

The Current

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A Touchstone Energy® Cooperative 

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2013 Energy Campers representing Cotton Electric include, above, front row, from left, Katie Ashton, Lani Stallcup and Chloe Dunlap, and, back, Cale Schreiner, Hayden Rochell, J.D. Martin, Kyle Graham and Gage Hart.



Energy Camp is exciting experience

Cotton Electric sponsors 8 young teens at annual outing to Canyon Camp

By Karen Kaley

Energy Camp is aptly named. Eighty-plus enthusiastic eighth-graders expend energy and enjoy electrical exhibitions each year.

The young people come from across the state, chosen by electric cooperatives to participate in the annual gathering at Canyon Camp near Hinton. Students selected to represent Cotton Electric in 2013 included Lani Stallcup of Chattanooga; Chloe Dunlap of Comanche; Cale Schreiner and Hayden Rochell, both of Duncan; Katie Ashton of Lawton; J.D. Martin of Ryan; and Kyle Graham and Gage Hart, both of Walters.

Each had submitted a paragraph explaining why he or she wanted to attend. They used words like teamwork, leadership, safety, and learning opportunity. Some mentioned older siblings who had attended.

Katie Ashton said, "I have been waiting four years to apply because my sister went in 2009 and she had so much fun."

This year's gathering of 13- and 14-year-olds was all of that and more. As always, the camp began on the

Tuesday after Memorial Day. Campers got settled in their assigned cabins then gathered to hear a few rules, introductions and a presentation about life before electricity. They played a quick matching game before counselors turned them loose to burn a little energy on the campgrounds by playing volleyball, basketball or horseshoes, or taking a dip in the swimming pool.

They gathered once again to hear presentations about the roles a board member and manager play at cooperatives. The young people listened carefully and had plenty of questions.

Gage Hart said he really appreciated learning about co-ops and how they are run.

After dinner was No Brains Olympics, an activity Cale Schreiner said was a highlight of the camp. Young teens joined hands to form circles then stepped through hoops. They spun around bats then carried buckets of water above their heads while running backward. They passed balls over and under.

It was never certain if the red, yellow, green or blue team came out

ahead, but there was plenty of laughter and lots of good sportsmanship.

The group collected indoors again to set up a Coke and Candy Co-op. Board members were nominated and elected. Among them was Katie Ashton. The board would later conduct interviews of eight applicants for the job of co-op manager. Once a manager was selected, the co-op opened, offering snacks and refreshments for all campers in exchange for Energy Bucks.

Meanwhile, the green, red, blue and yellow teams competed again in an Energy Battle, answering questions about co-ops and pop culture. The competition went on until it was time for the campers to return to cabins and settle down for the night.

Whew! That was just the first day.

The following morning was filled with high- and low-voltage electrical safety demonstrations, pulling on linemen's gear to climb poles, and rides in bucket trucks. J.D. Martin said this was the most exciting part of the camping experience. Pole-climbing really appealed to Kyle Graham, too.

After lunch, all loaded up for a trip

to Celebration Station in Oklahoma City. Hayden Rochell said he enjoyed riding go-carts, playing miniature golf and eating lots of pizza while there.

Campers avoided an afternoon downpour at the camp, but had to dodge soggy spots the next day when they hiked to a low-ropes course for more team-building and critical thinking exercises.

The final evening of camp meant a pizza party and dance. Campers and counselors got their groove on to tunes both modern and classic. A few demonstrated their talent at karaoke.

The last morning included a hearty breakfast, a magical safety demonstration, thank-you notes and lots of goodbye hugs. Chloe Dunlap said making new friends was the best part of camp. Lani Stallcup said she was glad she met new people from all around the state.

YouthPower Energy Camp was finished for another year, but would not be forgotten.

In fact, many campers vowed their cooperative would see them again in four years, competing for a spot on Youth Tour.

Power Cost Adjustment Calculated

The power cost adjustment now being applied to bills mailed after July 1, 2013, is \$0.00651 per kWh.

On a member's average bill of 1500 kilowatt hours (kWh), this will amount to a charge of \$9.76 on the July bill.

May 2013 Temperature Extremes							
Day	High	Low	Avg.	Day	High	Low	Avg.
1	85	46	66	16	77	60	69
2	53	33	43	17	89	66	78
3	68	29	49	18	97	66	82
4	70	31	51	19	101	69	85
5	69	45	57	20	97	68	83
6	78	41	60	21	75	54	65
7	85	50	68	22	87	49	68
8	90	58	74	23	89	64	77
9	77	61	69	24	88	64	76
10	75	55	65	25	82	64	73
11	82	49	66	26	90	69	80
12	80	47	64	27	90	70	80
13	92	49	71	28	81	73	77
14	91	54	73	29	87	63	75
15	78	62	70	30	95	73	84
Source: srh.noaa.gov/oun/				31	99	72	86
Average Daily High: 84				Average Daily Low: 57			

Did You Know?

Cotton Electric offices will be closed Thursday July 4 for the Independence Day holiday. Emergency calls will be answered at 580-875-3351 or 800-522-3520.

The July issue of The Current will be in mailboxes on or about July 15, 2013.

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 info@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 cottonelectric.com

From the CEO

Co-op ownership has responsibilities

You own and buy power from a not-for-profit utility. The amount of your monthly bill is exactly what it cost to purchase and deliver power to your home – nothing more. Any amount above or below this break-even goal is applied to your capital credit account.



Warren Langford, CEO

These capital credits may be reinvested in the cooperative utility plant for maintenance or system upgrades, or returned to you. Over the last three years alone, Cotton Electric Cooperative has retired capital credits and returned over \$1.1M to the member owners. The remaining balance in your capital credit account represents the amount of equity you own in the cooperative. To learn the amount of your equity investment in the cooperative, give us a call.

There is no doubt about it, being an owner of this cooperative has real value. That ownership also brings its share of responsibilities.

As a responsible owner, you have the ability to play a pivotal role in determining how much you pay for power. Cost of generation makes up 70 percent of your power bill. Unfortunately, it’s not just the law of supply and demand that determines what these costs will be. Legislative mistakes and bureaucratic decisions often determine our fate. It is imperative that member/owners take action in a unified effort to keep generating costs reasonable.

Because of inaction in Washington, D.C., all decisions regarding the feasibility of generating fuel choices are made at the regulatory level. New rules regarding CO2 emissions are forcing the closure of generating plants that use coal as the primary fuel source. These administrative decisions by the Environmental Protection Agency are requiring most new generation plants to be fueled by natural gas.

