

# The Current

A Publication of Cotton Electric Cooperative Inc.

A Touchstone Energy® Cooperative



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

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NUMBER 9

## Scholarship contest winners announced



By Karen Kaley

Predicting the future is tricky but we do it every day. We draw on personal experience and the expertise of others and then we make plans. We invest and hope for the best.

At Cotton Electric Cooperative, one of our investments is in area youth. We see our future there. We have been reaching out to high school juniors since 1964, offering an essay contest with a grand prize of an expense-paid trip to Washington, D.C.

Challenges and uncertainty presented in 2020 forced adaptation in the name of continuity. For the second year in a row, the trip was canceled to keep everyone healthy and safe. We

still had an essay contest, but it was executed differently and the prize was a \$1,500 scholarship.

The topic for Cotton Electric's 2021 Scholarship Contest was "How do the 7 Cooperative Principles satisfy the needs of a community?"

The competition was a "no-touch" contest, with materials loaded onto CottonElectric.com and entries submitted electronically. Fifteen essayists selected for the second round were interviewed by independent judges via video meetings. Five finalists submitted video recitations of their essays, which were also judged independently.

Students from nine school districts

entered a total of 89 essays. That's an increase of 68 percent over entries from the previous year.

Our five finalists came from four schools. They were Brayden Johnson of Lawton High; Cynthia McNally, Chattanooga High; Raley Heaton of Central High; and Alexis King and Kristany Travis, both of Marlow High School.

Final judging was based on speaking ability, knowledge of subject, poise, and personality and appearance. We traveled to the schools to hand-deliver the scholarships and get a few photos of Cynthia McNalley and Raley Heaton, winners of Cotton Electric's 2021 Scholarship Contest.

We know all students who participated in the contest gained something from it. Writing an essay is a good way to work on creative writing skills that are important for all high school students, especially those planning to attend college.

The Marketing team at Cotton Electric benefitted, too. Portions of the modified contest will remain in place for next year. However, if it's safe for us to gather for the 2022 competition, we're having a finals banquet and sending some great essayists to Washington, D.C.

We think the future looks bright for Cynthia, for Raley, for all the essayists and for Cotton Electric!



Photo by Kaila Williams

Karen Kaley, Marketing & Communications Director, presents Cynthia McNalley with a scholarship for her entry in the Cotton Electric 2021 Scholarship Contest. McNalley is a junior at Chattanooga High School.



Photo courtesy of The Marlow Review

Karen Kaley, Marketing & Communications Director for Cotton Electric, presents Raley Heaton with a scholarship for her entry in the Cotton Electric 2021 Scholarship Contest. Heaton is a junior at Central High School.

## Scott appointed to Cotton Electric Board of Trustees

By Karen Kaley

Nichole Scott has been appointed trustee for District 3 in the Cotton Electric service territory. She fills a seat held by Charles Spencer for 21 years until his passing in January 2021. Scott will fill out the remainder of Spencer's term, due to expire in September 2021.

The business and affairs of Cotton Electric are managed by a board of nine trustees representing geographical districts with similar densities of service. District 3 is situated on the far east side of Comanche County and southern Grady County, with a few meters also in Stephens County. Slightly more than 2,000 members are served by about



Nichole Scott

590 miles of line in District 3.

Scott is a native of Nebraska, where she completed her education at McCook Community College. She and Tony, her husband of nearly 24 years, and another partner are co-owners of Precision Feed

Technologies, a small feed additive business. Additionally, Nichole is self-employed as a medical transcriptionist and Tony is a nutritional consultant for Cattlemen's Nutrition Services. They have three children, Madelyn, Riley and Jamison.

Though her husband is a native of Fletcher, the family lived in Texas and Nebraska for a number of years before moving to Oklahoma six years ago to settle in the Central High area. Nichole Scott said her awareness of Cotton Electric beyond being her power provider started when her daughter was a finalist in the 2017 Youth Tour contest. Scott served on the board of the Central High Ag Boost-

ers and recalls the co-op contributing toward the group's fundraising activities.

She knows Cotton Electric is very community-oriented and that lines up with one of her personal philosophies. "I have a fundamental belief that giving back to our community and serving various communities is a worthwhile pursuit."

During a recent tour of cooperative headquarters in Walters, Scott said she was impressed by the Cotton Electric employees she met. Noting how long some had been with the co-op, she said, "That tells me a lot about Cotton Electric's values, particularly in their concern for their employees."

That is now part of what she

says about Cotton Electric: "They are very much about the community and very much about the employees."

Her new connection to the co-op has been enlightening. "I have learned that the cooperative is a large, multi-faceted organization. It is much more complex than most members realize."

She is looking forward to her role on the Board of Trustees. "As a new board member, my number one goal is to be willing to listen, learn and ask lots of questions on behalf of District 3. Charles Spencer was a legendary member of the community and District 3. Honoring his legacy of serving on the board is chief among my short-term goals."

### Power Cost Adjustment Calculated

The power cost adjustment now being applied to bills mailed after May 1, 2021, is \$0.00737 per kWh.

On a member's average bill of 1,300 kilowatt hours (kWh), this will amount to a charge of \$9.58 on the May bill.

### April 2021 Temperature Extremes

Day	High	Low	Avg.	Day	High	Low	Avg.
1	68	32	50	16	56	46	51
2	70	34	52	17	59	39	49
3	76	42	59	18	69	36	53
4	72	46	59	19	76	36	56
5	81	53	67	20	56	31	44
6	85	60	73	21	63	31	47
7	72	47	60	22	59	49	54
8	82	40	61	23	66	53	60
9	85	51	68	24	71	50	61
10	72	39	56	25	82	41	62
11	85	36	61	26	81	59	70
12	68	53	61	27	74	64	69
13	70	50	60	28	80	64	72
14	57	49	53	29	77	56	67
15	56	49	53	30	80	57	69

Source: [srh.noaa.gov/oum/](http://srh.noaa.gov/oum/)

Average Daily High: 72 Average Daily Low: 46

### Did You Know?

Cotton Electric offices will be closed Monday, May 31 for Memorial Day. Emergency calls will be answered at 580-875-3351 or 800-522-3520.

The next issue of The Current should arrive in mailboxes on June 14, 2021.

### 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.

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More news at <a href="http://cottonelectric.com">cottonelectric.com</a>	

### From the CEO

# We're ready for storm season. Are you?

Now that spring has arrived, like many of you, I welcome more opportunities to be outdoors and enjoy the warmer weather. The next few months bring many of my favorite activities like cooking out with family and friends, afternoons on the water and simply slowing down a bit to enjoy life.

But the spring and summer months also make conditions right for dangerous storms. These potential weather events can cause destruction to our electrical system, but I want you to know that Cotton Electric Cooperative crews are ready and standing by to respond should power outages occur in our area.

When major storms knock out power, our line crews take all necessary precautions before they get to work on any downed lines or damaged equipment. I would encourage you to also practice safety and preparedness to protect your family during

major storms and outages.

The Federal Emergency Management Agency recommends the items below as a starting point for storm and disaster preparedness, but you can visit [www.ready.gov](http://www.ready.gov) for additional resources.

- Stock your pantry with a three-day supply of non-perishable food, such as canned goods, energy bars, peanut butter, powdered milk, instant coffee, water and other essentials (i.e., diapers and toiletries).
- Confirm that you have adequate sanitation and hygiene supplies including towelettes, soap and hand sanitizer.
- Ensure your First Aid kit is stocked with pain relievers, bandages and other medical essentials, and make sure your



Jennifer Meason, CEO

prescriptions are current.

- Set aside basic household items you will need, including flashlights, batteries, a manual can opener and portable, battery-powered radio or TV.
- Organize emergency supplies so they are easily accessible in one location.

In the event of a prolonged power outage, turn off major appliances, TVs, computers and other sensitive electronics. This will help prevent overloading circuits during power restoration. That said, do leave one light on so you will know when power is restored. If you plan to use a small generator, make sure it's rated to handle the amount of power you will need, and always review the manufacturer's instructions to operate it safely.

Listen to local news or a NOAA Weather Radio for storm and emergency information, and check Cotton Electric's Facebook or Twitter

accounts for power restoration updates.

After the storm, avoid downed power lines and walking through flooded areas where power lines could be submerged. Allow ample room for utility crews to safely perform their jobs, including on your property.

