

# The Current

A Publication of Cotton Electric Cooperative Inc.

A Touchstone Energy® Cooperative 

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

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## Cotton Electric displays Cooperation Among Cooperatives

By Danielle Quickle

October is Co-op Month. The word “cooperative” in the context of “Cotton Electric Cooperative” means your co-op is organized and operated by following the cooperative business model. As part of this model, cooperatives are owned by the members they serve and are guided by seven co-op principles.

Cooperation Among Cooperatives is recognized as the sixth co-op principle and means that if a nearby electric cooperative is in need of assistance, Cotton Electric is willing to help. Since late August, Cotton Electric has sent three separate 4-man crews to Louisiana to assist with power restoration efforts from damage caused by Hurricane Laura.

The first crew dispatched consisted of line workers Dillon Wiygul, Terry Turner, Chase Smith and Kyle Linthicum. Upon their return, the co-op sent Ronnie Mansel, Quaid Ogletree, Bob Anderson and Prestin Green. Line workers TJ James, Conner Daniel, Billy Kennard and Larry Crowell volunteered to be the final crew sent to help; they departed Oklahoma on Sept. 20.

“I wanted to go for the experience,” Smith said. “But it is also beneficial for the co-op to provide mutual aid because, if we ever need it, we will get help getting the lights back on sooner for our members.”

The first crew took a six-hour road

trip to Homer, Louisiana to assist Claiborne Electric. Poles were set, cross arms changed, trees cut and wire pulled to restore power to the 24,000 members left in the dark. Assisting crews were housed at a nearby church camp. After five 16-hour days, Cotton Electric linemen were released to DeRidder, located south of Homer, to provide relief to Beauregard Electric Cooperative and their members.

“Going down to DeRidder was pretty wild. They had lines down everywhere, barns destroyed and roofs off of homes,” Linthicum said. “It made me appreciate that we don’t get that kind of stuff here.”

Cotton Electric’s two subsequent crews were sent to DeRidder to continue restoration efforts. They were joined by others representing Oklahoma electric cooperatives including Canadian Valley, Kay, Cimarron, Northeast, Central Rural, Choctaw, East Central and Rural Electric Cooperative. Together they worked to restore power as quickly as possible to members who had welcomed them with open arms.

“The gratitude and appreciation everyone had for us just being down there and helping was the most rewarding part for me,” Smith said.

All Cotton Electric crews have returned home and continue to strive to provide power that is reliable, affordable and safe to our members.



From left, Linemen Dillon Wiygul, Terry Turner, Chase Smith and Kyle Linthicum travelled to Louisiana to aid with power restoration.



From left, Linemen Ronnie Mansel, Quaid Ogletree, Bob Anderson and Prestin Green travelled to Louisiana to aid with power restoration.



From left, Linemen TJ James, Conner Daniel, Billy Kennard and Larry Crowell travelled to Louisiana to aid with power restoration.

### UNDERSTANDING THE SEVEN COOPERATIVE PRINCIPLES

Cooperatives around the world operate according to the same set of core principles and values, adopted by the International Co-operative Alliance. These principles are a key reason why America’s electric cooperatives operate differently from other electric utilities, putting the needs of our members first.



#### VOLUNTARY AND OPEN MEMBERSHIP

Membership in a cooperative is open to all persons who can reasonably use its services and stand willing to accept the responsibilities of membership, regardless of race, religion, gender or economic circumstances.



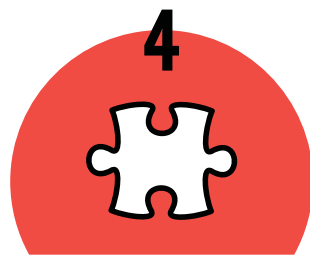
#### DEMOCRATIC MEMBER CONTROL

Cooperatives are democratic organizations controlled by their members, who actively participate in setting policies and making decisions. Elected representatives (directors/trustees) are elected from among the membership and are accountable to the membership. In primary cooperatives, members have equal voting rights (one member, one vote); cooperatives at other levels are organized in a democratic manner.



#### MEMBERS' ECONOMIC PARTICIPATION

Members contribute equitably to, and democratically control, the capital of their cooperative. At least part of that capital remains the common property of the cooperative. Members allocate surpluses for any or all of the following purposes: developing the cooperative; setting up reserves; benefiting members in proportion to their transactions with the cooperative; and supporting other activities approved by the membership.



#### AUTONOMY AND INDEPENDENCE

Cooperatives are autonomous, self-help organizations controlled by their members. If they enter into agreements with other organizations, including governments, or raise capital from external sources, they do so on terms that ensure democratic control as well as their unique identity.



#### EDUCATION, TRAINING AND INFORMATION

Education and training for members, elected representatives (directors/trustees), CEOs and employees help them effectively contribute to the development of their cooperatives. Communications about the nature and benefits of cooperatives, particularly with the general public and opinion leaders, helps boost cooperative understanding.



#### COOPERATION AMONG COOPERATIVES

By working together through local, national, regional, and international structures, cooperatives improve services, bolster local economies and deal more effectively with social and community needs.



#### CONCERN FOR COMMUNITY

Cooperatives work for the sustainable development of their communities through policies supported by the membership.

#### Power Cost Adjustment Calculated

The power cost adjustment now being applied to bills mailed after Oct. 1, 2020, is (\$0.00334) per kWh.

On a member’s average bill of 1,300 kilowatt hours (kWh), this will amount to a credit of \$4.34 on the October bill.

#### September 2020 Temperature Extremes

Day	High	Low	Avg.	Day	High	Low	Avg.
1	77	71	74	16	87	62	75
2	86	69	78	17	86	64	75
3	92	67	80	18	83	61	72
4	90	71	81	19	78	56	67
5	91	69	80	20	81	53	67
6	92	65	79	21	81	56	69
7	94	69	82	22	74	64	69
8	90	57	74	23	74	64	69
9	57	51	54	24	85	54	70
10	65	51	58	25	90	61	76
11	71	57	64	26	92	67	80
12	81	57	69	27	92	57	75
13	86	61	74	28	72	49	61
14	82	61	72	29	76	51	64
15	85	66	76	30	80	55	68

Source: [srh.noaa.gov/oun/](http://srh.noaa.gov/oun/)  
Average Daily High: 83 Average Daily Low: 57

#### Did You Know?

Cotton Electric 2020 District and Annual Meetings have been postponed. Updates will be shared as they are made available.

The next issue of The Current should arrive in mailboxes on Nov. 9, 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 [cottonelectric.com](http://cottonelectric.com)

# From the CEO Power On: October is National Co-op Month

As an electric cooperative, our top priority is always to provide reliable, affordable energy to you, the consumer-members we serve.



Jennifer Meason, CEO

Because we are a co-op, our mission is to enrich the lives of our members and serve the long-term interests of our local community — and this mission has never been more critical than in recent months. One of the seven principles that guides all co-ops is “concern for community.” To me, this principle is the essential DNA of Cotton Electric Cooperative, and it sets us apart from other electric utilities.

October is National Co-op Month, and electric cooperatives across the country are highlighting the many ways we “Power On.” Keeping this theme in mind, I recognize the essential role we play in serving a special community like ours.

Who would have fathomed in March, that the COVID-19 virus would amount to a test of our commu-

nity and our nation? The changing circumstances due to the pandemic have created both challenges and opportunities. Over the past several months, we’ve all been challenged to operate differently, and Cotton Electric has stepped up to help our members and strengthen the safety net for our more vulnerable neighbors.