It’s true, as the price of natural gas remains at record lows, the power produced from these plants is the least expensive. The question remains, what happens if gas prices increase and there is no alternative generating fuel source? What happens if emission standards change? The environment and the price you pay for power are both important issues. Decisions regarding either should consider ratepayers and have legislative input.

Utility companies are big and bulky, and

change doesn’t come easily. Building new generating plants takes years to complete and costs millions of dollars. All of this expense is passed to the consumer. If the wrong decision is made, the cost to rate-payers can be staggering.

Look back to 1978. Because of perceived shortages, Congress passed the Power Plant and Industrial Fuel Use Act. This bill provided that no new baseload electric power plant be constructed or operated that used natural gas as fuel.

By statute, there were to be no new natural gas generating plants. Just like today, the migration to one generating fuel source began. Ratepayers paid for the tremendously expensive coal plants that were built. Even though in 1978 coal prices were cheaper than natural gas, the result was an overnight 13 percent rate increase to the members of Cotton Electric.

Today, 30 percent of the nation’s electricity is generated using natural gas. With the continued decline in coal and nuclear fuel sources, natural gas will soon generate more than half of the nation’s electricity. When we reach that level, our dependence on natural gas will be unprecedented and any swing in prices will be very significant.

Comments by the oil and gas industry indicate the supply of newly-discovered natural gas is inexhaustible. I hope they’re right. We must remember there are many things, besides regulatory decisions, that could affect natural gas prices. A recent example is the Energy Department’s decision to allow exports of liquefied natural gas to Japan.

As coal plants are replaced, domestic demand for natural gas will increase. As exports increase, foreign demand for natural gas will increase. Leaving all emissions decisions to the sole discretion of regulators does not provide price stability to any fuel. The results can only mean higher natural gas prices in the future. I repeat: This is part of the component that makes up 70 percent of your power bill.

Using the 20/20 vision of hindsight, we can see the push to one generating fuel source in 1978 was the wrong decision. Let’s not make the same mistake again.

Rural electric cooperatives have taken the balanced approach to addressing the country’s energy needs.

1. Environmental and climate policies should be realistic and not limited to the United States. There should be multiple generating fuel sources. Investment

Sen. Tom Coburn
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Main: 202-224-5754
Fax: 202-224-6008

Sen. Jim Inhofe
205 Russell Senate Office Building
Washington, DC 20510-3603
Main: (202) 224-4721
Fax: (202) 228-0380

Rep. Tom Cole
Washington, DC Office
2458 Rayburn HOB
Washington, DC 20515
Phone: (202) 225-6165
Fax: (202) 225-3512

in technology that would ensure safe and clean generation should be increased.

2. Renewable energy is gaining ground. We should continue our efforts to improve reliability.

3. Congress should act! Any legislative decision, even though wrong in 1978, would be more palatable than one made by a career bureaucrat. Everyone needs a legislative interpretation of the Clean Air Act.


4. Electric cooperatives believe that “another fuel source” lies in energy efficiency programs. If we are able to curb demand, new and expensive power plants can be avoided.

Will history repeat itself? If the majority of electrical power is generated from just one fuel source, I fear prices are bound to increase. In order to ensure this country continues to generate power in a reliable, safe and affordable manner, cooperative owners must take responsibility.

If you don’t become politically active, we’ll lose this battle. Please check out the OurEnergy.coop website. This website provides you with all the tools and avenues needed to make your voice heard.

All legislators representing Oklahoma have been very supportive to you and your cooperative on these issues. I urge you to make contact, thank them and express how important it is they continue their efforts. Their contact information is listed above. Just let them know you are an Oklahoman, taxpayer, constituent and the owner of Cotton Electric Cooperative.

Energy Efficiency



Tip of the Month

Your swimming pool doesn’t have to be a drain on your electric bill. Simply covering it will go a long way to reducing evaporation, which will cut back on refilling and reheating. Also, consider investing in a high-efficiency or multi-speed pool pump when it’s time for a replacement — they cost more but save a lot more energy than older models. Visit EnergySavers.gov for more info.


Source: NRECA’s Cooperative Research Network



COTTON
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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.

April 2013 Operating Stats			
	2013	2012	
Total Amount Billed	\$4,596,667	\$4,182,885	
Cost of Purchased Power	3,453,272	2,818,255	
Taxes	92,787	75,566	
Total Operating Expense Per Mile	935	820	
Average Farm and Residential Bill	105	101	
Average Farm and Residential kWh	1,039	875	
Total Meters Billed (farm, residential)	18,056	17,879	
Miles Energized	5,134	5,139	
Density Per Mile	3.52	3.48	
New Service Connects YTD	122	121	
Services Retired	92	80	

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Community Spotlight

If you would like your community event listed in the July issue, please submit information by July 3, by calling 580-875-4255 or send an email to info@cottonelectric.com.

Foreman Prairie House open house – Events recognize Duncan’s birthday, when the first train came through in 1892.

SWGA hosts farmers market

A farmers market hosted by the Southwest Growers Association is held from 8 a.m. to 1 p.m. every Saturday through October at the Comanche County Fairgrounds, 920 S. Sheridan Road, Lawton.

For information, visit Lawton Farmers Market on Facebook.

Festival vendor deadline nears

Planning is underway for the 34th annual International Festival scheduled for Sept. 27-29 in Lawton. Vendors have until June 21 to contact the Arts and Humanities Division at 580-581-3470 or 581-3471.

Festival meetings are open to the public and convene at 6 p.m. on the first Tuesday of the month at the Lawton Public Library. Information is available at CityofLawton.ok.us/lahc/if.

Festival features bikes, barbecue

Southwest Oklahoma American Band Bike and Bar-B-Que Festival features many activities at Lake Elmer Thomas and in Medicine Park.

Pork in the Park is a chance to show off grilling skills on June 21 and 22 in Medicine Park. Chicken, pork ribs or shoulder or beef brisket can be cooked up for cash prizes. Details and entry forms are at MedicinePark.com.

Tour of the Wichitas Bike Ride leaves Fort Sill at 8 a.m. June 22 and takes riders through Fort Sill and the Wichita Mountain Wildlife Refuge. See TouroftheWichitas.com for information and ride maps.

First bike out of the Cops and Kids Poker Run is at 9 a.m. June 22 at Elmer Thomas Park festival pad. Prizes will be awarded at 2:30 p.m. For information, call Bradley Delozier at 580-581-3228.

A Youth Bike-A-Thon begins at 10 a.m. June 22 at Sixth and Ferris streets in Lawton. For information, call Reginald Seaton at 580-581-3400.