Advance planning for severe storms or other emergencies can reduce stress and anxiety caused by the weather event and can lessen the impact of the storm's effects. Sign up for NOAA emergency alerts and warnings, and follow us on Facebook or Twitter to stay abreast of power restoration efforts and other important co-op news and information.

I hope we don't experience severe storms, but we can never predict Mother Nature's plans. At Cotton Electric, we recommend that you act today because there is power in planning.



## 12 WAYS TO PREPARE

Source: Ready.gov

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Sign up for Alerts and Warnings</b>	<b>Make a Plan</b>	<b>Save for a Rainy Day</b>	<b>Practice Emergency Drills</b>	<b>Test Family Communication Plan</b>	<b>Safeguard Documents</b>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Plan with Neighbors</b>	<b>Make Your Home Safer</b>	<b>Know Evacuation Routes</b>	<b>Assemble or Update Supplies</b>	<b>Get Involved in Your Community</b>	<b>Document and Insure Property</b>



### Energy Efficiency Tip of the Month

**Placement matters!**  
 Avoid placing items like lamps and televisions near your thermostat. The thermostat senses heat from these appliances, which can cause your air conditioner to run longer than necessary.

Source: Energy.gov

**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.

	2021	2020
Total Amount Billed/Accrued	\$5,186,833	\$5,116,805
Cost of Purchased Power	3,636,225	3,440,389
Taxes	133,047	114,621
Total Operating Expense Per Mile	1,002	990
Average Farm and Residential Bill	129	128
Average Farm and Residential kWh	1,116	1,099
Total Meters Billed (farm, residential)	18,870	18,569
Miles Energized	5,210	5,203
Density Per Mile	3.62	3.57
New Service Connects YTD	114	88
Services Retired	45	57

### The Current

Published Monthly at Walters, Oklahoma  
 By Cotton Electric Cooperative, Inc.  
 Jennifer Meason .....CEO  
 Bryce Hooper..... Vice President  
 Karen Kaley.....Marketing & Communications  
 Kaila Williams..... Display Advertising

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# Community Spotlight

If you would like your community event listed in the June issue, please submit information by June 2 by calling 580-875-3351 or send an email to [TheCurrent@CottonElectric.com](mailto:TheCurrent@CottonElectric.com). Events that occur before June 14 will not be published in the next issue.

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

## Carnival coming to Duncan

Main Street Duncan will host a carnival May 13 through 15 in downtown Duncan. The carnival will include rides such as a Ferris wheel and bumper cars, and numerous food trucks offering a variety of goodies.

One-day fast-pass bracelets for all rides may be purchased for \$25 each day.

Proceeds support benefits provided to the downtown merchants, such as grants, workshops, trainings, preservation, and interior/exterior improvements.

## Kiwanis offering swim lessons

Summer time is swim time and Duncan Chisholm Trail Kiwanis wants everyone who needs them to have swimming lessons. In addition to teachers and volunteers for the 2021 Summer Swim Program, they are looking for learners.

Enrollment is from 1 to 4 p.m. May 13 and 18 at Duncan Public Library, 3785 N. Highway 81; and from 10 a.m. to 2 p.m. on May 15 and 22 at Chisholm Mall, 1206 N. Highway 81.

Most lessons will run Monday through Thursday for two weeks. There are two morning and two evening class times to choose from. Session 1 will run from June 21 to July 1. Session 2 begins July 12 and concludes July 22.

See the Duncan Chisholm Trail Kiwanis Facebook page for information about times and fees.

## Poker run benefits veterans

Great Plains Chapter 10-3 of Combat Veterans Motorcycle Association will host the seventh annual Wheels For Warriors Poker Run on May 15. Registration begins at 9 a.m. at Diamondback Harley-Davidson, 301 SE Interstate Drive in Lawton.

First bike out is at 10 a.m. and last bike in is at 3 p.m. Raffle and 50/50 winners will be announced at 3:30.

Proceeds will benefit Oklahoma Veteran organizations. For details, visit [CombatVets10-3.com](http://CombatVets10-3.com).

## Cache celebrates community

The City of Cache hosts Summer in the Streets, an event designed to celebrate the decline of COVID-19 cases, the end of the school year and the community's small businesses, from 4-9 p.m. May 22, throughout the downtown business district.

"The Summer in the Streets event is a way for the city to celebrate many things, including each other," said Mandy Martine-Ralston, Cache Area Chamber of Commerce vice president.

The event includes vendor booths, food trucks and street dancing.

Interested vendors and volunteers should email requests to [cachearea-chamber@gmail.com](mailto:cachearea-chamber@gmail.com).

## Fundraiser rescheduled for May 23

Sterling Fire Department has rescheduled their BBQ fundraiser dinner and raffle to begin at 11 a.m. on May 23, with the raffle drawing to take place at 1 p.m.

Tickets may be purchased from any Sterling firefighter, from Sterling City Hall or the Elgin office.

The Department appreciates the community's patience as the pandemic has delayed the fundraiser and event planning.

## CTHC spotlights Skip Rowell

Skip Rowell is the featured artist at Chisholm Trail Heritage Center through June 30, 2021.

Rowell is a multi-talented Oklahoma artist who works in several mediums that include oils, pastels, graphics, sculpture, carvings, and scrimshaw. He first drew the art world's attention and acclaim with his scrimshaw art, which is the ancient technique of etching on ivory. He has expanded his craft to bronzes cast from his one-of-a-kind moose antler carvings, decorative flint and other precious materials for knives, and intricately detailed jewelry.

Rowell is of Cherokee and Choctaw descent and has always been an ardent student of his ancestral history and customs and all other American Indian tribes. Pulling from this research and his own diverse personal experience, the absolute authenticity and extraordinary detail in his work comes from firsthand knowledge.

In 2002, Rowell was inducted into the Master Artists Hall of Fame of the Five Civilized Tribes of Oklahoma.

Chisholm Trail Heritage Center, located at 1000 Chisholm Trail Parkway in Duncan, is open from 10 a.m. to 4 p.m. Tuesday through Saturday. Learn more at [OnTheChisholmTrail.com](http://OnTheChisholmTrail.com).

## Elgin plans citywide garage sale

Elgin Chamber of Commerce is organizing the Elgin Citywide Garage Sale planned for June 11-13. Plans are in the works to post a list of all garage sales on June 7 and to share the list with The Chronicle.

Residents planning to participate can list their garage sale address, neighborhood, hours and dates at [ElginChamber.net/elgingaragesale](http://ElginChamber.net/elgingaragesale).

## Summer Breeze to perform June 4

Originally scheduled for late January, the Chisholm Trail Arts Council has postponed the Summer Breeze performance until June 4, in the Simmons Center Theater in Duncan. Tickets purchased for the January presentation will be honored in June.

Celebrating 45 years, Summer Breeze was originally formed in 1976 by five young musicians with varying musical backgrounds. Summer Breeze, known as one of the top cover bands in the state, has had the opportunity to be the opening act for over 75 of Nashville's top recording artists including Garth Brooks, George Strait, Vince Gill and numerous others.

For information or tickets call 580-252-4160 or go online to [ChisholmTrailArts.com](http://ChisholmTrailArts.com).

## Car Cruise Show begins June 11

Fire up your engines and travel to Duncan for the annual Cruisin' the Chisholm Trail Car Show, a massive display of classic cars, modified vehicles and vintage trucks beginning at 6 p.m. June 11 and at 5 p.m. June 12.

Watch rubber burn at the Burnout Contest and all the cool vehicles at the Friday Night Car Cruise. The show will also feature children's activities and live entertainment.

Make your way to the downtown area and browse through rows of vintage cars that line six blocks of Duncan's Main Street. Food trucks and vendors will also be available. Bring the whole family.

All registrants will receive a dash plaque. Registration available at [MainStreetDuncan.net/car-show](http://MainStreetDuncan.net/car-show).

# PHOTO OF THE MONTH



Here is another winner from our BACKYARD BIRDS contest. Cotton Electric member Michael Lindsay says he and his wife enjoy watching hummingbirds and other winged friends come by for snacks at their bird feeders.

Enter your "best shot" in our Photo of the Month contest. Theme for June is LANDSCAPE. 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.