As an essential service, and to ensure reliability of your power supply, we modified our operations to safeguard business continuity. Our line crews and other employees began working on staggered schedules to maintain separation. In the office, we limited and modified meetings and gatherings to allow for safe separation. We also adjusted our office operations to ensure the health and safety of our employees and our valued members. In addition, we postponed our District and Annual Meetings until it is safer for us to meet together. For the health and safety of everyone, we think these measures were the prudent course of action for the times.

For our members impacted by COVID-19 who needed help with their electric bills, we waived late fees and worked with those hit the hard-



est to make special payment arrangements.

I tell you about all of these efforts not to boast about Cotton Electric but to explain how much we care about this community — because we live here too.

We’ve seen other local businesses and organizations rising to meet similar challenges during this time, because that’s what communities do. While the challenges caused by COVID-19 have been daunting, I’m encouraged to see how everyone is pulling together.

Another cooperative principle is cooperation among cooperatives. On

the front page, you’ll see how our concern for community extends to cooperative members nationwide as 12 of our linemen traveled to Louisiana to assist electric cooperatives there with storm restoration efforts after the devastation of Hurricane Laura. I’m very proud of all of our line crews who traveled to help and to those who stepped up to cover at home while our crews were away.

In 1938, Cotton Electric was built by the community to serve the community, and that’s what we’ll continue to do – power on.

## SET Foundation provides life-saving services

By Danielle Quickle

Cotton Electric Charitable Foundation (CECF) was developed to meet the needs of people in southwest Oklahoma. In September 2019, the Surgical Extraction Team (SET) Foundation was established for the same reasons.

“The Surgical Extraction Team is the only civilian casualty extraction team of its kind in America,” said Dr. Ché Miller, founder and board chairman of the foundation. “This program was hand-crafted to meet the needs of both urban and rural communities.”

The SET Foundation’s mission is to provide expert on-scene surgical care of entrapped patients. In the event someone is trapped as a result of an accident, whether traffic, aviation, industrial, agricultural or oil field related, the goal is to free the person quickly. When dispatched, the SET utilizes the air ambulance services in our areas and a local, trained surgeon is transported to the scene, if needed.

“The foundation began when a group of community leaders assembled at Duncan Regional Hospital in response to a local tragedy after an entrapped victim lost his life in July



During a Surgical Extraction Team demonstration, Dr. Danny Giles and the Air Evac team arrived on the scene in under 10 minutes for the training exercises.

2011,” Dr. Miller said. “It took five years to organize the program and create protocols and an additional year to create the foundation.”

This team was born out of a serious need, but, thankfully, an infrequent one.

“Our region has an average need for 1.3 surgical extractions per year for the past 15 years,” Dr. Miller shared. “Depending on distance, our surgical team can be on the scene in as little as 18 minutes.”

SET consists of emergency respond-

ers, community health leaders, law enforcement personnel and physicians. All parties’ services are volunteer and the patient is not charged a penny for the aid they receive from the team.

In June, SET Foundation was awarded a CECF grant for purchase of equipment and supplies needed for extraction and field amputation.

“Currently, we have four surgeons in two hospitals. Each hospital has a surgical extraction bag of instruments and equipment to rapidly establish a field operating room,” Dr. Miller ex-

plained. “The grant to purchase a new set of instruments will allow us to add an additional hospital and team of surgeons. The single greatest limitation in an area of 15,000 square miles is the time it takes to get a surgeon on the scene.”

The program is available 24/7 to all and the SET can be dispatched within minutes.

“We have launched on seven critically injured scenarios and have had successful rescues,” Dr. Miller said. “We want the community to be aware we are poised and ready to respond to any needs.”

Thanks to the generosity of Cotton Electric members, this life-saving program is able to serve more people across our territory.

“We are incredibly grateful to those who contribute to the Cotton Electric Charitable Foundation for your financial support,” Dr. Miller expressed. “We love your program and all you do to help our rural communities.”

Fourth-quarter CECF grant applications are due Nov. 10. Downloadable applications can be found at CottonElectric.com under the Operation Round Up tab.



### Energy Efficiency Tip of the Month

The average household owns 24 electronic products, which account for roughly 12% of home energy use. When shopping for electronics, consider purchasing ENERGY STAR®-certified products, which can be 70% more efficient than conventional models.

Source: [www.energystar.gov](http://www.energystar.gov)

### The Current

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**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.

	2020	2019
Total Amount Billed/Accrued	\$5,953,310	5,665,798
Cost of Purchased Power	4,046,922	3,946,456
Taxes	118,360	127,211
Total Operating Expense Per Mile	1,062	1,093
Average Farm and Residential Bill	171	158
Average Farm and Residential KWH	1,632	1,706
Total Meters Billed (farm, residential)	18,754	18,472
Miles Energized	5,206	5,198
Density Per Mile	3.60	3.55
New Service Connects YTD	275	218
Services Retired YTD	121	70

# Community Spotlight

If you would like your community event listed in the November issue, please submit information by Oct. 28 by calling 580-875-4255 or send an email to [TheCurrent@CottonElectric.com](mailto:TheCurrent@CottonElectric.com). Events that occur before Nov. 9 will not be published in the next issue.

### Rodeo participants compete

Top cowboys and cowgirls from Oklahoma, Kansas and Nebraska will ride into Duncan Oct. 16-17 to compete in the Prairie Circuit Finals Rodeo. Performances begin at 7:30 p.m. each night at the Stephens County fairgrounds arena. Steer roping will be at 9 a.m. Oct. 17.

Prairie Circuit winners in bareback riding, saddle bronc riding, barrel racing, steer wrestling, team roping, tie-down roping and bull riding will compete for cash prizes and a spot in the Ram National Circuit Finals Rodeo.

The rodeo will also feature World Champion Trick Roper Rider Kiesner. Friday night is themed "Tough Enough to Wear Pink" and Saturday will be "Back the Blue." A portion of the event proceeds benefit the Taylor Le Norman/McCasland Cancer Center.

Advance adult tickets are \$10 or \$12 at the door, kids' admission is \$5 and children 3-years-old and younger get in free. Advance tickets for all performances are available at Crutcher's Western Wear in Lawton and Duncan.

### Street fair kicks off fall in Fletcher

Fletcher Street Fair is set for 11 a.m. to 8:30 p.m. Oct. 17 on Main Street. Activities include a beauty pageant, baked-dessert contest, chili cook-off, evening glow run and live music and performances. Vendors and concessions will also be available for guests to enjoy. For information, visit [Facebook.com/FallStreetFestival](https://www.facebook.com/FallStreetFestival).

### Bark in the Park set for Oct. 17

For the 14th year, four-legged, fur-bearing critters will take over Duncan's Fuqua Park during Bark in the Park from 11 a.m. to 3 p.m. Oct. 17. This tail-waggin' celebration is open to all pets, their owners and spectators.

The Stephens County Humane Society and Friends of the Humane Society plan fun, food, contests, a Bark Boutique/Meow Mart, cat photo contest, vendors, demonstrations, a Strut Your Mutt pledge walk and onsite adoptions. There will be competitions for best costume, best bark, owner look-alike, best trick and longest tail.

The Humane Society will have several dogs on site available for adoption. Not only does this event raise awareness, but all proceeds go toward paying for daily operations at the shelter.

For information, call Patti Whitaker at 580-641-0667.

### Family fun in store at Boo Review.

Main Street Duncan merchants welcome trick-or-treaters during the annual Boo Review from 11 a.m. to 1 p.m. on Halloween. Activities include a pumpkin carving contest, music, a haunted house and costume contest.

First through third place awards will be given for cutest, scariest, most creative and best group costumes in each category. Categories include infant-3 years, 4-7 years, 8-11 years, 12 years and up, and group.

