 1 large head cauliflower, leaves trimmed off
- 3 tablespoons extra-virgin olive oil, divided
- 2 teaspoons finely chopped rosemary
- 1/2 teaspoon coarse salt
- 1/2 teaspoon freshly ground black pepper, divided
- 1 cup halved California grapes
- 1/4 cup chopped Castelvetrano olives
- 2 tablespoons chopped Italian parsley
- 2 tablespoons chopped, toasted pistachios

Heat oven to 450 F. Cut stem off cauliflower and cut remaining head crosswise into four 1-inch-thick slices, keeping as intact as possible. Place on sheet pan and brush sides with 1 1/2 tablespoons olive oil. Sprinkle with rosemary, salt and 1/4 teaspoon pepper. Roast until browned and tender, about 25 minutes.

Combine remaining olive oil, remaining pepper, grapes, olives, parsley and pistachios. When cauliflower is roasted, transfer to serving plates and top with grape mixture.

**Nutritional information per serving:** 210 calories; 5 g protein; 20 g carbohydrates; 14 g fat (60% calories from fat); 2 g saturated fat (9% calories from saturated fat); 0 mg cholesterol; 480 mg sodium; 5 g fiber.



Cauliflower Steaks with Grapes

**Healthy Eating is Easy with Grapes**

Grapes are prized for their taste and crisp, juicy texture, but fresh grapes are also a heart-healthy, hydrating snack choice. Grapes contain more than 1,600 natural plant compounds, including antioxidants and other polyphenols, which help

protect the health and function of the body's cells. Grapes can be paired with other healthy foods to enhance flavor and nutrition, including dark leafy greens, cauliflower, broccoli, whole grains, legumes and lean proteins.

**Back-to-school lunches virtually conquered**

With many schools starting virtually this fall, have you thought about how to handle lunch? Many of us are focused on in-person versus virtual school and getting our jobs done at the same time; we are not thinking about food. With the start of school approaching, it's time to develop a plan.

The Centers for Disease Control and Prevention recommends that children have at least 20 minutes to eat lunch after they are seated. Most virtual school schedules are allowing 30 minutes for lunch. Lunch foods should be ready to go with minimal preparation required. To get started, clear out space in your refrigerator and freezer so you can dedicate those spaces to school lunch foods. You may want to buy some clear reusable containers to store lunch-size portions. You will also want some kind of labeling system so your kids can "grab and go."

Healthy lunches should include the following - a fruit, a vegetable, a source of whole grains, a serving of lean pro-



Kim Bandelier, MPH, RD, LD

**Food For THOUGHT**

tein and low-fat milk or another source of calcium and vitamin D. This will require some dedicated food preparation and organization time, but it will be worth it if you are in the middle of a work call when it's time for school lunch.

Involve your kids in the food prepara-

tion process. The Academy of Nutrition and Dietetics has some guidelines for different age groups: ages 3-5 can wash fruits and vegetables and sort them into containers; ages 6-7 can use a peeler to peel fruits and vegetables; ages 8-9 can add opening cans to their repertoire and ages 10+ can be as independent as you desire.

For ages 10+, don't forget about the magic of the microwave. Microwave access is not practical at school, but at home, a microwave expands lunch food options specifically to frozen meals, canned entrees and leftovers. The Academy of Nutrition and Dietetics offers suggestions on educating kids about using a microwave. Visit [www.eatright.org](http://www.eatright.org) and search "microwave" for a list of topics to cover. You may want to clear out some space in your pantry for microwave safe dishes, utensils, a food thermometer, and microwavable shelf-stable foods. Practice microwaving foods together before school starts so you can reinforce mi-

crowave safety and food safety.

The grocery store offers many pre-packaged lunch options for those times you don't have the energy to do food prep for school lunches. From pre-packaged salads to frozen meals, there are lots you can incorporate into your school lunch rotation to decrease your stress level and still provide healthy lunch options.

For frozen meals, here are some guidelines to select the healthiest and tastiest options: Calories should be between 350-500 calories, sodium should be around 800 mg or lower, total fat should be below 20 grams and have more unsaturated fat than saturated fat, and the fiber content should be greater than 3 grams. Ideally the frozen meal incorporates vegetables but just add it as a side if it is missing. Then add fruit for a dessert or snack and a healthy beverage and voilà! School lunch is served.