American Band Festival begins at 4 p.m. June 22 at the Lake Helen stage. The festival is a family-friendly event with live music, food, vendors and fun. For information, call Jeannie Wheeler at 580-581-3400.

Duncan notes Founder’s Day

There are several activities planned in Duncan to celebrate Founder’s Day on June 22. They include:

5K run – Registration and packet pickup begins at 7 a.m. at Fuqua Park. A one-mile fun run begins at 7:30 and the USATF-sanctioned 5K run starts at 8. Event is a fundraiser for the Oklahoma chapter of the National Multiple Sclerosis Society.

Queen crowning and home tour – Stephens County Historical Museum crowns the Founder’s Day queen at 10:30 a.m. in Antique Marketplace Tea Room. Historical home tours begin at 1 p.m.




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Photo of the Month



Ethan Jones, 4, has some Summer Fun while playing in the mud following a thunderstorm at his grandparents’ house in Meers. Grandparents are Cotton Electric members Jeff and Judy Jones.

Enter your “best shot” in our Photo of the Month contest. The theme for July is Beat the Heat. Entries can also be emailed to info@cottonelectric.com or mailed to The Current, 226 N. Broadway, Walters, OK 73572. Winners will receive a Cotton Electric prize package of CEC goodies.


DLT presents popular ‘Red, White and Tuna’

Duncan Little Theatre once again will give patrons an update on the residents of Tuna, Texas, with presentations of “Red, White and Tuna” at 7:30 p.m. June 21, 22, 28 and 29 in the Simmons Center.

This is one of four plays featuring an affectionate look at life and attitudes in the small fictitious town. The comedy features numerous characters played by only two men. It is the third DLT “Tuna” presentation.

Tickets may be purchased at the Simmons Center box office.

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Sign up to be notified on peak usage days.

When Cotton Electric determines that a peak situation exists, participating members will be notified by email or text message.

How would you like to be notified? ☐ Email ☐ Text message

Email address: _____

Cell phone number: _____

Cell phone carrier: _____

Name: _____

Address: _____

Include form with a payment or mail it to
Cotton Electric, 226 N. Broadway, Walters, OK 73572.
This information can also be emailed to info@cottonelectric.com.

Peak period begins June 20

MEMBERSHIP MATTERS

The month of June has been a busy one for Cotton Electric Cooperative. Severe weather moving through our area resulted in outages and a few long nights for employees as they worked to restore power. Work also continues on the cooperative’s meter project and line construction is in full swing. In addition, we are preparing for June 20, the beginning of our annual Beat the Peak program.

Beat the Peak is a voluntary program where participating members are notified by email or text message when peak conditions occur. Peak hours are 3 p.m. to 7 p.m., Monday through Saturday.

Beat the Peak is designed to help you become energy aware and lower your power bills by reducing the energy consumed during peak periods when prices are higher. Reducing electricity demand during peak summer hours lowers the price of electricity by avoiding the use of higher-cost peaking units. These savings are then passed directly to you by reducing the power cost adjustment on your monthly bill.

Cotton Electric members can sign up for the program either by filling out and sending in the

By Jennifer Meason

form above, through our website, CottonElectric.com, or by calling 580-875-3351 or 800-522-3520. When you receive a peak notice, we ask that you make small energy conservation efforts like turning off lights or appliances that are not needed, adjusting your thermostat a few degrees higher, delaying the use of major appliances such as dishwashers, washing machines and clothes dryers, and postponing hot water use.

As an added bonus, all members who participate in the Beat the Program will be included in

drawings for a Cotton Electric prize package that will include a gift card to an area home improvement store, great for purchasing items to increase your home’s energy efficiency.

As a member-owned cooperative, we all benefit from every dollar saved. Let’s work together to lower demand and help Beat the Peak!

Hot summer means high demand

Tips offered to help conserve energy and Beat the Peak

Lifelong residents of southwest Oklahoma can describe summertime with one word: Hot. Power suppliers use two words: High demand.

The summertime spike in demand is driven by the increased use of power-hungry devices such as televisions and game systems entertaining youngsters on school breaks, refrigerators and pool pumps put to work to provide cool respites and air conditioners running for long periods trying to keep homes and businesses cool.

As summertime demand grows, more power must be generated and the cost of producing energy rises. If demand exceeds what is produced by local generators, power is purchased on the open market at an even higher price. Thus, the peak of power cost is reached, which sets the cost of power for coming years.

Cotton Electric Cooperative began a voluntary Beat the Peak program in 2009. Members can sign up to receive Peak Alerts when power supplier Western Farmers Electric Cooperative (WFEC) predicts peaks in demand for power.

The peak period extends from June 20 to September 9. On days when a Peak Alert is issued, participants are asked to conserve energy and put off using power-driven devices from 3 to 7 p.m., a one-hour forward adjustment of the time slot from previous years.

Peak Alerts are passed on to Cotton Electric members through text messages, emails, notices on Facebook and Twitter and announced on the co-

operative’s website, CottonElectric.com.

CottonElectric.com has a special Beat the Peak page, where members can sign up to receive Peak Alerts. Members who have signed up in past years do not need to sign up again.

There are many ways to conserve energy and help Beat the Peak. Here are a few:

- Set thermostats comfortably high in the summer. The recommended temperature is 78 degrees in the summer.
- Close curtains and blinds to prevent the sun from heating up the home and making the air conditioner work longer.
- Reduce hot water use and lower the thermostat on a water heater to 120 degrees.
- Delay using major appliances such as dishwashers and laundry equipment. Also, wait to run equipment until there is a full load of dishes or laundry.
- Appliances controlled by thermostats require more electricity when starting up than during operation. Stagger start up times to reduce demand.
- Install compact fluorescent bulbs (CFLs) and turn off lights when not needed.
- Keep the swimming pool covered when not in use to reduce evaporation. Restrict pool pump use to off-peak hours.
- Turn electronic devices off with a power strip when not in use.

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Participating in Cotton Electric’s Beat the Peak effort is as simple as firing up the grill instead of using the electric stove to cook an evening meal. For a twist on an old favorite, add hummus to create Mediterranean Burgers.

Simple party spread makes entertaining easy

(Family Features) When it comes right down to it, all guests expect from a great party are good company, cold drinks and delicious food. So, make entertaining easy with a simple yet delicious spread of savory appetizers, grilled favorites and sweet treats.

Plan on two grilled appetizers and a selection of cool, creamy dips. Tortilla chips or celery stalks are delicious with Sabra’s Roasted Garlic hummus. Serve artisan breads and crackers with Sabra’s Asian Fusion hummus and your guests will think you’re a true gourmet. Stick to everyone’s favorite as a main course, hamburgers. Take them to a new level with herbs and spices to impress your guests. Purchase mini cupcakes and pastries at your favorite bakery for an easy dessert.