### DST ends Nov. 1

Daylight Saving Time ends at 2 a.m. Nov. 1. Remember to "fall back" – turn clocks back one hour – or you'll get to church an hour early!

### Comedy & Coffee set for Nov. 12

The 5th Annual Comedy & Coffee event is set for Nov. 12 at the Simmons Center in Duncan.

Doors open at 6 p.m. with comedian Bob Smiley kicking off the show at 7 p.m.

Viridian Coffee will serve coffee and Special Days Cake Boutique will serve a variety of cakes and desserts. Photographer Debbie Duggar will be on site to provide photo opportunities.

For information, call Kimberla Treat at 580-786-6000.

### 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 <http://thinkabilityfirst.com> or find Think Ability 'The Market' on Facebook.

### Lawton market open weekly

Lawton Farmers Market is open from 8 a.m. to noon every Saturday from May through October in the Cameron University parking lot, 227 S.W. 38th St. at the corner of 38th St. and Gore Blvd.

In addition to local seasonal produce, expect to see specialty foods such as jams, jellies, salsas, baked goods, wine, freshly roasted coffee beans, as well as handmade soap, herbs, plants, eggs, beef and an assortment of handcrafted items and food concessionaires.

For information, visit Lawton Farmers Market on Facebook. Buy fresh, buy local!

### Food pantry open once monthly

Walters Community Food Pantry is open from 8 a.m. to 11 a.m. on the second Saturday of each month. The pantry is in the old City Hall, 131 1/2 W. California Street.

Pantry organizers try to provide a two-week supply of basic staples to anyone with identification and proof of Cotton County residency.

Monetary donations may be sent to Food Pantry, c/o Paul Metcalfe, 211 E. Colorado St., Walters, OK 73572.

For information, call Roger Noland at 580-591-6826.

### Free Sunday occurs each month

A HOUSE FULL Resale hosts Free Sunday from 1 p.m. to 3 p.m., the first Sunday of each month, at 1821 W. Gore Blvd. in Lawton.

A variety of items will be available outside on racks and tables for free. Items include recyclables, clothing, kitchenware, books and other items great for projects or reuse.

Visitors are encouraged to bring at least one item to add to the tables. Items can also be donated for Hungry Hearts and LoveSick Ministries between 12:30 - 2 p.m.

Information can be found on A HOUSE FULL Resale's Facebook page.

## PHOTO OF THE MONTH



For Halloween, Brett Hays decided to become Cotton Electric's littlest lineman. Brett is the son of Journey Lineman Evan Hays. Are you planning an energy-related costume this year? Send a picture to [TheCurrent@CottonElectric.com](mailto:TheCurrent@CottonElectric.com).

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

## CTAC continues live concert series

Jukebox Saturday Night is the second in the 2020-21 Chisholm Trail Arts Council Live Concert series with their presentation of the music of Mancini. Jukebox Saturday Night celebrates the compositions of Henry Mancini from his early work with the Glenn Miller Orchestra including his memorable melodies from TV and film classics such as Peter Gunn, Breakfast at Tiffany's, The Pink Pan-

ther and many more.

A concise narration throughout the show includes historical information from Mancini's very successful career, from his childhood in Pittsburgh, PA, to his stardom in Hollywood.

Performance is set for 7:30 p.m. Nov. 21 at the Simmons Center in Duncan. Tickets are available at the door or through the [ChisholmTrailArts.com](https://www.ChisholmTrailArts.com) website.

# 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

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## Upcoming Deadlines for The Current

November	December	January
Ad Sales    Oct. 23 Classified    Oct. 28 Publish Date    Nov. 9	Ad Sales    Nov. 25 Classified    Dec. 2 Publish Date    Dec. 14	Deadlines for 2021 to be announced in coming issues.

# Cotton Electric supports Cybersecurity Awareness Month

Cotton Electric Cooperative is proud to announce its commitment to National Cybersecurity Awareness Month, held annually in October. This year's Cybersecurity Awareness Month theme is "Do Your Part. #BeCyberSmart," aimed to empower individuals and organizations to own their role in protecting their part of cyberspace.

By increasing awareness and enhancing understanding of basic cybersecurity practices, we can all work together to combat cyberthreats. Human element is oftentimes the biggest cybersecurity risk. Each of us has a critical role to play to ensure the security of our personal and professional data.

National Cybersecurity Awareness Month is spearheaded by the National Cyber Security Alliance (NCSA) and the Cybersecurity and Infrastructure Agency (CISA) of the U.S. Department of Homeland Security. The overarching message of this year's theme, 'If you Connect it, Protect it,' dives into the importance of keeping connected devices safe and secure from outside influence.

With more people spending time at home due to the COVID-19 pandemic, now more than ever before, connected devices are an integral part of how we communicate and access services essential to our well-being. Data collected from these devices can include highly-specific information about a person or business, which can be exploited by bad actors for criminal gain.

Cybersecurity Awareness Month aims to shed



light on these security vulnerabilities, while offering guidance surrounding simple security measures to limit the susceptibility of threats for common devices.

This year, the Cybersecurity Awareness Month's main weekly focus areas will revolve around:

- Understanding and following general security hygiene for connected devices and home networks;
- The importance of maintaining the security of connected devices for remote workers;
- How connected devices play a pivotal role in the future of healthcare; and,
- The overall future of connected devices for consumers, professionals and the public domain.

If everyone does their part – implementing stronger security practices, raising community awareness, educating vulnerable audiences or training employees – our interconnected world will be safer and

more resilient for everyone.

Now in its 17th year, Cybersecurity Awareness Month continues to build momentum and impact with the ultimate goal of providing everyone with the information they need to stay safer and more secure online. Cotton Electric is proud to support this far-reaching online safety awareness and education initiative.

Throughout the month of October, Cotton Electric will be sharing cybersecurity tips on our social media channels to raise awareness and promote good cyber hygiene.

For more information about Cybersecurity Awareness Month and how to participate, visit [stay-safeonline.org/cybersecurity-awareness-month/](http://stay-safeonline.org/cybersecurity-awareness-month/). You can also follow and use the official hashtag #BeCyberSmart on social media channels.

## Safety during virtual conferences a priority of cybersecurity

By Lodrina Cherne

October is Cybersecurity Awareness Month. With many working from home, you are most likely finding yourself remotely connecting with your co-workers using virtual conferencing solutions like Zoom, Slack or Microsoft Teams. Your family members, perhaps even your children, may also be using these same technologies to connect with friends or for remote learning. Regardless of why you are connecting, here are key steps you can safely and securely take to make the most of these technologies.

### Attending a Virtual Conference

If you will be attending a virtual conference, here are five key steps.

1. Update the Software: Make sure you are always using the latest version of the conferencing software. The more recent and updated your software, the more secure you will be. Enable automatic updating and quit your program when done, so it can check for the latest updates the next time you restart.
2. Configure Audio/Video Settings: Set your preferences to mute your microphone and turn off your video when joining a meeting and enable them only when you want. Consider



placing a webcam cover or tape over your computer's camera to ensure privacy when you're not actively broadcasting. Remember: If your camera is on, everyone can see what you are doing even when you are not talking.

3. Double-Check What's Behind You: If you want to enable your webcam, be aware of what's behind you. Ensure you do not have any personal or sensitive information visible behind you during a call. Some video conferencing software lets you blur or use a virtual background, so people cannot see what is behind you.

4. Don't Share Your Invite: The invite link is your personal ticket to enter the meeting. Even if a trusted co-worker needs the link, it's much better they ask the conference organizer for their own invite.

5. Do Not Record: Do not take screenshots of or record the confer-

ence call without permission. You could accidentally share very sensitive information if those screenshots or recordings become public.

### Hosting a Virtual Conference

If you will be hosting a virtual conference, here are some additional steps you should take.