**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

**Ochsner Dozer-Trackhoe Service**  
Pond, Terraces, Tree Clearing, Building Pads, NRCS Work, etc.  
For estimate on your job call Jeff  
**580-704-2226**

Bill Robinson  
**ROBINSON FENCING**  
Pipe Fencing • Wire Fencing • Corrals • Gates  
Cell: (580) 450-3077

**De Hart Air Conditioning Heating since 1920**  
ENGINEERING SERVICE & CONTRACTING  
5755 N. Highway 81, Duncan, OK  
580-252-2205  
[www.dehartair.com](http://www.dehartair.com)  
**26% Federal Tax Credit for Geothermal Systems**

**Kill Bacteria, Viruses and Mold with a Global Plasma Solutions Ionization Device**

- Particle Reduction & Smoke Control
- Odors neutralized by destroying VOC's (Volatile Organic Compounds)
- Pathogens Killed (Bacteria, Viruses, Mold) Helps to control Allergens/Asthma\*, Prevents dirty sock syndrome
- Energy Savings of 30% by Reducing Outdoor Air Intake by up to 75%, reduces pressure loss by keeping coils clean without expensive UV system, and requires No Maintenance!

\*These statements are based on numerous customer testimonials and have not been evaluated by the FDA

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

**CLIMATEMASTER**  
Enhanced Health & Comfort

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. [srice@dehartair.com](mailto:srice@dehartair.com)  
Dehart Air Conditioning offers preventative maintenance plans to keep systems healthy!  
\*Rebates Available in many OMPA Member cities \*Restrictions apply



# Cooperative celebrates, recognizes local heroes

By Danielle Quickle

Cotton Electric may power your home, but the co-op is powered by its members. Members are a vital component to the success of the co-op. Every aspect of operation is determined by the members, for the members. Now more than ever, we would like to recognize our members by giving them the opportunity to acknowledge those in our community who have made a positive impact.

Cotton Electric, along with Touchstone Energy Cooperatives, is pleased to announce the fifth annual #WhoPowersYou contest celebrating local heroes.

#WhoPowersYou is an online contest created to honor local heroes and celebrate the power of human connections. It's a chance for cooperative members like you to nominate someone who's making a difference in our co-op community.

Through #WhoPowersYou, inspirational stories of people doing good from all across the country are brought to light. In 2018, contest winners Bob and Midge Custer received national recognition for founding the Downsize Farm in Ohio.

The farm has been providing opportunities for adult-aged special needs individuals to build meaningful re-

lationships and experiences in their communities since 2007.

The Custers have developed a job training center that prepares their clients with the soft skills and the applied skills they need for entry-level positions in food service, janitorial, woodworking, carpentry and manufacturing occupations. Their program focuses on supported employment positions in the community and allows local businesses to hire Downsize Farm clients. Their goal is to change the paradigm and allow those with disabilities to no longer just act as consumers, but also as contributors. Their hope is to help develop a sense of dignity and belonging within their clients.

The farm currently serves more than 60 individuals in Champaign County. Because Bob and Midge's story was shared by a member, they were crowned the winner of the 2018 #WhoPowersYou contest and awarded \$5,000.

Do you know someone who is making a difference in your community? Nominate them for the 2020 #WhoPowersYou contest and they could win a cash prize up to \$5,000 and be nationally recognized for their actions.

Here is how to participate:

- Go online to WhoPowersYou.com

Inspired by a member of your co-op community?

Your nominee could win up to \$5,000



#WhoPowersYou

- Submit a photo and story about someone making a positive impact in our community.

- Provide your name, ZIP code, and select Cotton Electric as your electric cooperative. Only Cotton Electric members and employees are permitted to make nominations.

- Do NOT nominate a Cotton Electric employee. Current employees are not eligible to be nominated.

- Nominations open on Sept. 8 and must be submitted by midnight on Oct. 9.

A panel of judges appointed by Touchstone Energy Cooperative will

announce the contest winners in November. In addition to being nationally recognized, prize money totaling \$9,000 will be awarded as follows:

- Grand Prize: \$5,000
- Second Place: \$2,000
- Third Place: \$1,500
- Honorable Mention: \$500

A complete list of rules and information can be found by visiting WhoPowersYou.com.

Cooperative communities are people-powered. Don't let the hero in your neighborhood go unrecognized. #WhoPowersYou is open for nominations from Sept. 8 through Oct. 9.

# Avoid hackers, stay updated on cyber security

By Don C. Weber

You may not realize it, but cyber attackers are constantly looking for and finding new vulnerabilities and weaknesses in the software people use every day. This software may run your laptop, could be the mobile apps you use on your smartphone or perhaps even the software in your baby monitor or other devices in your home. Bad guys take advantage of these software weaknesses, allowing them to remotely break into devices around the world.

At the same time, the software and device vendors are constantly developing repairs for these weaknesses and push them out as software updates. One of the best ways you can protect yourself is to ensure the technologies you use have the latest updates, making it much harder for cyber attackers to break into them.