## CHVFD fundraiser set for June 5

Make plans to attend the 15th annual fundraiser for the Central High Volunteer Fire Department on June 5 at 166085 7 Mile Road, Marlow. Activities will run from 2 to 7 p.m. and include a car show, bounce house, 50/50 drawing and gun raffle.

Hamburgers and hot dogs will be served from 4 to 6 p.m. There is no charge for the food but donations will be welcomed.

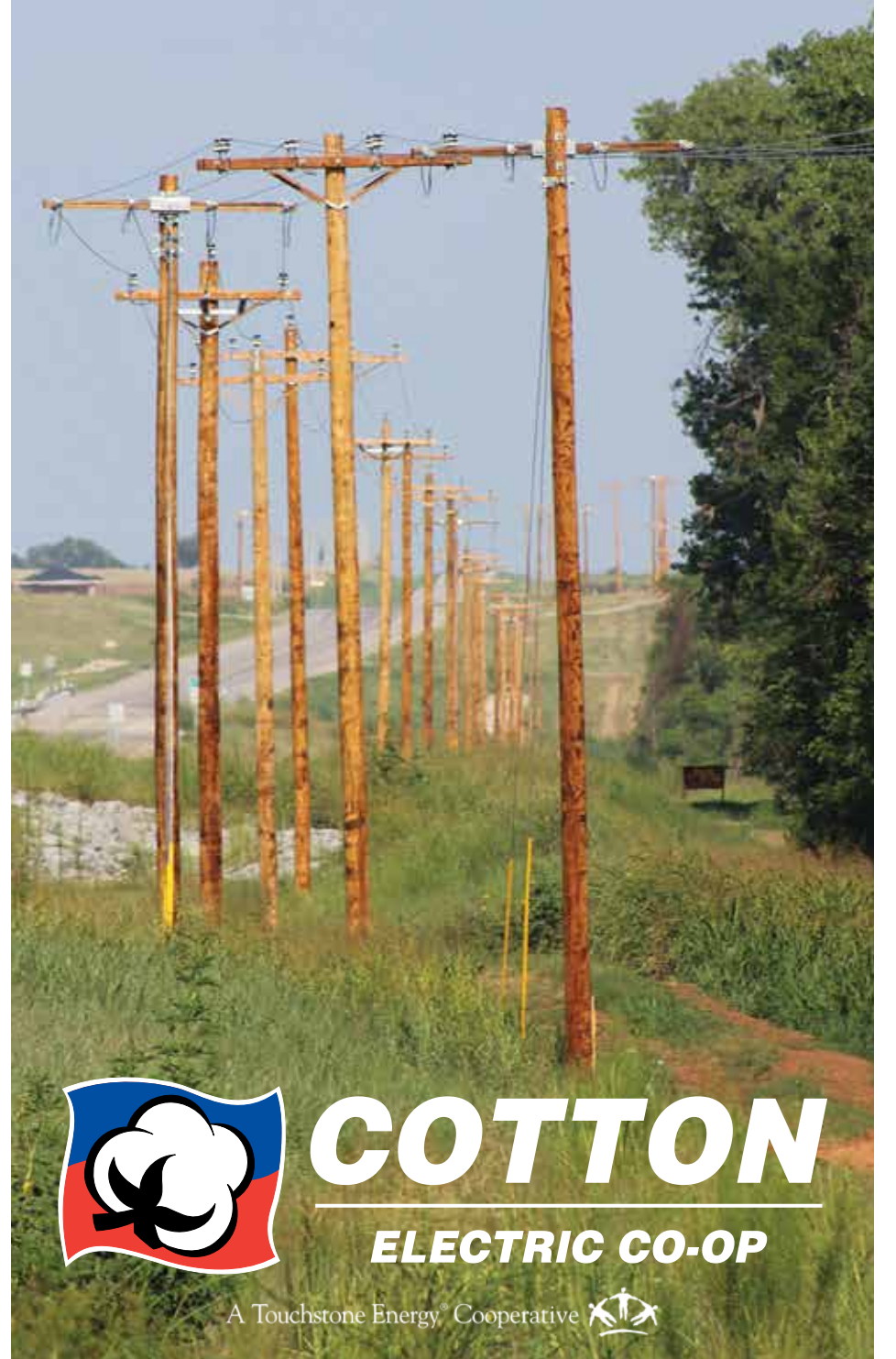
Car show entry begins at noon the day of the event. Save \$5 on the entry fee by registering early. Entry forms are available from any CHVFD volunteer.

Volunteers also have tickets for the gun raffle. See photos and cost of raffle tickets at the CHVFD Facebook page.

For information, call Dan Eberhart at 580-467-6663; David Hurlocker, 467-3091; or David McCarley, 658-6510 or 467-6510.

**BUILT by our community.  
SHAPED by our community.  
LED by our community.**

**WE'RE PROUD TO  
POWER YOUR LIFE.**



**COTTON**  
**ELECTRIC CO-OP**

A Touchstone Energy Cooperative

## Upcoming Deadlines for The Current

May	June	July
Ad Sales April 23	Ad Sales May 28	Ad Sales June 25
Classified May 3	Classified June 2	Classified June 30
Publish Date May 10	Publish Date June 14	Publish Date July 12



Photo Source: Scott Van Osdol

Cordless electric leaf blowers are lightweight and easy to maneuver.

# Electrify your lawn care

Spring is here, and with it comes the time for lawn maintenance. If you're in the market to upgrade your lawn care equipment, you may want to consider electric (or battery-powered) options.

Gas-powered lawn mowers and trimmers may be your go-to, but times they are a changin'. Electric lawn care equipment options are becoming more popular than ever, offering consumers faster charging times, longer battery life and quieter, greener products compared to their gas-powered counterparts. Here are three ways you can electrify your lawn care this spring.

## Electric Lawn Mowers

Electric lawn mowers have come a long way over the last few years. Early models required corded connections, which were tricky to manage—but the cord has been cut. Newer cordless electric mowers are certainly more expensive than gas-powered mowers, but much of the upfront cost can be recovered since electricity is a less expensive fuel than gas, and electric engines generally require less maintenance than gas engines. Cordless electric mowers typically range from \$200 to \$500 for a push style. Electric riding mowers can range from around \$2,300 up to \$5,000 for a zero-turn version. There are even fully automated versions available that are similar in concept to a Roomba home vacuum.

Electric mowers are suitable for most lawn care needs, with batteries that typically require about

one to two hours to fully charge, and most batteries can run for a full hour. That said, if you have a large yard (half an acre or larger), a gas-powered option may better suit your needs.



Heath Morgan, Energy Efficiency Coordinator

## Electric Trimmers

Cordless electric string trimmers are a great option for most lawns. Traditionally, like lawn mowers, string trimmers have typically been powered by gas. But new versions of electric trimmers are improving and are now considered worthy competitors of gas-powered models.

Cordless electric trimmers are much quieter and easier to use, but most batteries last about 30 to 45 minutes. So, if you have a lot of space to trim, you may want to consider a back-up battery or plan to work in short bursts. If you're interested in purchasing an electric trimmer, the main factors to consider are the battery's life, charge time and power. Costs can vary depending on your needs, but you can find a quality version for about \$100.

## Electric Leaf Blowers

After cutting and trimming your lawn, you'll need to clear off those walkways and patios for the finishing touch. If you don't want

to deal with the maintenance of a gas-powered blower or the restraints of a corded blower, a cordless electric version is a great option.

Cordless electric leaf blowers are lightweight and easy to maneuver, but they don't offer quite as much power as gas-powered and corded blowers. If your leaf blowing and clearing needs are minimal, a cordless electric leaf blower can get the job done. Costs for a cordless electric blower vary depending on power and battery quality, but you can purchase a dependable model for about \$150 and up.

I made the jump to an electric trimmer and blower last year. I was very impressed with the control, power, and battery life. The trimmer model I purchased is a dual line version that will accept up to 0.095-inch diameter cord. In a full year of maintaining my lawn, I haven't come across anything it wasn't able to handle. This holds true for the blower also. Both tools have battery indicators on them allowing you to keep an eye on your battery charge. Each also has selectable power levels so you can tailor your battery usage to the work being performed.

If you're looking to electrify your lawn care equipment, be sure to do your homework. Search online for the latest reviews, and check trusted websites like ConsumerReports.org. With a little research, you'll be well on your way to Lawn of the Month – with less maintenance, hassle and noise.