1. Require a Password: To protect the privacy and security of your conference and control who can join, protect your meeting with a password. This way only people who have the conference password can join the event.
2. Review Attendees: Review the people attending your event. If there is someone you do not know or cannot identify, have that person confirm their identity. If you have concerns, or if someone is being rude or disruptive, remove them from the conference.

Many solutions offer the option to lock the conference once it has begun, so no one else can join unless you let them in. Another option may be to initially place people in a virtual waiting room, so you can approve who joins the call.

3. Inform if Recording: If you intend to record the event (and have permission to record,) be sure to inform everyone on the conference ahead of time.

4. Sharing Your Screen: If you will be sharing your computer screen at any point, be sure to first close all other applications and remove any sensitive files from your computer's desktop. Also disable any pop-up notifications. This helps ensure you don't accidentally share sensitive or embarrassing information while sharing your computer screen. Another option is to consider sharing just the program you want to show instead of sharing your entire computer screen.

These technologies are a fantastic tool and, in many ways, represent the future of how we will work, collaborate and communicate with others. These simple steps will go a long way to ensure you safely and securely make the most of them.

Source: SANS Awareness

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

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Dehart Air Conditioning offers preventative maintenance plans to keep systems healthy!

\*Rebates Available in many OMPA Member cities \*Restrictions apply



## CO-OP MONTH FILL-IN-THE-BLANK

Did you know October is National Co-op Month?

Complete the fill-in-the-blank activity below to learn about a few ways co-ops are unique! Use the word bank if you need help.



- Co-ops and their members work together toward a common \_\_\_\_\_.
- Co-ops are \_\_\_\_\_ organizations, so they understand the communities they serve.
- All co-ops operate according to the same set of seven cooperative \_\_\_\_\_.
- Concern for \_\_\_\_\_ is the seventh cooperative principle.
- Co-ops don't have customers; we have \_\_\_\_\_.
- Co-ops are \_\_\_\_\_ by the members they serve.

### WORD BANK

LED LOCAL GOAL MEMBERS  
LOCAL PRINCIPLES COMMUNITY

Answer Key: 1) goal 2) local 3) principles 4) community 5) members 6) led

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\*Parcels 2,3,4

Parcel #1 - Duncan - Stephens County

Real Property Consists of: A Total of 110 Acres. Property is Fenced and Crossed Fenced. There is Approximately 65 Acres Wooded. The Remainder is Grass Land. There is a Large Pond. A Natural Gas Line Runs Down North Side of Property. The Property has Hard Surface Roads with Gatlin Road on the North Side and 'N' Street on the East Side. Directions: North Hwy 81 and Gatlin Road. Go One and Three Quarter Miles East. Real Property Situated on South Side of Gatlin Road.  
**Broker's Note:** Great Pasture, Conveniently Located, Abundant Amount of Water and Nice Native Grass. See to Appreciate.

\$330,000

Parcel #2 - Comanche - Stephens County

This Property Consists of: A Total of 158 Acres. There are About 100 Acres for Cultivation, 12 Acres of Trees and the Balance of 46 Acres for Pasture. Property was Cross Fenced at One Time. There is 1 Pond on the Property and is Stocked with Catfish. Improvements include a Barn, Shed and Cattle Lot. An inhabitable Old House is on the Property.  
**Directions to Property:** From Comanche Go West From Hwy 81 on Hwy 53 for About 5 Miles to Empire Road. Turn North and Go About 150 Yards to the Entry Gate on the Left Side. There is a Double Green Gate. From Duncan, Go West on Beech From Hwy 81 About 5 Miles to Empire Road and Turn South and Go About 9 Miles to the Entry Gate (Double Green Gate).  
**Broker's Note:** Great Land for Cultivation! Great Stocked Pond! Come See!

\$418,700

Parcel #3 - Bray - Stephens County

The Property Consists of: A Total of 277.36 Acres. There is No Cross Fencing on this Property. There is Approximately 35 Acres of Trees. The Remainder is Currently Pasture. Approximately 150 Acres Could be Used for Crops (Hay, Wheat, Etc.). There is a Large Barn in the Middle of this Property and a Cattle Lot. A Well is in Close Proximity to the Barn and Lot. 3 Ponds From 2 to 4 Acres Stocked with Catfish. A Creek Fed by Underground Water Runs Year Round. Electricity is Available at the Barn. There are Entry Gates on Both the East and West Side of the Pasture.  
**Directions to Property -** From Marlow Go Approximately 5 Miles East on Hwy 29, Turn North on Cason Road and Go 2 Miles Until you Get to the West Entry Gate on the Right at Intersection of Cason and Ballpark Roads. To East Entry, Go One More Mile on Hwy 29 to Goodrich Road, Turn North and Go 2 Miles North to Intersection. Turn West on Gravel Road About 1500 Feet to East Entry Gate.  
**Broker's Note:** Must See to Appreciate! Great Farm Land!

\$776,608

Parcel #4 - Rush Springs - Grady County

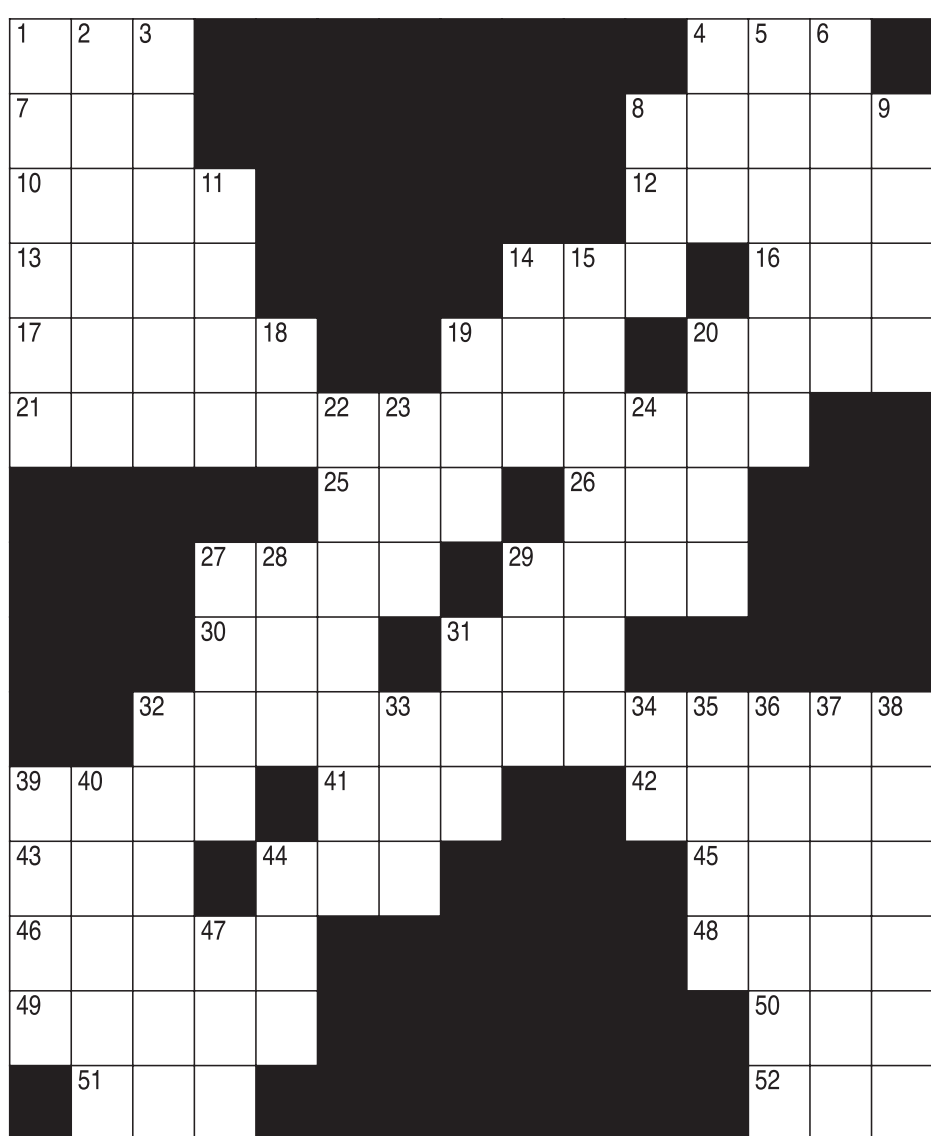
This Property Consists of: A Total of 207 Acres. The Property is Cross Fenced to Divide this Property into Two Pastures for Cattle. There are Approximately 45 Acres Total of Trees and Blackberry Vines. The Balance of 162 Acres is Pasture. There are 2 Small Ponds in the Middle of the Property. This Bass Stocked Pond is Fed by an Underground Stream. There is a Creek that Runs Through the Property and Runs Year Round. It Runs into Taylor Lake. There is One Barn and Cattle Lot for Loading. The Barn Needs Some Roof Repairs. There is a Well On the East Side Next to the Road. This Pasture Has Two Entry Gates.  
**Directions:** From Duncan/Marlow. Travel North on Hwy 81 to Taylor Lake Road, Turn East. Travel About 1500 Feet Past the Railroad Track to the First Entry Gate on the North Side of the Road to White Cattle Guard. The Second Entry Gate is Farther East about 2000 Feet on the North Side of the Road.  
**Broker's Note:** Great Pond Filled with Bass! Nice Creek! Lots of Trees and Pasture Land! A Must See!