## How Updating Works

When a software vulnerability is discovered, a software update, also referred to as a patch, is developed and released by the vendor. Most software programs and devices nowadays have a mechanism to connect over the Internet to a vendor's server to obtain the software update. This update typically installs itself and fixes the vulnerability.

Examples of software you need to update include the operating systems that run your laptop, such as Microsoft Windows or OSX, or your smartphone, such as Android or iOS. Additionally, but often overlooked, you need to update the programs that run on your devices, such as your laptop's web browser, word processor, messaging software or your phone's mobile apps, especially social media.

This is why, whenever you purchase a new computer program or a new mobile app, check first to be sure the software vendor is actively updating the program or device. The longer software goes without an update, the more likely it has vulnerabilities



that cyber criminals can exploit. This is why many vendors, such as Microsoft, automatically release new patches every month.

Finally, if you are no longer using a certain computer program, software or mobile app, remove it from your system. The less software you have to update, the more secure you are.

## Updating

There are two general ways of updating a system:

- Automatic – Whenever a device, operating system, program or mobile app detects that a new update has been released by the vendor, it automatically downloads and installs the update. The advantage of automatic updates is that you don't have to do anything. The software ensures that the technologies you are using are current. The disadvantage of automatic updates is the updated program could cause a problem resulting in the loss of functionality or data. This is rare for personal devices, but can happen for more complex environments, like large corporations.

- Manual – When an update for a device, operating system, program or mobile app is available, you

must manually download and install the update. This gives you more control over what and when updates are installed. Larger organizations, such as hospitals or utilities, typically like manual updates because it allows them to test the changes first to detect and address any issues caused by the update. The disadvantage of manual updates is that it may take you much longer to update the system, or you may even forget to install the update. Cotton Electric's in-house IT department continually ensures all co-op devices are updated and secure to protect member information.

For individuals, families and small businesses, we highly recommend you enable and use automatic updating on all of your devices. This ensures that all of the technologies you are using, from your smartphone and laptop to your baby monitor and door locks, have the latest software. Up-to-date devices and software make it that much harder for any bad guys to attack them. Enabling automatic updates is one of the simplest and most effective ways to protect yourself and securely make the most of today's technology.

Source: SANS Awareness

# McBRIDE CLINIC

**Bradley J. Margo, MD**  
**Kevin F. Wiley, MD**  
**Jeremy Woodson, MD**  
**Diann Johnson, APRN**

**SCHEDULE NOW**  
**800.552.9270**

**Lawton Appointments:**  
**Available 5 Days a Week**

www.mcboh.com
100% Physician Owned

**Bowie's Second Monday**  
has evolved into one  
of the largest flea  
markets on five acres!

**SECOND MONDAY TRADE DAYS**  
takes place the weekend prior to the  
second Monday of every month.

Business Hwy 287 &  
Hwy 81 (Wise Street),  
Bowie, TX 76230  
**940-872-4861**

NEXT TRADE  
DATES

Sept.  
11-13

FOLLOW  
US  
2ndMondayTradeDays

**Information Hours**  
Monday - Friday • 8 a.m. - 5 p.m.

**Event Hours**  
Saturday & Sunday • 8 a.m. - 5 p.m.

WWW.BOWIETEXAS.ORG



# Local pantry grateful to Cotton Electric members

By Danielle Quickle

Food pantries across the state have been a reliable source of food for children and families through uncertain times. Cotton Electric members who participate in Operation Round Up have helped support one local food pantry through a difficult time.

The Indianhoma food pantry, housed at the Church of Christ, first opened its doors in the summer of 2017. Though they are heavily supported by the community, volunteer Lesa Lafferty admits the pantry would've had to close its doors without the assistance of the Cotton Electric Charitable Foundation.

"When we received this grant, we had only \$100 left in our account," Lafferty said. "We were wondering what we were going to do, but we knew God would provide."

Indianhoma food pantry has received a total of four grants from the Cotton Electric Charitable Foundation, the most recent being in the second-quarter of this year. The grants help purchase food from Sam's, Braums, Dollar General and, most recently, the Regional Food Bank of Oklahoma.

"We first applied to be a part of the Regional Food Bank of Oklahoma in 2017, but were not granted acceptance until the fall of 2019," Lafferty said. "Since our partnership with them, we are now able to purchase food cheaper."

On average, the food pantry serves 17 families, a total of 40 people each month. Volunteers throughout the community help run the pantry.

"The pantry is a community-wide project," Lafferty said. "We have volunteers from all the churches in town. FFA students, Girls in Action members and students looking for community service help make deliveries and pitch in wherever we need them to."