STICKING TO A BUDGET IS EASIER WITH MY COMPUTER TURNED OFF.

Makes sense. Less power equals more savings. I'm saving \$105 a year by shutting down all the way. What can you do? Find out how the little changes add up at [TOUCHSTONEENERGY.COM](http://TOUCHSTONEENERGY.COM)



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**PUBLIC AUCTION**  
Saturday, May 15, 2021  
10:00AM  
515 West Plato Road  
Duncan, Oklahoma

**Gary Criswell Auction Service & Real Estate, Inc.** has been commissioned by the Estate of Lois Ann Schornick to offer at Public Auction her Home and Personal Property situated at 515 West Plato Road, Duncan, Oklahoma.

**Real Property Consists of:** A 3 Bedroom Frame Home with a 4' Brick Facade (Approximately 1,679 Square Feet) with a Living Room, Sunken Den with Fireplace, Kitchen with Dining Area, Utility Room, Pantry and Two (2) Full Baths.

**Additional Improvements include:** An Attached Screened in Porch, a Detached 2 Car Garage with an Attached Shop/Lawn Mower Shed. The Home has a Tennis Court and a Storm Shelter and a Fenced in Backyard in a Good Neighborhood.

**Household Furnishings include:** A Living Room Sofa with Matching Ottoman, Entertainment Center with Cabinet, Dresser with Mirror and Serpentine Front (Tiger Oak), a Lamp Table (Tiger Oak), Chest of Drawers, Iron Bedstead (Complete), Ice Cream Parlor Chairs (Set of 4), Thomasville Bedroom Suite (4 Piece)-Nice, WHIRLPOOL Side by Side Refrigerator (Stainless Steel), MAYTAG Washer, MAYTAG Dryer, China Cabinet, Dining Table with 6 Chairs (Early American), La-Z-Boy Recliner, Glider Rocker, Metal Bar Stools, Huskystar-207/215 Sewing Machine, Desk-5 Drawer, Mirrors, Floor Lamp (2) and a Variety of Nice Glassware and Collectibles.

**Lawn Equipment:** MURRAY - Lawn Mower 12.5 HP x 40" with Bagger, LAWNBOY - Push Mower, RYOBI-Weedeater, TORO Electric Blower and a Variety of Lawn and Garden Tools.

**Miscellaneous:** Commercial Scaffolding - 6' with Stand, Aluminum Ladders (18' and 24') and a Variety of Hand Tools.

**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. Valid I.D. required. Buyers must provide Auction Company a copy of Sales Tax Permit if Tax Exempt.

**Preview of Auction:** Will be held Friday afternoon, May 14, 2021 from 1:00 pm to 6:00 pm. Announcements made day of Sale supersede all other Advertisements. Please plan to attend this Public Auction. Multi-Listing Number - 35790.

**Auctioneer's Note:** This Home in a Good Location with Nice Household Furnishings. The Home will be offered at Auction at 10:00 A.M. The Real Property will be offered "As-Is-Where-Is." The Seller reserves the right to accept or reject the final bid. Stephens County Abstract Company will serve as the Closing Agent on the Real Property.

**Gary Criswell Auction Service & Real Estate, Inc.**  
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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. Contact [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

# Vegetation Management crews always prioritize power quality

Cotton Electric strives to provide the best service to its members. One way this goal is achieved is through the co-op's Vegetation Management (VM.) The VM program is a proactive effort to ensure quality power delivery. Aggressive and preventive vegetation management is valuable to members from a service and an economic perspective. Keeping vegetation away from power lines is also a matter of safety.

Vice President Mike Ottinger oversees Cotton Electric's in-house four-man crew, as well as contract crews throughout the year, as they clear vegetation and prevent re-growth.

Employees make every effort to contact land and homeowners in person as they move into an area. If members are not home, an effort will be made to contact owners by phone and, in some cases, a bright-colored door hanger will be left at the house or tied to a gate post. Updated member contact information helps with this process. Give the co-op a call at 580-875-3351 to make sure we have the correct contact information on record.

## V M UPDATE

After trees are cleared, crews return to the area at regularly scheduled intervals to apply a specially formulated herbicide that will prevent tree growth without causing harm to grasses. Spraying is done only during growing season, which begins in mid-May. Spraying is done only on days when the weather is right for safe application.

"Spraying keeps crews from returning to the same area again and again to trim regrown vegetation," Ottinger said. "This saves the co-op man-hours and, in turn, saves members money."

Crews have been working across Cotton Electric's service territory as needs arise while social distancing and following CDC guidelines.

Northeast Rural Services (NRS) is finishing up contract work between Loco and Velma in Stephens County. They will be prioritizing the clearing of vegetation to improve power quality and make room for pole change-outs.

As always, Cotton Electric's VM crew is continually looking for land and home owners in need of free, untreated wood chips. Since the wood chips are untreated, it is not recommended to use them next to a structure.

Landowners looking for material to help with erosion problems may want to contact Cotton Electric, too. With the co-op's skid steer, The VM crew can deliver stumps and other debris too large to chip or mulch.

Chips and large debris will be delivered to members nearest the day's work location who can be reached by phone. There is no guarantee a member will receive wood chips at any particular time.

Leave a message at 580-875-4235 to have your name added to the list of members willing to take wood chips.

**Get your HVAC Tune-up done by June 20 to qualify for a rebate!**

**COTTON ELECTRIC CO-OP**

## 5 reasons to have your A/C tuned up

Neglecting to maintain your air conditioning unit not only puts your family at risk of getting caught without cool indoor air on a sweltering summer day, it can unnecessarily cost you extra money.

Here are 5 reasons to get your air conditioner checked this spring:

1. Prevent a breakdown. A well-maintained air conditioning unit is less likely to break down unexpectedly when you have a house full of Fourth of July company or are enjoying a staycation at home with your family.

2. Spot needed repairs. Like your car, a unit that is regularly tuned up will reveal small problems that the tech can repair before they become big ones or even ruin the device.

3. Keep it running efficiently. A qualified service check will make sure your unit doesn't have any

problems that are keeping it from operating efficiently. An efficiently operating unit doesn't have to work as hard as one with problems, so it uses less energy. That can save you money on cooling bills.

4. Extend its life. A new A/C unit isn't cheap. If you keep yours in good shape, it will live longer, which means you won't have to shell out for a new one so soon.

5. Feel comfortable. An air conditioner that isn't working well might not cool your home evenly or enough. During a regular visit from an A/C repair tech, you can explain which rooms never seem cool enough.

Bonus: Cotton Electric members who have an A/C tune-up done before June 20 may qualify for a rebate. See details at [www.CottonElectric.com/hvac-tune-rebate](http://www.CottonElectric.com/hvac-tune-rebate).

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# SCHOLARSHIP CONTEST



**Essay Topic:**

**How do the 7 Cooperative Principles satisfy the needs of a community?**

## Living differently: Electricity makes things so much easier

*Editor's note: The essays of two area high school juniors won scholarships in Cotton Electric's 2021 Scholarship Contest. Both will appear in The Current.*



**Raley Heaton**  
Central High School

Over Christmas break, I was talking with my great-grandma about how different things used to be. Most people grew up on farms or ranches and worked on the farm or ranch from a young age. Growing up, my great-grandma did not have running water, in-house bathrooms, lights, or electric heat and air conditioning. She got married at the age of 17. She and my great-grandpa bought some land and started a dairy farm. Much like my great-grandpa, most of the men were drafted into the war when they turned 18. Therefore, the women stayed behind and tended to the children and the land. When he returned, he and my great-grandma started their family. Once the children were old enough to milk cows and work the land, they did. My papa and his siblings would get up in the morning, milk the cows and then go to school. When they returned home from school, they would milk the cows again and start all over the next day. The only issue was, there was no electricity. The only form of light was the sun and kerosene lamps.

Having electricity on the farm would have made milking and life in general so much easier. However, investor-owned utilities were not interested in bringing electricity to most farmers and ranchers because they were located so far out of town. In the 1930s, C.W. Cox believed southwest Oklahoma should have the opportunity of electricity. The Rural Electrification Administration (REA) was established to provide these rural areas with electricity around the idea of the Seven Cooperative Principles. Cox also believed the REA would stimulate business.