\$569,250

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**ACROSS**

- They look out for kids
- Play
- Water (French)
- Prayer leader
- Small constellation
- Carta: influential royal charter
- Pressure unit
- Extrasensory perception
- A symbol of "Aloha"
- Portion of the small intestine
- Psychedelic amphetamine
- Very long period of time
- British overseas territory
- Cereal grain
- Car mechanics group
- Wish harm upon
- At a specific prior time
- Peyton's younger brother
- UK firefighters' union
- Carroll O'Conner's screen partner
- Popular show honoring musicians
- Basics
- Honk
- Trent Reznor's band
- Patti Hearst's captors
- Long-legged wading bird
- Specialized biological grouping
- A coin goes in it
- Of the wind
- One-time measure of length



- |   |   |
|---|---|
| 11. Boxing promoter Bob                         | 12. Make a ringing metallic sound         |
| 14. Snakelike fish                              | 13. Helps little firms                    |
| 15. Break into pieces                           | 14. Pound                                 |
| 18. The Bay State                               | 15. Lilly and Manning are two             |
| 19. Time zone                                   | 16. Put on the back burner                |
| 20. Port city in Yemen                          | 17. Baltimore ballplayer                  |
| 22. In name only                                | 18. Cuddle                                |
| 23. 007's creator                               | 19. Poker stake                           |
| 24. No (Scottish)                               | 20. Drinks to celebrate a birth (Spanish) |
| 27. Baseball's Gordon and rock's Snider are two | 21. Pouch                                 |
| 28. Pie ___ mode                                | 22. Not around                            |
| 29. Don't know when yet                         |   |
| 31. Supervises interstate                       |   |

**DOWN**

- Boston hoopster
- A type of bribe
- SE England county
- Returned material authorization (abbr.)
- "Hotel California" rockers
- Italian province
- Mischievous child
- Popular street name

# Scary Good

## Take the fear out of trying unfamiliar produce

FAMILY FEATURES

Introducing kids to unfamiliar flavors doesn't have to be a frightful experience. Getting creative and taking cues from some beloved characters may be all it takes for families to explore produce in a new way and discover how delicious, satisfying and enjoyable fresh fruits and vegetables can be.

A passion for produce may begin with America's favorites, like bananas, apples, citrus, celery, carrots and broccoli, but that's just the beginning.

Whether it's their angry names and tough exteriors, or simply a fear of the unknown about taste and preparation, dozens more diverse and exotic fruits and vegetables like dragon fruit, horned melon and Brussels sprouts are often the sources of produce paranoia.

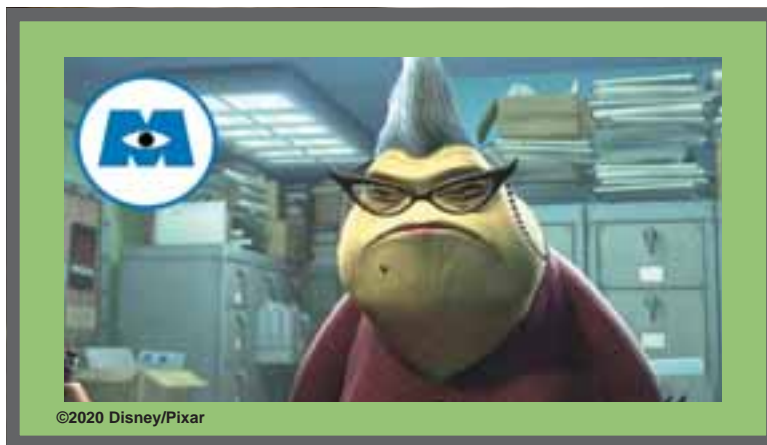
An initiative from Dole, in collaboration with Disney and Pixar's Monsters, Inc., is helping to take the scare out of specialty fruits and vegetables and widen America's produce horizons. That's because, like a good book or the characters in a beloved film, you can't judge a fruit or vegetable by its appearance; nature's true beauty often lies within.

The campaign offers character-inspired recipes, serving suggestions, digital and social activations, family-friendly activities, fun trivia and influencer partnerships that celebrate the not-so-scary world of the planet's more unusual fresh bounty.

One easy way to introduce new flavors is by trying a variation of a familiar fruit or veggie. For example, there are more than 500 edible banana varieties in the world. You might sample a red banana or a Manzano, or even an ice cream banana, with a taste resembling vanilla custard.

These fun and kid-friendly Green Slime Nacho Cups feature plantains, for example, a member of the banana family with a different taste and texture than everyday yellow bananas – more firm and starchy like a potato. Increase your family's produce intake even further with a Slippery Slimy Smoothie and Chicken Stuffed Roz Heads, which call for green grapes, celery, avocados, strawberries and blueberries.

Find more recipes and other not-so-scary fun at [dole.com/Disney](http://dole.com/Disney), and follow #Dole and #DoleRecipes.



### Chicken Stuffed Roz Heads

Prep time: 15 minutes  
Servings: 3

- 1 cup cubed, cooked chicken breast
- 1/2 cup DOLE® Green Grapes, halved
- 1/4 cup chopped Dole Celery
- 1/3 cup nonfat plain Greek yogurt
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 1/2 Dole Avocados, halved, pitted and peeled
- 6 whole-wheat pretzel twists
- 18 whole-wheat pretzel sticks
- 1 Dole Strawberry, sliced
- 3 dried, sweetened blueberries

In bowl, stir together chicken, grapes, celery, yogurt, salt and pepper.

Scoop three equal portions onto serving plate. Shape each into oval.

Top each with upside down avocado half.

Decorate each avocado half to resemble Roz's face. Using sharp paring knife, trim each pretzel twist to create horn-rimmed glasses lens by cutting off double loop section of each pretzel twist and discarding or enjoying as snack, keeping single loop portion, which will become one lens. Two lenses are needed per Roz Head.