You may have a chance to taste Sabra dips and spreads for free this summer. Visit www.sabra.com/trucks for more information, and try the recipes below for easy entertaining.

Hummus Garlic Bread

Servings: 4

- 1 loaf French bread, about 12-14 inches long
- 1 container Sabra Roasted Garlic Hummus
- 1 - 2 tablespoons chopped garlic
- 1/2 cup grated parmesan cheese

Preheat broiler.

Slice French bread in half length-wise. Set aside.

Mix Sabra Roasted Garlic Hummus and garlic together in small mixing bowl. Spread hummus mixture on French bread halves. Place bread on baking sheet. Sprinkle with parmesan cheese.



Broil bread on wire baking rack located in the middle of the oven, not too close to the broiler. Broil 2-5 minutes or until edges are crispy and cheese is browning. Watch bread closely as broilers vary greatly in their timing.

Cut each half of bread into quarters. Serve warm.

Mediterranean Burgers

Servings: 6-8

- 1 1/2 pounds ground beef or lamb
- 1 medium onion, diced
- 1 egg, lightly beaten
- 1/4 cup minced parsley
- 1/4 cup minced mint
- 1 tablespoon paprika
- 1/4 teaspoon cinnamon
- 1/2 teaspoon cayenne pepper
- 1 teaspoon salt
- 1 tablespoon ground cumin
- Juice of 1 lemon
- 3 tablespoons olive oil
- 1 large pickle sliced thinly in rounds
- 4 romaine lettuce leaves
- 1 large tomato, thinly sliced into rounds
- 8 hamburger buns, split and lightly toasted
- 1/2 cup Sabra Hummus,

choose your favorite style

In medium bowl, combine ground beef or lamb, spices, lemon juice and egg. With wet hands, shape into eight, 3 1/2-inch diameter, patties.

In large grill pan, warm 3 tablespoons olive oil over medium heat. Grill burgers until nicely browned on each side, about 3-4 minutes.

Place bottom of buns on plates. Spread layer of hummus on bun. Top with burger, sliced pickles, lettuce and sliced tomato. Spread more hummus on top of bun. Press on bun tops and enjoy.



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PUBLIC AUCTION

Personal Property: Saturday June 29, 2013 @ 10am
Location: 13th & Park in Duncan, OK

Scroggins Auction Service has been commissioned to offer at public auction the Personal Property at 13th & Park in Duncan, Oklahoma. *Directions:* Hwy 81 South at Freedom Lanes Bowling Alley go 1 block East. For Photos-Log onto www.auctionzip.com Enter Auctioneer ID# 17788

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Easy tips offered for getting healthy and keeping in shape this summer

Editor's note: Kim Bandelier is on vacation. Her column, Food for Thought, will return in July.

(Family Features) Swimsuit season is here so it's time to tone up, slim down and get ready for summer. Building lean muscle, burning fat and eating right is easier when you know what steps to take.

Incorporating healthy habits into your daily routine can provide long-term results, according to two experts from Curves, Nadia Rodman, director of nutrition, and Katie Mitchell, director of exercise. Here are six tips to get you started on the path to better health:

Make over your breakfast: A higher protein breakfast turns up your satiety signal and helps you fight cravings throughout the day. Consider a parfait made with fresh fruit and low-fat Greek yogurt that can add as much as 30 grams of protein to your day. Try this easy recipe: Combine 1 cup plain, low-fat Greek yogurt with 1/4 cup almonds, 1 cup strawberries and 1/2 cup blueberries or another favorite fruit.

Add some flavor to your water: Try flavoring your water naturally with fresh fruit and



Photo courtesy of Getty Images

herbs, such as berries, orange slices, mint and lemon or lime slices. Simply fill a large pitcher with water or carbonated water, fruit, and/or herbs of your choice. Store in the refrigerator for about 3 hours. Pour water over ice and enjoy.

Keep healthy snacks handy: Be prepared when a snack craving hits. Snacks packed with protein help keep your energy level even so you don't hit a sugar low in the afternoon. Good options to keep handy or in a desk drawer include a handful of almonds, a

piece of beef jerky or dried pumpkin seeds.

Add strength training: Be sure to incorporate resistance training into your exercise program. Resistance training helps build lean muscle, which builds your strength, creating a firm and toned appearance – plus it boosts your metabolism. Weight bearing exercise also helps build up bone density.

Add cardiovascular exercise: While resistance training helps us build lean muscle, cardio activity will strengthen your heart and burn body fat. Look for a workout that includes both strength training and cardio exercise, such as Curves. Also look for activities the whole family can enjoy, such as charitable walks or runs in your community.

Have a coach: It helps to have a coach or workout buddy for accountability and motivation. It's always more fun to work out with a partner and the added support will help keep you on track. Look for a gym or club that offers a coach that is hands-on and will meet with you on a regular basis.

To learn more about Curves Fitness and Curves Complete, visit www.curves.com.

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Frozen summer treat easy to make at home

(Family Features) Cool down this summer with a rainbow of color and flavor. Just like skipping through the sprinkler when the sun is shining bright, homemade shaved ice offers sweet relief on a hot afternoon. Plus, making this frozen favorite is a fun family activity.

“Celebrate the flavors of summer with Easy Fruity Shaved Ice,” said Mary Beth Harrington of the McCormick Kitchens. “The secret is in the flavorful syrups, which come together in just a few minutes with less than five ingredients, including fruit extracts and food colors.”

Add raspberry, orange or strawberry extract to a simple syrup and mix in a few drops of vibrant food color to create this classic frozen treat. But don't stop there. Bring the family together and let their imaginations run wild as they create their own personalized color and flavor combinations. Here are a few tips from the McCormick Kitchens to get you started:

•**Make It Snow At Home:** If you don't have a shaved ice maker, crush ice to a snowy texture in your blender or by wrapping a plastic bag of ice in a kitchen towel and smashing it with a rolling pin or mallet. This can be a fun project for kids so long as they have adult supervision.

•**Mix and Match:** Store syrups in small squeeze bottles and mix and match flavors in each shaved ice. Create layers of color and flavor in the ice, and then gobble them up before the creation melts. You'll have a different summer treat

every time! For more inspiring summer ideas, visit www.McCormick.com, www.Facebook.com/McCormickSpice.