By the end of 1938, Cotton Electric made its headquarters in Walters, Oklahoma, and Cox was hired as the first manager. In early 1939, the REA approved a loan to fund over 200 miles of line in four counties. By August of that year, over 150 homes had electricity. During the war years,

Cotton Electric struggled, but once the war ended, the building of new lines boomed. In the '50s, the first issue of the Cotton Electric Current was published. It has grown from a four-page broadsheet to a 20-24 page broadsheet.

In 1960, the first patronage refund was issued and lines continued to spread. In the '70s, challenges arose. Utility prices went up because of an energy crisis and Cotton Electric directed efforts towards conservation to help members with the rising prices. This was around the time my great grandparents got electricity. They were able to milk ten times faster with an electric milking machine.

Cotton Electric has done a great deal to help communities. They show how they help communities through the Seven Cooperative Principles. The Seven Cooperative Principles are Voluntary and Open Membership, Democratic Member Control, Members' Economic Participation, Autonomy and Independence, Education, Training, and Information, Cooperation Among Cooperatives, and Concern for Community. All of these principles help the communities in some way. In the early '80s, they added crime watch in neighborhoods to prevent vandalism, established Cotton Electric Services, Inc., to


offer sales and installation of satellite TV, added in-house meter reading systems, and started a trend by donating satellite systems and refrigerators and microwaves to area schools. In the '90s, Cotton Electric added a testing lab for rubber goods which test not only Cotton Electrics equipment, but others as well. They joined with Touchstone Energy and CottonInternet was developed in this decade.

All throughout the 2000s Cotton Electric continued to help the communities. As stated in "Cotton Electric History," they are proud to help area schools with tax money, contributions, volunteer work, and youth activities. Many of their employees work after hours volunteering for civic and community duties. They also assist in resolving any problems they can at civic and community meetings. Another community service act is "Operation Roundup," adopted in 2004. Operation Roundup rounds monthly electric bills to the next dollar through voluntary contributions. Major computer software upgrades were also installed in the new millennium. Fast forward to the next decade. Near Devol, over 900 solar modules were added to improve outage restoration in 2017. Today, Cotton Electric has had a tremendous impact on the families and their life-

styles. The cooperatives deliver over 5,000 miles of line to over 20,000 locations.

My great-grandparents have experienced so much in their 90 years. Electricity has made the largest impact on their life. They did not grow up with the things most kids now do. They did not get to experience electricity, in-house bathrooms, or running water in their younger years.

Kids today are very fortunate to be able to grow up with all of the things my great-grandparents did not have. In their younger years, life could have been so much easier if they would have had electricity. Even their kids' lives would have been easier. The whole family would not have had to depend on the sun for light, they would not have had to go outside in the middle of the night to use the bathroom, and they would not have had to bring water in from outside in their early years. Having electricity on the farm made things so much easier. The thing they enjoyed the most was the electric milking machine. The milking machine was 10 times as efficient. Cotton Electric has continued to help area communities through the Seven Cooperative Principles over the years. Electricity has made a tremendous impact on the lives of many, especially my great-grandparents.






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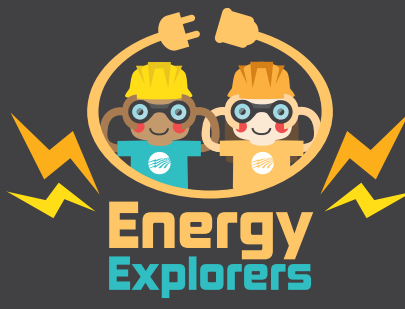


# COTTON

## ELECTRIC CO-OP

### ELECTRICAL SAFETY MONTH WORD SEARCH

May is Electrical Safety Month!  
Read the safety tips below, then find and circle all the bolded words in the puzzle.



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

#### WORD BANK:

- Do not use any electrical **cords** that feel warm to the touch or are **damaged** in any way.
- Remind parents or adults in your home to test **smoke alarms** every month. Alarms should be installed in every **bedroom**, outside each sleeping area and on every level of your home.
- Do not overload electrical **outlets**. Overloading creates a potential fire **hazard**.
- Keep all **liquids** away from **electronics**, including TVs, computers and gaming consoles.
- Do not run **electrical** cords under rugs or carpet. This creates a **fire risk**.

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2. Find it online! On the app or at [connections.coop](http://connections.coop)
3. Look for the Co-op Connections window sticker!

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# J AND E

METAL SALES

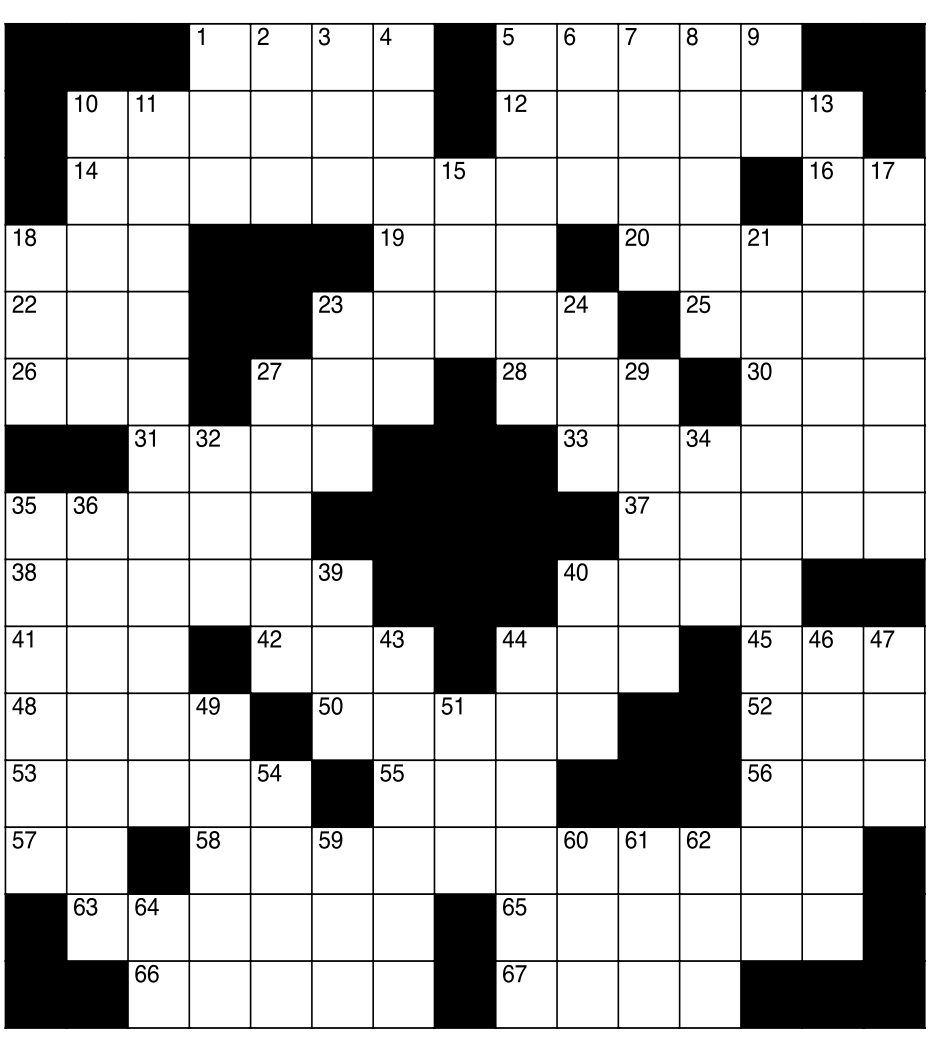
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#### CLUES ACROSS

- Large, flightless birds
- Lifts and moves heavy objects
- Hyundai sedan
- Wear away by erosion
- Arranged alphabetically
- Top prosecutor
- \_\_-de-sac: Short dead-end street
- Digital audiotape
- Linguistics pioneer
- Singer DiFranco
- Arms of the sea
- Near-reach weapon (abbr.)
- Ballplayer's accessory
- You get one at the beach
- U.S. founding father
- W. Australia indigenous people
- Amounts of time
- Put on the shelf
- Russian dynasty member
- City along the Elbe River
- A peninsula between the Red Sea and the Persian Gulf
- Actor Damon
- \_\_ King Cole, musician
- Company that rings receipts
- Scatter
- Basics
- Part of a door
- Indicates silence
- Moved quickly on foot
- Monetary units
- A place to crash