Place two pretzel lenses on each avocado to form glasses. Add pretzel stick to each side of avocado to form arms of glasses.

Push four pretzel sticks into top of each avocado to form hair. Add strawberry slice, trimmed to look like lips for her mouth, and place blueberry on lower left side of face to form mole.

### Slippery Slimy Smoothie

Prep time: 10 minutes  
Servings: 2 (8 ounces each)

- 1/2 cup DOLE® Spinach
- 1 Dole Banana, peeled and frozen
- 1/2 cup Dole Green Grapes, frozen
- 1/3 cup cucumber, diced
- 1/2 cup Dole Pineapple

- 1/2 cup unsweetened vanilla almond milk
- 1/2 cup nonfat plain Greek yogurt
- 5 ice cubes

In blender, blend spinach, banana, grapes, cucumber, pineapple, almond milk, Greek yogurt and ice cubes until smooth.

Pour smoothie into two glasses and serve.



### Green Slime Nacho Cups

Prep time: 5 minutes  
Cook time: 20 minutes  
Servings: 4

- 1 green starting to turn yellow DOLE® Plantain, peeled and thinly sliced on bias
- 1 1/2 teaspoons canola oil
- 1/4 teaspoon salt, divided
- 1 Dole Avocado, halved, pitted and peeled
- 1 tablespoon lime juice
- 1 clove garlic, minced
- 1/2 cup thinly shredded Dole Purple Cabbage

Preheat oven to 375 F. Toss plantain slices with canola oil and season with pinch of salt. On parchment paper-lined baking

sheet, arrange slices in single layer with no overlapping.

Bake 18-20 minutes, or until crispy and lightly golden. Cool completely and set aside.

Using spoon, scoop flesh of avocado into small bowl and mash, reserving one half avocado shell. Stir mashed avocado with lime juice, garlic and remaining salt. Stir in slaw, reserving some for garnish. Scoop into reserved avocado shell and smooth top with back of spoon. Stick reserved cabbage shreds out of avocado mixture to look like hair.

Serve slime nacho cups with plantain chips.



## Grandparents: Consider These Financial Moves

Each year, on the first Sunday after Labor Day, we observe National Grandparents Day. Although it's not as widely recognized as Mother's Day or Father's Day, if you're a grandparent, you probably want to do whatever you can to help your grandchildren on their journeys through life. So, you might want to consider the following moves:



**Contribute to their education.** If you want to help your grandchildren pay for college, you have a variety of options, including 529 plans. You could also simply set aside some money in an investment account earmarked for education. But you don't just have to stick to helping out financially – you might also want to do some research to see what scholarships are available.

**Consider a UGMA/UTMA account.** The Uniform Gifts to Minors Act (UGMA) and Uniform Transfer to Minors Act (UTMA) are custodial accounts that provide a relatively easy way for you to give money to your young

grandchildren. A financial advisor can help determine if such a plan is right for you. However, once you put money into the UGMA or UTMA, you no longer have any legal access or authority over the funds unless you are the custodian managing the account.

After children reach the age of majority – typically 18 or 21 – or the age of termination if the state where they live allows for the assets to be held until a later age, they will control the assets, and they may not want to use the money as you had envisioned, such as for college. (Also, tax issues for custodial accounts can be complicated, so, before opening an UGMA

or UTMA, you'll want to consult with your tax advisor.)

**Consider gifts to older grandchildren.** If you have older grandchildren, you might want to help them out if they're saving for a down payment on a home, or are between jobs, or perhaps are even having children of their own. You can give \$15,000 per year, per individual, without having to file a gift tax return. Your spouse can also give \$15,000 per year to the same individual, again without triggering the need for a gift tax return.

**Review your will.** If you've already created your last will and testament, you may want to review it upon the arrival of

grandchildren. You can include specific instructions, such as requiring your grandchildren to turn a specific age before they can receive their inheritance. You could also codify the same requirements through the use of a living trust. Contact your legal advisor to determine if such a trust is appropriate for your situation.

**Update beneficiary designations.** If you want your grandchildren to receive proceeds from various accounts, such as your 401(k), IRA and life insurance, you may need to update the beneficiary designations, which can even supersede the instructions on your will. Keep in mind that if

you have grandchildren with special needs, you may want to designate a supplemental needs trust for your grandchild as the beneficiary instead of naming your grandchild directly. Again, contact your legal advisor for more information.

These aren't the only steps you can take to help your grandchildren, but they should give you some options to consider. The world is an expensive place, and any assistance you can provide to your beloved grandkids can make a big difference in their lives.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC

### Kelsey Avants

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# Kid-Friendly Recipes for At-Home Learning

**FAMILY FEATURES**

**D**uring a school year that's sure to be a new experience for students and parents alike, many of the everyday necessities, like eating breakfast and lunch, remain. However, this year, many little learners will be enjoying their lunches from the comfort and safety of home rather than at school, meaning moms and dads are back in charge of keeping the kitchen running throughout the day.

According to a survey conducted by OnePoll in conjunction with Sabra, 74% of caregivers expect this school year to be more chaotic than ever and 64% of moms and dads complain they are dreading becoming the "lunch lady" at home.

You can improve those school day blues with quick, kid-friendly recipes that refuel children for their educational explorations. By providing a steady stream of balanced meals and snacks made with wholesome ingredients, you can feel good about boosting your at-home students' learning capabilities even during these tricky times.

In the morning, try starting with this Chocolate Banana Cinnamon Toast recipe from Tabitha Brown, the actress and vegan foodie known as "America's Mom." Sliced banana powers this breakfast with the rich, decadent taste of Sabra Dark Chocolate Dessert Dip & Spread to thrill chocolate lovers for a combination of flavors kids love.

For a lunchtime solution with easy prep and quick cleanup, a Hummus Flatbread Pizza takes just 10-15 minutes to make. Made with easy-to-find ingredients you can keep on-hand like pizza sauce and hummus, simply top with sweet favorites like pineapple for a fun boost for long days of learning.

To find more at-home recipe inspiration, visit [sabra.com](http://sabra.com).



**Chocolate Banana Cinnamon Toast**

Recipe courtesy of Tabitha Brown  
Prep time: 10-15 minutes  
Yield: 2 pieces toast

- 2 slices cinnamon raisin bread
- 3 tablespoons Sabra Dark Chocolate Dessert Dip & Spread
- 6 banana slices, plus additional for serving (optional)
- 1/8 teaspoon cinnamon powder
- 1 tablespoon maple syrup
- fresh strawberries (optional)
- powdered sugar

Toast bread to desired doneness.

Using spoon, swirl to spread 1 1/2 tablespoons chocolate spread on each slice of toast.

Add banana slices to one slice of toast and sprinkle with cinnamon.

Top with second slice of toast.

Slice in half diagonally. Add to plate with extra sliced banana and fresh strawberries, if desired. Drizzle toast with maple syrup and sprinkle with powdered sugar.

**Hummus Flatbread Pizza**

Recipe courtesy of Tabitha Brown  
Prep time: 10-15 minutes  
Yield: 1 flatbread

- 4 teaspoons pizza sauce
- 1 rectangular flatbread
- 3 tablespoons Sabra Classic Hummus
- 1/2 teaspoon garlic powder, divided
- 1/3 cup pineapple tidbits or fresh pineapple pieces
- strawberries
- chopped romaine lettuce
- English cucumber slices

Preheat oven to 500 F.

Brush pizza sauce to edges of flatbread. Swirl to spread hummus to edges of flatbread. Sprinkle 1/4 teaspoon garlic powder over flatbread. If using canned pineapple tidbits, drain and pat dry with paper towel. Add pineapple tidbits to flatbread and sprinkle with remaining garlic powder.