Easy Fruity Shaved Ice

Prep Time: 5 minutes

2 cups sugar
1 cup water

Blue Raspberry Syrup:

2 teaspoons McCormick® Raspberry Extract
10 drops Blue McCormick® Assorted Food Colors & Egg Dye

Strawberry Cotton Candy Syrup:

2 teaspoons McCormick® Imitation Strawberry Extract
10 drops McCormick® Red Food Color

Crushed Orange Syrup:

1 teaspoon McCormick® Pure Orange Extract
8 drops McCormick® Yellow Food Color
2 drops McCormick® Red Food Color

Lemon Blast Syrup:

1 teaspoon McCormick® Pure Lemon Extract
10 drops McCormick® Yellow Food Color

BRING sugar and water to boil in small saucepan on medium heat, stirring to dissolve sugar. Boil 1 minute. Remove from heat. For desired flavor syrup, stir in extract and food color. **COOL** to room temperature. Pour into squeeze bottle for easier serving. Pour syrup over shaved ice. Makes 2 cups syrup.



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A screwdriver is usually the only tool needed to adjust the thermostat on a water heater. Remember to turn power off at the breaker before working on any electrical appliance.

Adjusting water heater thermostat simple procedure for big savings

By Trent Marlett

Would you like to know one of the simplest, most effective, and no-cost ways to save energy in your home this summer? Turning down the temperature of your water heater. It costs nothing to do, it's easy, and it saves a significant amount of energy.

Heating water for home use is the second-largest energy consumer, following heating and cooling. Around 15 to 18 percent of a household's total energy consumption goes toward water heating. Making an adjustment to this big energy consumer should have a significant impact on the total energy use in your home.

For me, the hotter the temperature gets outside the less likely I am to take a hot shower. In fact, nothing feels better to me than coming in from a hot day and taking a pretty cold shower!

Most water heaters come out of

the factory with their heating elements set on 140 degrees and most of us never look at that setting. The EPA suggests that the most efficient temperature setting on our water heaters is 120 degrees.

Unless all the kids take a shower and the dishes are being cleaned and the washing machine is being used, all at the same time, 120 degrees will suffice for most home water heating requirements. Also, the EPA states that by setting our water heater temperature to 120 degrees we can save around 10 to 15 percent on our water-heating energy consumption.

This truly is a Simple Savings tip. It's easy to do and it costs nothing.

Almost all water heaters have a top and bottom heating element. These elements have covers on them, held in place with a couple of screws. Behind the cover is a dial with temperature settings.

The setting on the dial can be moved, most commonly from 120 degrees up to 160 degrees.

1. Make sure the power to the water heater is turned off at the breaker box.
2. Remove covers with a screwdriver, turn the dial setting to 120, replace covers, and turn the breaker back on.

Making the adjustment is that simple and it will really save energy in your home.

If you want a little more information, visit CottonElectric.com. Under the Energy Efficiency tab, there is a link to a page of efficiency videos. In the Water Heater Tips video, I give step-by-step instructions for changing the settings on a water heater's thermostat.

So, when it's hot outside, not only will that cool shower feel good, but the feeling of saving energy and money will feel great!

Water heaters consume energy three ways

According to the U.S. Energy Information Administration, water heating accounts for up to 20 percent of the total utility expense for many U.S. households. You can save energy and money by learning how this energy is used.

Energy consumption for water heating is divided among three types of use: heating efficiency, standby loss, and hot water consumption. Apply different conservation measures to reduce each use.

Heating efficiency describes how well your water heater converts electricity or gas into hot water. When you next buy a water heater, study the yellow Energy Guide label that is required on all appliances, and compare the listed Energy Factor (EF) that is used to rate water heaters. Find the highest EF available to identify the most efficient appliances. Better yet, buy an Energy Star rated appliance and you'll get the most efficient appliance of all.

Standby losses include the heat that goes through the walls of your water heater tank even when no one is using hot water. The best defense against

standby loss is a heavily-insulated tank. If you buy a tank with a high Energy Factor (above), you're getting the best built-in tank insulation available. If you have an existing water heater that is more than a few years old, the best way to reduce standby loss is by installing an external water heater blanket. If you install a blanket, be sure to follow the manufacturer's instructions to avoid safety hazards.

Hot water consumption is the water you use at appliances and faucets. Every gallon of hot water you use is replaced by a gallon of cold water in your water heater that must be heated. If you reduce your hot water consumption, you'll reduce the amount of electricity or gas your water heaters consumes. You can reduce your hot water consumption by installing low-flow showerheads, for a savings of 5 to 10 gallons per shower. You'll also use less hot water by using the cold-water wash-cycle on your washing machine. Modern soaps do a great job of cleaning clothes without hot water, and you'll save up to 10 gallons of hot water per cycle.

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High rate motivates push for electrification

By Karen Kaley

It could be said that a high bill complaint is what finally made things happen in the efforts to bring electricity into rural areas. In the early 1930s, while 90 percent of those living in cities enjoyed the benefits of electricity, the numbers were reversed for their country cousins. Nine out of 10 homes and farms in rural America were without electricity. The main reason for this was money. It was very expensive to build lines to areas where consumers were sparse, sometimes spread a mile or more apart. It would be difficult for power providers to recoup their investment from far-flung ratepayers, much less make a profit.

With that reasoning, rates were very high in the few rural areas that had electricity. In particular, they were high in Warm Springs, Ga.

That is where a 50-year-old gentleman chose to build a second home. The springs in the area offered relief to his polio-stricken body.

All was well until he received his first electric bill. He was shocked. The kilowatt-hour charge was nearly four times the rate he was paying at his home in New York.

This inspired him to work on the issue of affordable electricity for rural America. The man had some political pull and in a few short years had the mechanisms in place that changed the lives of the country cousins.

Here’s how Franklin Delano Roosevelt told the story in 1938, when he was addressing a crowd gathered to celebrate the energization of Lamar Electric Membership Corporation based in Barnesville, Ga.

“Fourteen years ago, a Demo-



Franklin Delano Roosevelt in 1933

cratic Yankee came to a neighboring county in your state in search of a pool of warm water wherein he might swim his way back to health. The place — Warm Springs — was a rather dilapidated, small summer resort. His new neighbors extended to him the hand of genuine hospitality, welcomed him to their firesides, and made him feel so much at home that he built himself a house, bought himself a farm, and has been coming back ever since.

“There was only one discordant note in the first stay of mine at Warm Springs: When the first-of-the-month bill came in for electric light for my little cottage, I found that the charge was 18 cents per kilowatt-hour — about four times as much as I paid in Hyde Park, New York. That started my long study of proper public utility charges for electric current and the whole subject of getting electricity into farm homes.

“So it can be said that a little cottage at Warm Springs, Georgia, was the birthplace of the Rural

Electrification Administration.”