- Many subconsciouses
- Group of countries
- About line of latitude
- Female follower of Bacchus
- A dentist can treat it
- Dull brown fabrics
- Int'l nonprofit
- Entertainment legend Sullivan
- Steam bath room
- One who kills
- Food
- Swiss river
- Fleet
- Taxi
- Working class
- More (Spanish)
- High schoolers' test
- Large heavily built goat antelope
- Murdered in his bathtub
- Tease good-naturedly
- Morsel
- Cause persistent resentment
- A radioactive element
- Perform in a play
- Witty remark: Bon \_\_\_
- A great place to kayak
- Conclude by reasoning
- In an unfavorable way
- Complex of nerve tissues (abbr.)
- Machine for making paper
- Feline
- Yugo's hatchback
- Check
- Press against lightly
- Wind-pollinated plants
- \_\_compoop
- Commercial

#### CLUES DOWN

- Midway between northeast and east
- Partner to cheese
- One from Utah
- A way to move
- Playing cards
- Baseball star
- Long river in western Asia
- Grandmothers

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# Defend Your Data



## Protect yourself from identity theft

### What is Identity Theft?

Identity theft happens when a criminal steals information about you and uses that information to commit fraud, such as requesting unemployment benefits, tax refunds, or a new loan or credit card in your name. If you don't take precautions, you may end up paying for products or services that you didn't buy and dealing with the stress and financial heartache that follows identity theft.

Your personal information exists in numerous places all over the internet. Every time you browse or purchase something online, watch a video, buy groceries, visit your doctor, or use an app on your smartphone, information about you is being collected. That information is often legally sold or shared with other companies. Even if only one of these gets hacked, criminals can gain access to your personal information. Assume that some information about you is already available to criminals and consider what you

can do to slow down or detect the use of your information for fraud.

### How to detect it

- Review your financial cards and other accounts regularly for any charges or payments you did not make. An easy way to do this is to sign up for email, text messages, or phone app notifications for payments and other transactions. Monitor them for fraud.
- Investigate situations when merchants decline your credit or debit cards. Look into letters or phone calls from debt collectors for overdue payments for credit cards, medical bills, or loans that you know are not yours.
- Pay attention to letters that inform you about unemployment or other government benefit claims for which you never applied.
- If available in your area, review your credit reports at least once a year. For example, in the United States, you can request free reports from [annualcreditreport.com](http://annualcreditreport.com).

### What to do when it happens

- Contact the organization involved in the fraud. For example, if a criminal opened a credit card in your name, call that credit card company to notify it about the fraud. If someone filed for a tax refund or unemployment benefits in your name, contact the corresponding government organization.
- File a report with law enforcement to create an official record of identity theft. You can often do this online. For example, in the United States you can report at [identitytheft.gov](http://identitytheft.gov). Follow the site's instructions for any additional steps you may need to take.
- When responding to fraud, keep records of your interactions with your financial institutions and law enforcement, as well as the costs you incur due to identity theft in case these details will be needed later.
- Notify your insurance company; you may have identity theft protection included in one of your policies.

### How to defend against it

- Here are some simple steps you can take to decrease the chance of identity fraud happening:
- Limit how much information you share about yourself with online services and websites.
  - Use a unique strong password for all of your online accounts and enable two-factor authentication as additional protection for your most important accounts.
  - If applicable in your location, restrict who can get access to your credit reports. For example, in the United States freeze your credit score so that anyone who tries to get a credit card or loan in your name has to first temporarily unfreeze it.
  - Consider getting insurance coverage, either through a dedicated policy or as part of your existing insurance plan, that covers the costs of dealing with identity theft.

Source: SANS.org



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Cotton Electric officials recently presented members of United Methodist Women, Duncan with a \$1,500 Cotton Electric Charitable Foundation grant. The grant will support a month's worth of supplies of food, household and hygiene items in a Blessing Box at Hillcrest Park in Duncan.

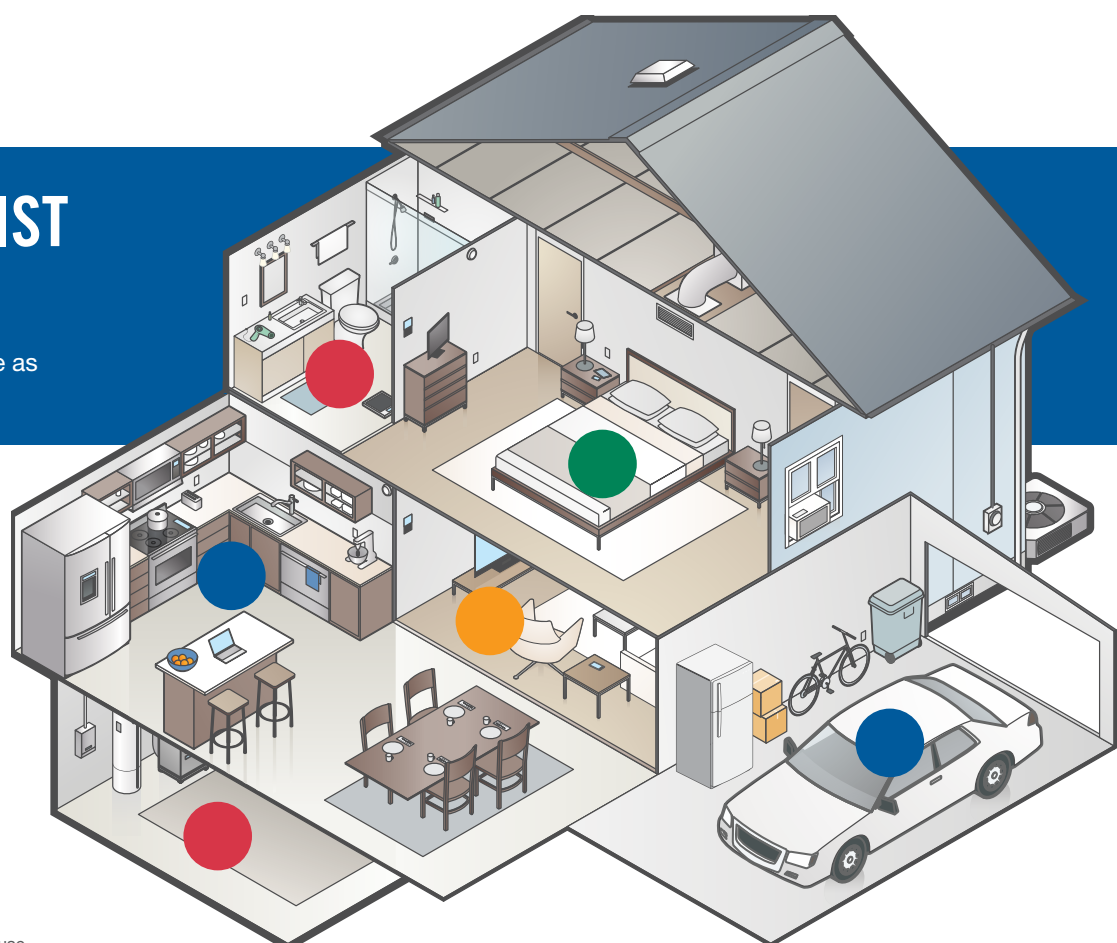
Download CECF grant applications at CottonElectric.com. Deadline for second-quarter 2021 grant applications is June 8. Operation Round Up is a voluntary program. Members may opt out by calling or sending a letter or email stating the account holder's name, account number and the request to be removed.



## ELECTRICAL SAFETY CHECKLIST

Electrical safety should be everyone's priority.

Check everything off this list monthly to make your home as safe as possible for you and your family.



### 1 | BATHROOM

- All electrical appliances are used away from the sink, tub, toilet and/or shower.
- All appliance cords are unplugged when not in use.
- All appliances are plugged into GFCI (Ground Fault Circuit Interrupter) -protected outlets, and GFCIs have been tested monthly.
- All unused outlets have safety caps installed, especially when children are in the home.
- All lighting in your shower area is vapor-tight.