Bake 5-10 minutes, or until flatbread is light golden brown.

Cool and cut flatbread. Serve with strawberries and mix chopped romaine lettuce and English cucumber slices for simple salad.



## EPA and DHA recognized as heart-friendly fatty acids

In the past year, two meta-analyses were published on the importance of certain fats for heart health. Specifically, the omega-3 fatty acids EPA and DHA are now linked with lowering the risk of cardiovascular disease, including death from coronary heart disease and cardiovascular disease. EPA and DHA can be derived from food, but the U.S. population continues to fall short of dietary guidelines meant to provide adequate consumption.

EPA stands for Eicosatetraenoic Acid and DHA stands for Docosahexaenoic Acid. These are the fatty acids shown to have a positive effect on cardiovascular disease prevention in a recent meta-analysis published by the Mayo Clinic in 2020. The study by Aldo A. Bernasconi and colleagues looked at a total of 40 studies with a



Kim Bandelier, MPH, RD, LD

**Food For THOUGHT**

combined 135,267 participants, and found that supplementation with EPA and DHA was associated with a reduced risk of heart attack, coronary heart disease events, and cardiovascular disease events.

The best source of EPA and DHA is fish, specifically fatty fish like salmon, mackerel, tuna, herring and sardines. EPA and DHA can be made from another fatty acid found in plants but the conversion is very small and is negatively impacted by lifestyle factors such as smoking, alcohol intake, stress, and deficiencies of certain vitamins and minerals. Hence the specific recommendation of eating 4 oz of seafood twice per week in addition to eating plenty of fruits and vegetables.

In 2018, the U.S. reached its highest per capita consumption of seafood, but that amount still fell 30-40% short of the current recommendations for heart health. This calls into question the need for supplementation. In a study published in the Journal of the American Heart Association in 2019

by Yang Hu and colleagues, they combined studies examining supplementation of marine omega-3s between 376-4,000 mg. per day and found that, overall, fish oil supplementation reduced death and conditions associated with coronary heart disease and cardiovascular disease. Positive effects were still present even when the highest dose was excluded.

It is important to examine your current lifestyle, dietary intake and medication regimen with your healthcare provider before starting any type of supplementation. You may be the individual who consumes enough EPA and DHA from diet alone. If you do not consume seafood, specifically fatty fish, then you may want to consider supplementation especially if you have heart disease in your family.

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DISCOVER NETWORK AMERICAN EXPRESS

# Not all air filters created equal

Forced air heating, ventilating and air conditioning (HVAC) systems require effective air filtration for optimum energy efficiency, maintaining clean(ish) ductwork and good indoor air quality. Air filters should be changed regularly. How often they need changing depends upon a number of factors including, but not limited to:



Heath Morgan, Energy Efficiency Coordinator

- Presence of pets that shed
- Amount of carpeted versus hardwood floors
- Where you live – amounts of dust, pollen, etc.
- Use of wood-burning supplemental heat sources
- Presence of cigarette smoke

The air inside our homes is full of particles originating from inside and outside sources. As the name “forced air” implies, conditioned air is blown into the house through ductwork. In order to operate efficiently, the air supplied is returned to the system for reconditioning, taking with it all the particles in the air and the occasional “tumbleweed” of pet hair that many of us are familiar with.

This junk-laden air flows through a filter before encountering the HVAC equipment. For cooling, there is usually an A-frame arrangement of what

look like car radiators. For heating, it is generally a combustion chamber. Without a filter, the cooling coils would get clogged and the heating side would burn off whatever was in the air. Ah, the smell of burnt hair in the morning...

Air filters trap a lot of debris that otherwise would end up back in the house, stuck in ductwork, clogging HVAC equipment – or in our lungs. But enough with the HVAC and air quality primer. Let’s tackle types of air filters.

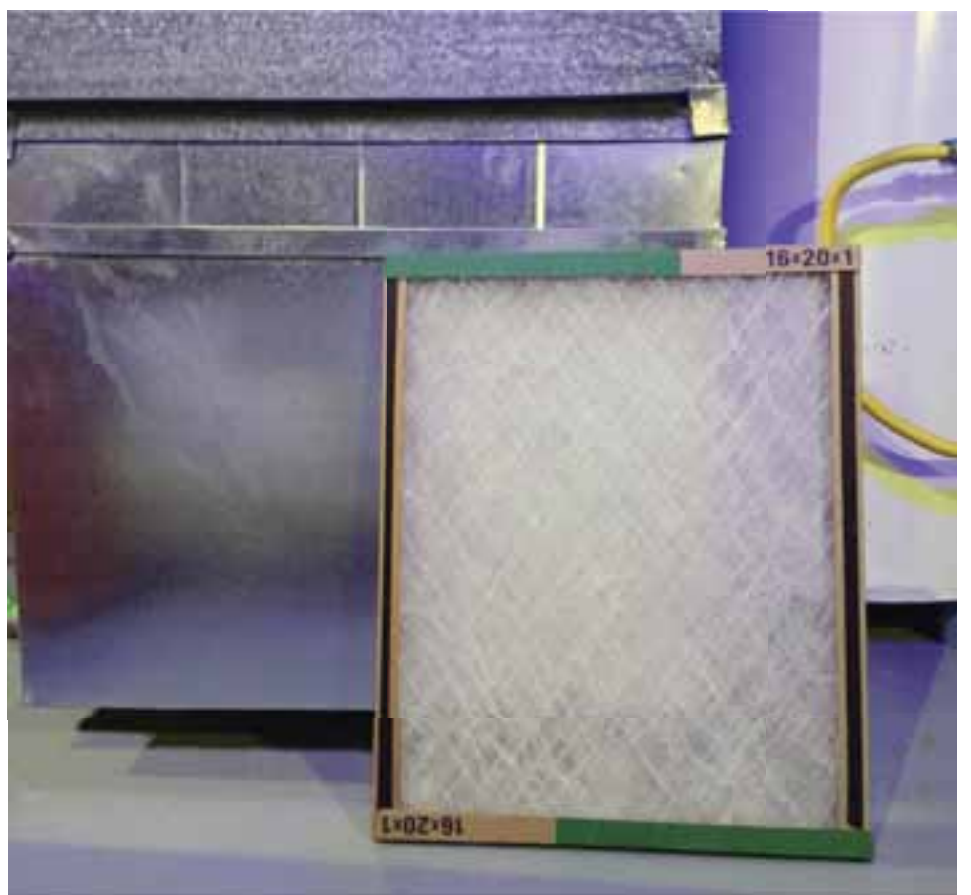
Filters have more choices than you can shake a stick at. Fortunately, they can be broken down into two nicely defined categories, making the selection process manageable. The two are:

- Permanent or disposable
- Flat or pleated media (with a handy MERV rating)

Disposable are the most prevalent. Some in the flat media group look like they will stop only particles larger than a golf ball. They have flimsy cardboard frames and a thin, flat mesh you can easily see through. While they are cheap, don’t waste your money. Your HVAC system and lungs deserve better.

Pleated filters perform better using media you cannot see through. While they look impervious, air can move through under pressure leaving its airborne cargo trapped. Pleated filters are better, in my experience.

Remember MERV? That is a rating system that tells you how effective a filter is at trapping particles. Standing for



Minimum Efficiency Reporting Value, it’s a measure of efficiency. The scale runs from one to 16 (higher is better) and is based on trapping particles 3-10 microns in diameter. Research shows that residential filters with a MERV rating between seven and 13 are likely to be as effective as true HEPA (high-efficiency particulate arrestance) filters. This class of filter is used in clean room manufacturing and at the extreme end can trap particles much smaller than the diameter of a human hair, as small as 1 micron.