The pantry is open in the afternoon of every third and fourth Monday of the month. However, during the lockdown, pantry volunteers made deliveries every Saturday from the end of March through June. During that time, they averaged more than 40 fami-



Lesa Lafferty volunteers with the Indianhoma Food Pantry.

lies, 135 people, served throughout the community, focusing primarily on children and the elderly.

"I made our summer focus on children because they didn't have access to the school food program like they normally would," Lafferty said. "According to the Regional Food Bank of Oklahoma, Comanche county is a red-zone for hungry children."

The pantry survives on food and monetary donations and the help of volunteers.

"Some days I will show up here and there will just be a bag of food on the porch," Lafferty said. "Or a check will show up in the mail right when we need it to."

To learn how to make a donation or to volunteer,

call the Indianhoma Church of Christ at 580-246-3344.

Operation Round Up and the Cotton Electric Charitable Foundation were founded to provide financial assistance to worthwhile individuals and organizations.

"We have been very blessed to receive grants from the Cotton Electric Charitable Foundation," Lafferty said. "It is so easy to apply and the overall experience with the program is wonderful."

Downloadable grant applications and information can be found at CottonElectric.com under the Operation Round Up tab. Third-quarter grant applications are due Aug. 11.

# SmartHub convenient tool for co-op members

Life 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 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 responsibilities.

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. They can view their current bill or previous ones to compare payments throughout the years. Members are also able to view their energy consumption. SmartHub shows how member's energy use is trending over time, allowing members to take steps toward lowering their bill.

Making payments through SmartHub is fast and



easy. The first time a member submits a payment, he or she is able to securely store payment information for future transactions, allowing for easy payment on future bills.

SmartHub alerts account holders of important co-op notices. Members are able to select how they wish to be notified; options include emails and text messaging. Energy use thresholds can be set that no-

tify members when they are using more energy than they would like and help them keep bills as low as possible.

Reporting a service issue is quick and easy from SmartHub. Co-op phone lines can get busy during large outages. Using SmartHub to report an outage foregoes waiting on the line to talk to our dispatcher and immediately alerts the co-op that a member is without power. Contacting the co-op's Member Services department can also be done through SmartHub should members have any questions they need answered.

Haven't used SmartHub yet? Access it through CottonElectric.com or by downloading the SmartHub app on your mobile device through the App Store or Google Play.

Plenty of things in life are complicated; don't let managing your Cotton Electric account be one of them.

Source: NISC Community

**Audiology & Hearing AID of Duncan**  
 "Serving Duncan Since 1995"  
 HEARING EVALUATIONS  
 HEARING AIDS  
 HEARING AID SUPPLIES  
 ALL BRANDS REPAIRED  
 "We Accept Insurance"  
 "Pack of Batteries, \$3"  
 "Resound Dealer"  
 Cynthia Reidenbach - Hearing Aid Tech  
 Matt Campbell - M.S., CCC-A  
 AUDIOLOGIST  
 1206 N HWY 81, STE 26B • CHISHOLM MALL, SOUTH ENTRANCE  
 580-252-9005

**Brink Auction Service's Annual Fall Farm & Ranch Consignment Auction**  
 ★ NOW TAKING CONSIGNMENTS! ★  
 SELLING TRACTORS, TRUCKS, AUTOMOBILES, LIVESTOCK EQUIPMENT, FARM MACHINERY, COTTON TILLAGE & HARVESTING EQUIPMENT  
 Tentative Sale Date, **October 3, 2020**  
 Terry H Brink, CAI Auctioneer  
 580-335-4126  
 PO Box 928 • Frederick, OK 73542  
 Brink Auction Service  
 E-Mail: brinkauction@gmail.com  
 Website: www.brinkauction.com

**Harrison Water Well Drilling**  
 We do water well and geothermal drilling!  
 • Drilling up to 700 ft. deep.  
 • Licensed in Oklahoma and Texas.  
 • Located in Devol, OK.  
**Call Steve Harrison at 972-834-6842**

**SPLASH POOLS & SPAS**  
 38 Years Experience  
  
**In-Ground Swimming Pool 12x24 \$24,995**  
 249 E. Gore Blvd., Lawton • 580-353-6763  
 Financing Available W.A.C. • www.SplashPoolnSpa.com  
 9 a.m. - 5:30 p.m. M-F • 10 a.m. - 5 p.m. Sat.  
**EMAIL: SPLASHWATERSS@YAHOO.COM**

**WARREN CAT**  
  
**Brett Myers**  
 Covering all your Equipment and Rental needs for **Western Oklahoma!**  
 DOZERS  
 SKID STEERS  
 BACKHOES  
 EXCAVATORS  
 WHEEL LOADERS  
 GENIE AERIAL PRODUCTS  
 AND MORE!  
**Want to know more?**  
 Contact Brett today at 405-227-4820.