### 2 | KITCHEN

- Back of refrigerator has room for air circulation and its coils are free of dirt and buildup.
- All electrical appliances are placed and used away from the sink.
- All appliances are plugged into GFCI (Ground Fault Circuit Interrupter) -protected outlets, and GFCIs have been tested monthly.
- All electrical cords are not cracked, frayed or damaged in any way.
- Appliance cords are not hanging from tables or counters and are unplugged when not in use.

### 3 | BASEMENT

- Circuit breaker box is labeled with the last electrical inspection, correct amperage and which rooms, outlets and circuits they service.
- Standard circuit breakers have been inspected, and you've considered talking with your licensed electrician about replacing with Arc Fault Circuit Interrupters (AFCIs).
- Washer and dryer do not wobble excessively while running, have room for air circulation, and dryer lint is removed after each use.
- Furnace has been inspected, cleaned and has proper ventilation outside the house.
- Temperature on the water heater is set to 120° or less.

### 4 | FAMILY ROOM

- All unused outlets have safety caps installed, especially when children are in the home.
- All light switch and outlet covers are not cracked or broken.
- All electrical equipment (lamps, electronics, etc.) are being used without the use of extension cords.
- All power outlets, power strips and surge protectors are not overloaded.
- All electronics have room for air circulation.

### 5 | BEDROOM

- All smoke and carbon monoxide detectors are in working order, and are placed outside all sleeping areas and on every level of the house.
- All light fixtures throughout the home are using bulbs not exceeding the fixture's maximum wattage.
- No electrical cords are resting under rugs or furniture.
- Electronic devices such as phone chargers are unplugged when not in use.
- Window unit air conditioners are plugged in on their own dedicated circuit.

### 6 | GARAGE

- All electrical cords are not cracked, frayed or damaged in any way – and are never used on a permanent basis.
- Appliance cords are unplugged when not in use.
- All appliances are plugged into GFCI (Ground Fault Circuit Interrupter) -protected outlets, and GFCIs have been tested monthly.
- Any garage-stored appliances, like refrigerators and freezers, have dedicated 20 amp appliance circuits.
- All storage boxes are placed away from wiring and plugs.

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## Here's a long-lasting Mother's Day gift

Mother's Day has almost arrived. As an adult, you can fully appreciate all your mother has done for you, so, on this occasion, you may be happy to give Mom flowers, candy, jewelry or something similar. But Mother's Day is here and then it's gone. Is there a longer-term gift that can make a real difference in your mother's life?



Actually, there is – the gift of knowledge for her financial future. Specifically, there are two key areas in which you may be able to provide valuable help to your mother: long-term care and estate planning. But don't panic – you don't have to be an expert in either one of these subjects. You can, however, steer Mom – and possibly your other parent, too, if one is in the picture – in the right direction. Let's take a quick look at both these topics. First, consider long-term care. If your mother is in good health, you may not have thought much about whether she would eventually need an extended stay in a nursing home or the services of a home

health aide. But the odds aren't necessarily in her favor: About 70 percent of adults who reach 65 will eventually require some type of long-term service and support, according to the U.S. Department of Health & Human Services. And this type of care is expensive: The annual median cost for a private room in a nursing home is more than \$100,000, and it's nearly \$55,000 per year for the full-time services of a home health aide, according to a survey by the insurance company Genworth. Unless your mother has accumulated a great deal of financial resources, she likely won't be able to pay these costs out of pocket without jeopardizing her financial independence. Furthermore,

Medicare typically pays only a small portion of these expenses. To help your mother deal with this potential financial threat, you might want to suggest she meet with a financial professional, who can explore possible strategies and products designed to address long-term care. And the sooner, the better, because these solutions will become more expensive and challenging the older your mother gets. The second topic you may want to bring up with your mother is her estate plan. Has she drafted a will? Has she safeguarded her wishes by creating the necessary legal documents? These could include a durable power of

attorney for finances, which allows her to name someone to manage her financial affairs if she becomes incapacitated, and a durable power of attorney for health care, which allows someone to make medical decisions for her if she is unable to do so herself. Having her estate plans in order can help protect your mother's finances and ensure her legacy is honored – which is almost certainly an outcome she would keenly desire. So, if your mother doesn't already have a comprehensive estate plan, encourage her to see a legal professional to start the process. Helping your mother protect herself from the catastrophic costs of long-term care and the

chaos of an inadequate estate plan may not sound like a typical Mother's Day offering, but your actions can help keep Mom in a good place in life – and that's a pretty valuable gift. This article was written by Edward Jones for use by your local Edward Jones financial advisor. Edward Jones is a licensed insurance producer in all states and Washington, D.C., through Edward D. Jones & Co., L.P., and in California, New Mexico and Massachusetts through Edward Jones Insurance Agency of California, L.L.C.; Edward Jones Insurance Agency of New Mexico, L.L.C.; and Edward Jones Insurance Agency of Massachusetts, L.L.C. Edward Jones. Member SIPC.

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The Dietary Guidelines for Americans can help.

**We're in the red.**

**117 MILLION** U.S. adults have 1+ chronic diseases.<sup>1</sup>

**BILLIONS** Spent in medical cost of diet-related chronic diseases.<sup>2</sup>

**8 in 10** Americans think advice about what to eat is conflicting.<sup>3</sup>

**\$147B** Obesity  
**\$245B** Type 2 Diabetes  
**\$316B** Heart Disease

**Healthy eating can help... but first, we need to do it.**

**U.S. Scores Over Time**

Year	Score
2005-2006	56
2007-2008	57
2009-2010	59
2011-2012	60
2013-2014	59

**59** The Healthy Eating Index Score shows that Americans do not align their eating choices with the Dietary Guidelines. (on a scale from 0-100)

**U.S. Scores by Age Group**

Age Group	Score
Ages 2-5	60
Ages 6-11	53
Ages 12-17	53
Ages 18-64	58
Ages 65+	66

**What's the return on our investment?**

Each step closer to eating a diet that aligns with the **DIETARY GUIDELINES** reduces risk of: <sup>4</sup>

- Heart Disease
- Type 2 Diabetes
- Cancer

**\$16B** THAT COULD SAVE THE UNITED STATES **\$16,000,000,000** annually within five years!<sup>5</sup>

That's a **5.6x return** for every \$1 invested!

**3 reasons why the Dietary Guidelines matter.**

**PRACTICAL TOOL**  
[USDA and HHS] took the science and brought it into the real world of how we eat... the Academy encourages everyone to follow the Dietary Guidelines recommendations because as dietitians we stand by science-based recommendations and realize that healthy eating is one of the most powerful tools we have to reduce the onset of disease.  
ACADEMY OF NUTRITION & DIETETICS

**DATA-DRIVEN**  
With confusing and often-conflicting information in the media, it is more important than ever that Americans have a clear source of science-based information about diet. We would like to see the 2020 Dietary Guidelines continue to provide Americans with science-based guidelines...  
AMERICAN COLLEGE OF CARDIOLOGY

**FOR ALL AGES**  
Pediatricians routinely look to the Dietary Guidelines to provide advice to our patients... We look forward to the inclusion of science-based Dietary Guidelines for children birth to 24 months in the 2020 Dietary Guidelines for Americans... Early nutrition sets the course for preventing many diseases, even those that would occur in adulthood...  
AMERICAN ACADEMY OF PEDIATRICS

Released jointly by USDA and HHS every 5 years, the Dietary Guidelines for Americans is the cornerstone for Federal nutrition programs and a go-to resource for health professionals nationwide. For more information, go to [www.DietaryGuidelines.gov](http://www.DietaryGuidelines.gov).

[www.cnp.usda.gov/dietary-guidelines-infographic-references](http://www.cnp.usda.gov/dietary-guidelines-infographic-references)  
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Center for Nutrition Policy and Promotion  
September 2017  
Revised February 2018

# Americans need to make healthier food choices

The 2020-2025 Dietary Guidelines for Americans were released by the U.S. Departments of Agriculture and Health and Human Services in December 2020. These guidelines are for the general public, including people who are overweight and people who are at risk for chronic diseases like diabetes, heart disease, and cancer. Individuals who already have a chronic disease need nutrition advice tailored to their specific health condition. Of note in the newest set of guidelines are the following: the majority of Americans continue to make unhealthy food choices, leading to higher rates of obesity and associated chronic diseases and identifying specific nutrients of concern: calcium, potassium, and dietary fiber.