On May 11, 1935, FDR had signed Executive Order 7037, establishing the Rural Electrification Administration. Its function was to “initiate, formulate, administer, and supervise a program of approved projects with respect to the generation, transmission, and distribution of electric energy in rural areas.”

Things happened pretty quickly after that. In southwest Oklahoma, Cotton Electric Cooperative was incorporated on Sept. 15, 1938. On Feb. 20, 1939, REA approved a loan of \$230,000 to fund 234 miles of line and construction was begun June 1, 1939. Only 84 days later, Aug. 26, 1939, a switch was thrown and 150 homes had electricity.

Electrification in rural America rose to 25 percent by 1939, and by 1970, it reached 98 percent.

Best of all, that power comes into homes at an affordable rate. In most places, it is still less than the 18 cents per kilowatt-hour on FDR’s Warm Springs bill.

- ACROSS**
- 1. __ Dhabi, Arabian capital
 - 4. Invests in little enterprises
 - 8. Stalk of a moss capsule
 - 12. Beach material
 - 14. Maneuver in a game
 - 15. A castrated male chicken
 - 16. Write bad checks
 - 17. Sewer inhabitants
 - 18. Farewell (Spanish)
 - 19. Player makes 3 goals in one game
 - 22. Greek rainbow goddess
 - 23. Tax collector
 - 24. Make unhappy
 - 27. Hygienic
 - 32. Double-reed instrument
 - 33. Beetle Bailey’s dog
 - 34. Fee, ___, foe, fum
 - 35. One-dish meal
 - 38. Goatlike antelope
 - 40. Consumed food
 - 41. Peels
 - 42. Emerald Isle
 - 43. Duties helpful to others
 - 45. Fragments of cloth
 - 47. Frozen water
 - 48. Spanish river
 - 49. Stated an inquiry
 - 56. Laid-back California county
 - 57. Fearless and daring
 - 58. Sound after its source has stopped
 - 59. Blackboard rock
 - 60. A domed or vaulted recess
 - 61. Six (Spanish)
 - 62. French city
 - 63. Herringlike clupeid fish
 - 64. Oriental sauce

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- DOWN**
- 1. Requests
 - 2. Spoken in the Dali region of Yunnan
 - 3. Up to the time of
 - 4. Common ankle injury
 - 5. Tedium
 - 6. 9th Greek letter
 - 7. Abnormal closed body sac
 - 8. One who obtains pleasure from other’s pain
 - 9. Long narrative heroic poem
 - 10. Possessed by force
 - 11. Autonomic nervous system
 - 13. Treats with contempt
 - 15. Bears
 - 20. Before
 - 21. Light ringing sound
 - 24. Blends of soul and calypso
 - 25. Fall off in intensity
 - 26. Gives medicine
 - 27. Gross receipts
 - 28. Square measures
 - 29. Ablaze
 - 30. Incapable of flexibility
 - 31. Bears, sheep or goats
 - 33. An open skin infection
 - 36. Effeminate
 - 37. Competed in a speed test
 - 39. Supplies with air
 - 44. Short stays
 - 45. Sown a lawn
 - 46. 60 min. units (abbr.)
 - 48. Second-largest Oklahoma city
 - 49. Fence picket
 - 50. Second-largest Algerian port city
 - 51. Camel or goat fabrics
 - 52. 19th Hebrew letter
 - 53. Frosts
 - 54. 17th state
 - 55. Inquisitorial
 - 56. Manuscripts (abbr.)

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Hart departs for change in scenery

By Karen Kaley

Daryl Hart tried to be gruff. He tried to slip away from the co-op quietly.

He failed.

With mixed emotions, he bade farewell to his colleagues late in May. Though he looked forward to a new opportunity, Hart's time at the co-op was important enough to him that he had counted the days.

"I've worked for Cotton Electric for 38 years, 8 months and 17 days. There were some good days and some bad days ..."

He paused, looked away, cleared his throat a bit. He pulled a creased greeting card from his pocket.

He told a short story about going out of his way some time back to help a member. He read aloud the kind words of gratitude the member had written and looked up at the people surrounding him.

"That's what it's all about ... the members. Don't forget them."

And those were his parting words of wisdom for his colleagues.

Hart made his way back to a seat next to



Employee Spotlight

Daryl Hart

his wife, Carol, to enjoy a plateful of breakfast goodies his co-workers had made in his honor. As he passed his friends and co-workers, he made contact, a squeeze of a shoulder here, a quick hug there.

Old softie.

It was clear he had developed some deep friendships during his long career at Cotton and found it hard to say goodbye. At the same time, he was looking ahead.

He was a little nervous and a lot excited as he spoke about the last few years of his working life. He knew he would be all right.

Hart said he will continue to do the same type of work in his semi-retirement, just in a different place.

"Just getting a change of scenery," he said.

Hart's career path has taken him from the Cotton Electric warehouse to billing and customer service to engineering. He had spent the past dozen years as an engi-

neering field technician.

Also known as a staking engineer, Hart would meet with co-op members needing power service built or modified. After discussing what the member wanted and the co-op could do, Hart would design a plan, drive a few stakes to mark locations for poles, anchors and other equipment, and prepare a work order.

He described the job as a contradiction: "Engineering is the same thing over and over, but different in each situation."

While Hart tried to do right by the member and by the co-op, he gained something from each encounter.

"I met lots of people, made lots of friends. Most experiences have been very positive."

It turns out that his relationship with other people and supporting their moment in the spotlight is one of the things Hart values most.

For example, he has two children, Clay, 24,

and Carly, 22. Both are candidates for December 2013 graduation from Cameron University.

Hart said he considers the high point of his time with Cotton Electric to be when Carly sang the national anthem at the last two annual membership meetings.

But the support goes both ways. With the blessing and help of his family and all his experience gained at the co-op, he knew he was ready to take the next step in his life.

"It's a big step," he said.

"A leap of faith."

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No kids, no job, no yard work, no pressure...just other adults creating art, laughing, drawing, learning together, a little music, a little wine...maybe a little fun... C'est la vie!

Safety is a top priority at Cotton Electric. Employees gather at regular intervals for safety training of all sorts. Recently, line workers performed pole-top rescue drills. In these photos, first-year lineman apprentice Jeremy Crabtree gets some pointers from Greg Hambrick, safety and loss control instructor for the Oklahoma Association of Electric Cooperatives, before climbing up to carry out rescue procedures.

Photos by Jennifer Kriz



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Concern for community is one of the basic cooperative principles. Four employees from Cotton Electric helped out during the Special Olympics held recently in Stillwater. CEO Warren Langford, left, is a veteran volunteer at this event. Warehouseman Ty Logan and right-of-way crewmen Jason Red Elk and Seth Johnson were first-time volunteers.