So, should you jump in and grab a supply of high MERV filters? Not without some research. All filters increase resistance to air flow. HVAC systems are designed to operate at a

particular pressure and should support MERV ratings of one to four. A higher MERV value increases resistance, making the system work harder. It loses efficiency and increases wear on operating components.

So, how do you decide which level of filter to use? If you have your system’s operating manual or can grab it online, check for recommendations. Otherwise, my advice is to go with a decent (MERV three to five) pleated filter and check it once a month to see how it is performing. Also check to see if the dust inside abates.

Spend a little more and breathe a lot easier with a regular schedule of air filter replacement. This simple change pays big dividends.



## IT'S WET OUTSIDE. HOW CAN I SAFELY CHARGE MY ELECTRIC VEHICLE?

- Charging stations and equipment are designed to be insulated and waterproofed. The car’s electrical system is also resistant to water and dust particles.
- The Society of Automotive Engineers designs electric vehicle equipment to safely charge in most weather conditions.
- Always inspect charging equipment for signs of damage before using.
- Don’t cut corners when purchasing a Level 2 home charging system. Have it installed by a qualified electrician.
- Always follow manufacturer’s instructions when charging your electric vehicle.

Read about Cotton Electric’s experience with electric vehicle chargers in the November edition of The Current

# RED RIVER RED ANGUS SALE

## 2020 Fall

12 P.M. SATURDAY, OCTOBER 31ST

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- 2 Registered herd bulls running with registered 2020 cows
- Approx. 25 Commercial 100% Red Angus Bulls
- 6-8 older registered cows
- 12 2017 cows AI’d for early calving
- 10 Registered 2019 AI’d bred heifers
- 200 AI’d commercial Red Angus 2019 heifers
- Set of 2020 Red Angus heifers

Cody Cribbs 580-481-9449      \*This bull sold last year to the Tipton’s Children Home, Tipton, OK.\*      Colby Crawford 580-318-3211



# October also recognized as National Energy Action Month

When everyone is spending more time at home this fall, the lights, computers and TV are running almost all the time.

That's perfectly fine if family members are in the rooms where those devices are switched on. But it's a waste of energy if lights and electronics are on when nobody is around.

The best way to get your children to avoid wasting electricity is to point out how your family could do better and engage them in the cure. Some examples:

- Buy LED light bulbs for your lamps and overhead fixtures, and challenge your kids to replace all of the less-efficient bulbs with these. Residential LEDs use 75% less energy and last 25 times longer than incandescent bulbs.
- Get an inexpensive caulk gun and some caulk from the hardware store and show your little ones how to caulk around windows, doors and openings around cable and phone lines. They'll feel grown up when they use the equipment.
- If you don't have a programmable thermostat yet, assign one of your kids—someone who can reach the thermostat—the job of turning it up at bedtime by about 7 degrees if the air conditioning is still on or turning it down about 7 degrees if the heat is on. Do it every evening and you could save up to 10% on heating.

## Make this Halloween an 'Energyween'

The U.S. Department of Energy is calling on trick-or-treaters and their families to take three easy steps to keep your energy bill from haunting you this Halloween:

1. If you're decorating your house for Halloween or attending a Zoom costume party, choose an energy theme. You could dress up like a twisty fluorescent light bulb, for example, or carve windmill, electric plugs or sunshine patterns into your jack-o-lantern. For stencils and ideas, visit [energy.gov/energyween](http://energy.gov/energyween).
2. Scare away the energy vampires haunting your house. Whenever you leave a device plugged in, it uses energy—even if it's turned off. That includes phone chargers, computers and video game consoles. Unplug the device from the wall when you're finished using it.



ished using it. If you have an extra TV in a room that you rarely use, leave it unplugged until the next time you want to watch it.

3. Use power strips. It's even easier to unplug unused appliances if you plug nearby devices into the same power strip. Then you simply have to pull one plug out of the wall—and plug one back in next time.

### Get smart about power cords

Here are five tips about power cords that will keep your family safe and your appliances running better.

1. Never bend a power cord. If you are rolling it up to store it, don't crimp the cord. Cords and cables have wires inside. Bending them can break them—which will ruin the cord.
2. Avoid covering a cord with a rug. If you need a long cord or an extension cord to plug in a lamp or other device, your device is too far away from the plug. Move it closer. If you have to hide a long-distance cord under a rug, it could overheat. Or someone could trip over it.
3. Cords and appliances are supposed to "match" when it comes to amperage and wattage rating. If you plug a high-wattage appliance into a low-wattage cord, you will overburden the cord. That can cause the cord to overheat and the appliance to malfunction.
4. Don't force a cord's plug into an outlet if it doesn't fit. If the outlet is too big and the plug does not fit snugly, the outlet is likely to overheat and damage the cord and the plug. If the plug is too big, use an adaptor or find a different outlet. Never cut the third prong off of a three-prong plug to fit it into a two-prong outlet.

5. Inspect power cords often. Even a tiny nick in the cord can result in a shock or even a deadly electrocution. Do not use cords—or appliances with permanent cords—if the cord is damaged in any way—frayed, worn, torn or cut.

### Choose efficient appliances when replacing old ones

The federal government's Energy Star program marks the most-efficient household appliances with a special label so shoppers will know which appliances will save them money on their utility bills.

The label tells consumers how much it will cost—energy-wise—to operate the unit. Most of the time, Energy Star appliances save at least 15% compared with products that don't qualify for the Energy Star label, and some save as much as 60%.

A variety of appliance manufacturers make devices that qualify for Energy Star.

Here's a list of how much energy you can save if you select Energy Star ap-

pliances next time yours need replacing:

- Energy Star-rated clothes dryers use about 20% less energy than other models, saving you \$215 over their lifetime.
- Room air purifiers or cleaners with the Energy Star label are almost 60% more energy efficient than standard models. Those savings can add up to \$60 a year on utility bills, according to Energy Star.
- Clothes washers in the program use about 25% less energy and 33% less water than regular washers. Lifetime savings can be as high as \$370.
- Efficient humidifiers use nearly 15% less energy than standard models.
- A new, Energy Star-certified dishwasher will cost just about \$35 a year to run and will save an average of 3,870 gallons of water over its lifetime.
- A stand-alone freezer with the label is at least 10% more energy efficient than federal regulations require. Old freezers use way more energy than newer ones, so replacing yours with an Energy Star model could save up to \$195 in energy bills over five years.
- Likewise, newer refrigerators are more efficient than old ones. Energy Star-certified new refrigerators are about 9% more efficient than new refrigerators that simply meet minimum federal requirements.

Source: Pointers and Prose

# RE-ELECT Todd Churchman

## Stephens County Commissioner Dist. #2



**PROJECTS ACCOMPLISHED AS COUNTY COMMISSIONER**

- ★ Todd Churchman, 1st term:
  - 170 miles of chipped roads
  - 28 new bridges
- ★ Todd Churchman, 2nd term:
  - 150 miles of chipped roads
  - 10 new bridges

**VOTE TODD CHURCHMAN**  
Paid for by Todd Churchman

### TRUST IS THE ISSUE FOR THE LONG-TERM SUCCESS OF STEPHENS COUNTY

My name is Todd Churchman and I am asking for your vote on November 3rd in my effort to serve you as your Stephens County District 2 County Commissioner. I feel having owned and operated B&T Paving for 29 years and 8 years as District 2 Commissioner has given me complete understanding of how to budget and maintain available funds. Your choice allowing me to serve as your District 2 County Commissioner will ensure your tax dollars are used wisely. If you have any questions or concerns, please do not hesitate to call me, 580-467-6966.

**YOUR TRUST MEANS EVERYTHING!**