Kim Bandelier, MPH, RD, LD

## Food For THOUGHT

Across age groups from age 2 to 60-plus, we are struggling to follow the Dietary Guidelines. Adults age 60 and older do the best (Healthy Eating Index score of 63/100), and school-age children do the worst (Healthy Eating Index score of 51-55/100 from age 5-18).

Parents and caregivers of children - we need to do better. We need to create healthy eating environments at home and on-the-go. An easy way to do that is to compare meals and snacks to MyPlate.

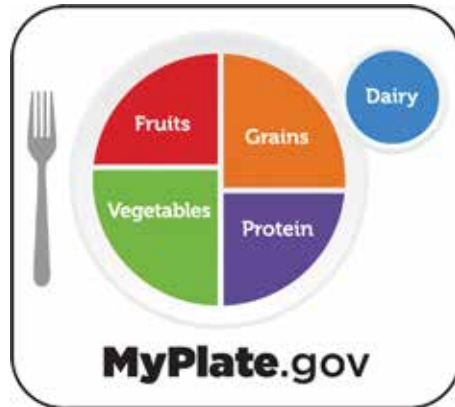
MyPlate replaced the Food Guide

Pyramid in 2011 as the visual representation of healthy, balanced meals. MyPlate is a plate made of four sections, equally divided between fruits, vegetables, whole grains, and lean protein. To the side of MyPlate is low fat/fat free dairy, lactose-free milk, or fortified soy beverage.

Reminder: French fries and chips do not count as vegetables.

The easiest way to evaluate your food intake is to think of how it stacks up to MyPlate. To learn more about MyPlate, visit [www.MyPlate.gov](http://www.MyPlate.gov).

Given our continued struggle with healthy eating, there are now three nutrients of concern - calcium, po-



tassium, and dietary fiber. Sources of calcium include milk and cheese, fortified milk alternatives (plant-based "milk") and other fortified foods such as juice, bars, cereals, etc. To find out the amount of fortification, you must read the Nutrition Facts Label.

Calcium requirements vary by age. To determine how much calcium you need, review the National Institutes of Health Office of Dietary Supplements Consumer Fact Sheet at <https://ods.od.nih.gov/factsheets/Calcium-Consumer/>.

Potassium should be easy to get the recommended amounts as it is found in a wide variety of foods: fruits and vegetables, nuts, seeds, meat, and some dairy products. However, across all age groups, few people consume enough potassium-rich foods.

Potassium is essential for all cells. It regulates the function of muscles and nerves, helps synthesize protein

and metabolize carbohydrates. You can find the recommended amount of potassium intake by age at <https://ods.od.nih.gov/factsheets/Potassium-Consumer/>. Potassium is required to be listed on the Nutrition Facts Label.

According to the U.S. Dietary Guidelines, more than 90 percent of women and 97 percent of men do not meet recommended intakes for dietary fiber. The best sources of fiber in the diet are fruits, vegetables, and whole grains. Dietary fiber is a focus of the dietary guidelines due to its role in preventing heart disease.

The dietary fiber intake recommendation for adult women is 22-25g per day and for adult men, 28-34g per day. Foods highest in fiber include fruits, vegetables, whole grains, and fiber-fortified foods. Dietary fiber is listed on the Nutrition Facts Label.

We have the recommended intakes and the Nutrition Facts Label has been modified to make information on nutrients of concern more available. Now it is time for us to take the next step. How does your diet compare to MyPlate? Where are the opportunities for you to improve your intake? Take steps today to move towards a healthier diet, for yourself and any little ones who may be watching.

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Servings: 1

- 1 cup Florida Orange Juice
- 1/2 cup Florida Grapefruit Juice
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- 1/2 cup low-fat vanilla yogurt
- 1/2 teaspoon vanilla extract

In blender, blend orange juice, grapefruit juice, banana, yogurt and vanilla extract until smooth. Serve immediately.



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## Kitchen staples helpful for heart health

(Family Features) Taking care of your heart health requires a commitment to the right routines and smart decisions, such as adopting a heart healthy diet. Foods you might already have in your kitchen can offer powerful vitamins, minerals and beneficial plant compounds that may help contribute to heart health.

Decades of research shows that each 8-ounce serving of 100% orange juice, such as Florida Orange Juice, is packed with key nutrients and valuable plant compounds, which may play a beneficial role in helping lower blood pressure and other risk factors for heart disease. Consider these additional heart health benefits of 100% orange juice:

- While many people associate vitamin C with its ability to help promote a healthy immune system, it's also been shown to support cardiovascular health. Orange juice is an excellent source of vitamin C providing more than

100% of the recommended daily value in an 8-ounce glass.

- In several research studies, higher intakes of the flavonoids typically found in citrus were associated with reduced risk for cardiovascular disease and stroke.

- In one 8-ounce serving, 100% orange juice provides 10% of the daily value of potassium, which is an electrolyte that helps maintain fluid balance affecting blood pressure. Diets containing foods that are good sources of potassium and low in sodium may reduce the risk of high blood pressure and stroke.

- Some studies found folate and vitamin B6, both water-soluble vitamins, may help protect against heart disease by lowering homocysteine levels in the blood, an amino acid believed to cause damage to the arteries and increase the risk of blood clots when elevated. One 8-ounce glass of orange juice contains 15% of the daily value of folate and 8%

the daily value of vitamin B6.

“Drinking Florida Orange Juice is not only delicious, it delivers a powerful combination of vitamins, minerals, antioxidants and beneficial plant compounds,” said Dr. Rosa Walsh, director of scientific research at the Florida Department of Citrus. “From helping to reduce hypertension to fighting inflammation, it is an excellent choice to include in a heart-healthy diet.”

You can add the heart health benefits of 100% orange juice to your diet with the powerfully nutritious punch of Orange Juice Shrimp Quinoa Bowls, the perfect mixture of textures with tangy, spicy and sweet flavors. Or start the day strong with a Florida Sunshine Grapefruit Smoothie for a breakfast beverage that requires just a few minutes of prep and blending.

Find more heart healthy inspiration at [floridacitrus.org](http://floridacitrus.org).

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## Puzzle Answers

		E	M	U	S		C	R	A	N	E				
S	O	N	A	T	A		A	B	R	A	D	E			
A	B	E	C	E	D	A	R	I	A	N		D	A		
C	U	L				D	A	T		S	A	P	I	R	
A	N	I				M	E	R	E	S		S	R	B	M
B	A	T		T	A	N		S	A	M		O	L	A	
		E	R	A	S					T	A	B	L	E	D
R	U	R	I	K						R	I	E	S	A	
A	R	A	B	I	A					M	A	T	T		
N	A	T		N	C	R		D	O	T		A	B	C	
K	N	O	B		T	A	C	E	T			R	A	N	
L	I	R	A	S		P	A	D				I	D	S	
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		M	A	E	N	A	D			C	A	V	I	T	Y
			D	R	A	B	S			E	B	A	N		



### Orange Juice Shrimp Quinoa Bowls

- 2 cups water
- 1 cup quinoa
- 1 cup Florida Orange Juice
- 1 tablespoon hot sauce
- 1 tablespoon honey
- 1 tablespoon soy sauce
- 6 tablespoons vegetable oil, divided
- 2 tablespoons lime juice
- 1 tablespoon white miso
- 1 1/2 pounds shrimp, peeled and deveined
- 1/4 teaspoon kosher salt
- 1/8 teaspoon ground black pepper
- 1 bell pepper, diced
- 1 English cucumber, sliced into half moons
- 3 scallions, sliced
- 1 avocado, sliced
- 1 teaspoon sesame seeds
- 2 tablespoons cilantro, chopped

In pot, bring water to boil. Add quinoa, reduce to simmer, cover and cook 15 minutes. Fluff with fork.

In bowl, whisk orange juice, hot sauce, honey, soy sauce, 4 tablespoons vegetable oil, lime juice and miso. Remove half and set aside.

Add shrimp to remaining half and marinate 15 minutes.

Heat large skillet over medium-high heat and add remaining oil. Season shrimp with salt and pepper then add shrimp to wok and saute, cooking approximately 2 minutes per side until pink and cooked through.

Place 1/2 cup quinoa in bowl and top with bell pepper, cucumber, scallions, avocado and shrimp.

Drizzle with dressing that was set aside and garnish with sesame seeds and cilantro.

Servings: 2

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