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They Think
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Ready for adventure?

Let the folks at Steppin’ Outdoors guide the way

By Karen Kaley
Outdoor adventures come in a variety of forms. Some involve hiking, hunting or fishing. Some take place close to home, others in exotic locations.

And there are ventures “into the wild” that exist in the imagination of a person who may not be not quite sure how to make the adventure a reality.

Anyone — a veteran explorer or a novice — needing help with an outdoor adventure of any type should consider giving Steppin’ Outdoors a call at 580-450-1599 or visit SteppinOutdoorsToday.com. The experienced staff there can make arrangements for just about any excursion.

And here’s something nice: Cotton Electric members can present their Co-op Connections Card to receive a 15 percent discount on guides and tours.

Founder Brandon Arrington is joined by his wife, Lindy; brother, Braylin; and Roger Mayer of Elgin. All are seasoned outdoor enthusiasts, boasting a combined 95 years of experience.

In addition to plenty of time in the field, Brandon spent several years as part of “Wild Oklahoma,” a television and radio show. Setting up for broadcast excursions provided the experience needed to start his own business arranging adventures.

Steppin’ Outdoors is based in Corum where Brandon and Lindy live, but they can arrange expeditions to nearly

Steppin’ Outdoors

15% discount on guides and tours



www.steppinoutdoorstoday.com

any location desired. They can help if a client wishes to go fishing one of the Great Lakes or take an African safari to hunt big game — with a weapon or a camera.

“If you just want to spend the weekend on the Red River, we can do that, too,” Brandon Arrington said.

To some folks in state and out, southwest Oklahoma is an exotic hunting or fishing location.

“Sometimes corporations have employees come to the area for long-term training,” Arrington offered as an example.

“Steppin’ Outdoors provides a way to entertain those employees. They might have seen mudcat fishing on TV and they want to try that. We take them out and make sure they have a good time and a safe time.”

Convenience and safety are the vital components Steppin’ Outdoors offers. The staff makes all arrangements for any outing at a comfort level dictated by clients. “We can make it primitive or

we can load it with amenities.”

Arrington and his staff will make sure adventurers have all the necessary gear for the chosen experience and that all will return home safely — with great stories to tell.

The staff can serve as guides and teachers. For example, noodling (bare-handed catfishing) has become a popular quest. Arrington said he always confirms the skill level before taking a client noodling. If they are first-timers, he will take the clients to a safe location to learn.

“Never noodle by yourself,” he cautioned. “Inexperienced people see noodling on TV and think they can do it. Some people have drowned that way.”

Arrington and the staff are well-versed in the differences between river noodling and lake noodling. “It’s night and day different,” he noted. “The techniques, the way you catch and handle the fish, everything is different.”

Steppin’ Outdoors

conducts outdoor educational events such as women’s noodling clinics that mix learning with the fun. They can also arrange corporate outings, family ventures or retreats for team building.

One business event appeals to area hunters, while at the same time helping to eliminate a local nuisance. The annual Steppin’ Outdoors Feral Hog Hunt is held the first weekend in February, just after the close of deer season.

Hunting, fishing or simply spending some time communing with the great outdoors is possible for anyone, thanks to the expert care provided by Steppin’ Outdoors.



Lindy and Brandon Arrington work together to make sure Steppin’ Outdoors clients stay safe and have a great outdoor experience. The staff also includes Brandon’s brother, Braylin Arrington, and Roger Mayer of Elgin. Mayer is the marine manager for Steppin’ Outdoors. All four have extensive backgrounds in hunting and fishing.

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Fiesta fun way to prepare for school

By Karen Kaley

Fiesta in Fuqua lives up to its name. It is a party in the park, a back-to-school celebration for youth, with an emphasis on health and education.

This particular party is thrown by the community. It is the coming together of many resources: Volunteers, business sponsors, civic organizations and in-kind and monetary donors and grantors.

The festivities start early to beat the late summer heat. Participating students and their families will get fliers with instructions upon arriving between 8:30 and 11:30 a.m. Aug. 3 in Duncan's Fuqua Park.

Students will be directed to the "student store," where they will receive a grade-appropriate color-coded card. Each child must collect 10 different punches or signatures by taking part in activities at various spots throughout the park.

Many activities are aimed at getting the child moving. Kids will be able to throw basketballs, take part in races, jump a rope or hopscotch, toss a bean bag or try triggering a dunk tank. Cotton Electric will be on hand with an energy bike, where youngsters will have to pedal to light up a row of light bulbs.

Health checks are a big part of the event. Parents can take shot records so children can receive free immunizations at the Oklahoma Caring van. Duncan Family Eye Care will offer free vision screenings and Dr. Gerrad Davis will offer dental checks. Height and weight measurements will be recorded at the First Aid station.

A couple of stops will focus on fire safety, while another will focus



Download CECF grant applications at cottonelectric.com. Deadline for third-quarter 2013 grant applications is Aug. 30.



Kade Barrington looks through school supplies he received while taking part in Duncan's Fiesta in Fuqua in 2012. The annual event offers supplies and healthy activities for school-aged children. Cotton Electric Charitable Foundation has supported the event in past years with grants totaling \$2,120. Kade is the son of Ashley Barrington. His grandparents, Edia and Donde Killgore, are Cotton Electric members. All are Marlow residents.

on fun. Kiddie Land will be open and all children will ride for free.

Kids can choose from more than 25 activities then take their completed card back to the "student store" to exchange it for a sack full of the supplies listed by area schools.

There will be plenty of donated or sponsored crayons, glue sticks, pencils, erasers, notebook paper and pocket folders. Supplies will range from Play-Doh® for kindergartners to index cards for high schoolers.

By this time, students and their families will surely have worked up an appetite from activities and a mighty thirst from the heat. Yellow-shirted volunteers from Mullins Baptist Association will fix that by

serving donated Bar-S hot dogs, water and soft drinks.

All this comes together thanks to the efforts of New Hope Baptist Church West (NHBCW) members, hundreds of volunteers, Fiesta in Fuqua committee, and lots of bargain hunting. Daisy Lawler heads up the Fiesta in Fuqua committee.

She said 2013 will be the ninth year for the back-to-school public event. Originally a project of the Stephens County Health Department, it has been coordinated by NHBCW for the past four years.

Lawler makes sure all businesses sponsoring activities or supplies are contacted annually. She rounds up volunteers from NHBCW and

other local groups such as Lucky Circle Social Club and OSU Alumni, who have invited Pistol Pete to make an appearance this year.

She collects donations of free passes for activities such as bowling and skating, and applies for grants to cover supplies that are not donated.

Cotton Electric Charitable Foundation has made four grants to the event totaling \$2,120 over the past few years.

Lawler and other members of NHBCW keep an eye out all year for sales on supplies that are not donated. A few days before the event, volunteers meet at the church to begin sorting and organizing hundreds of colored folders, packages of paper and boxes of art supplies.

Conveniently, the church is the rain location. If a rare August downpour comes along, the supplies for as many as 1,000 or more students won't have to be transported.

An estimated 3,000 people go through Fuqua Park the day of the fiesta. Lawler said it all happens because of the strong community support the event enjoys.

"We couldn't do this without the help from volunteers and financial and in-kind donations from around the community."

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Wow your guests at your next gathering with party accessories from Gifts to Treasure or American Scents in Duncan. Be sure to cook up great things using items from Gourmet Gadgetré in Lawton. Those local merchants offer 10 percent discounts.

Check the Connections.Coop website for great national deals like

these: Grill up a masterpiece with goodies from Omaha Steaks or custom smokers from Smokin' Tex.

Keep your home cool with \$200 off a service call from Cool It, Inc. Keep your home safe with a 10 percent discount on new locks installed by Johnson & Johnson Locksmith. Both are Lawton merchants

Planning to travel? Before you leave, get a discount on service department repairs on your car at Billingsley Ford in Duncan or Lawton. If someone is traveling to see you, consider putting them up at Bluff Creek Lodge in Stephens County.

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from beachfront properties to road trip stopovers can be found from the Wyndham Hotel Group, Best Western, Motel 6 and La Quinta. The ideal rental car can be found with our Hertz, National and Alamo deals. Find these on the Connections.Coop website.

If heart-pounding rides are in your plans, special pricing for all Six Flags

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If you and the kids are staying home, find a just-right toy or gift at Blue-Eyed Girls-Dear Friends in Duncan or Baby Glam & Mama, Too! in Marlow. Mom can find more great clothing selections at Tans Plus in Comanche and the 18th Block in Lawton.

If you're celebrating an anniversary, birthday, or have a "just because"

day, check out the flowers and gifts at Flowers, Etc. in Elgin or Nita's Flowers in Marlow. More gift selections can be found at Studio 17 in Elgin, The Salt Cellar in Lawton, The Branded Bear in Medicine Park.

Why not fix up the house with finds from Addington Station Antiques or Nancy's Antiques in Waurika. Find more bargains at Antique Adventures in Lawton or Medicine Creek Gallery in Medicine Park.

If golfing is your idea of a great summer activity, don't forget Lakeside Golf Course in Walters offers \$5 green fees on Mondays and Tuesdays.

For savings on the go,

download the Co-op Connections app at Connections.Coop website.

If you use your Co-op Connections Card to get a great bargain this summer, share it with other co-op members. Take a picture of the item or receipt showing the discount and email it and a description of the great deal you got to info@cottonelectric.com. We'll post the information on our Facebook page.

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CTHC offers summer art classes

Chisholm Trail Heritage Center in Duncan is hosting a number of art workshops during the summer.

Watercolors for Seniors will be from 9 a.m. to noon July 1-3. Andy Couch will lead the sessions.

Hello! It's Me! Portrait Drawing led by Crystal Mayes is scheduled for July 8-12. Sessions for middle schoolers, grades 5 through 8, will be from 9:30 a.m. to noon. Sessions for high school students and adults will be from 1:30 to 4 p.m.

Crocheting: Designer on a Dime is for ages 8 and up. Sessions will be from 2 to 4 p.m. July 15-19, led by Neva Kitsmiller.



Introduction to Visual Media dabbles in a little bit of everything and is for ages 12 to adult. Sessions are set for 6 to 9 p.m. July 15-19.

Sculpture: The Original 3D is a class for ages 9 to 15. Sessions will run from 9 a.m. to noon July 22-26.

Found Items Jewelry: A Class for Partners is designed for pairs of relatives or friends. Classes are from 1 to 4 p.m. July 22-26.

Video and Filmmaker Camp is July 29 through Aug. 2. Sessions

for grades 5-8 will be from 9 a.m. to noon, and grades 9-12 from 1 to 4 p.m.

A Little Sketchy is billed as a drawing camp for grownups. Sessions are from 6 to 9 p.m. Aug. 19-23.

Descriptions for each session, registration fees and forms and other information can be found on the Chisholm Trail Heritage Center Facebook page under the Events tab.

For information, call Leah Mulkey at 580-252-6692.

FSA County Committee nominations open

Nominations for the 2013 FSA (Farm Service Agency) County Committee will be accepted June 17 through Aug. 1.

According to Janlyn Griffin, executive director for Comanche County FSA, this year's nominations will be accepted from farmers and ranchers in Local Administrative Area (LAA) No. 2. This area includes the eastern portion of the county to include Sterling, Pumpkin Center, and Lawton.

Eligible producers may nominate themselves or be nominated by a fellow producer.

On Nov. 4, election ballots will be mailed to eligible voters. These ballots must be returned to the FSA office by Dec. 2.

The producer with the most votes will serve a three-year term on the committee beginning Jan. 1, 2014. The producer with the second most votes will serve as alternate.

Currently, Joshua Sullivan represents LAA #2. "The FSA county committee system is unique among government agencies, because it allows producers to make important decisions con-

cerning the local administration of federal farm programs," Griffin said.

"I urge all eligible farmers and producers, especially minorities and women, to get involved and make a real difference in their communities by voting in this year's elections."

Committee members apply their knowledge and judgment to make decisions on disaster and conservation payments, establishment of allotments and yields, producer appeals, employing FSA county executive directors and other local issues. FSA

committees operate within official regulations designed to carry out federal laws.

For information, contact the Comanche county FSA office at 580-353-2115, Ext. 2 or visit www.fsa.usda.gov/ok.

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COTTON COUNTY RURAL WATER DISTRICT #2
2012 Annual Drinking Water Quality Report

We're very pleased to provide you with this year's Annual Quality Water Report. We want to keep you informed about the excellent water and services we have delivered to you over the past year. Our goal is and always has been, to provide to you a safe and dependable supply of drinking water. Our water source is from wells located about 10 miles west of Walters, and 12 miles west of Lawton, Oklahoma. We are happy to report that our drinking water is safe and meets Federal and State requirements.

If you have any questions about this report or concerning your water utility, please contact Jerry Phillips at Cotton County Rural Water Office, 229 N. Broadway, Walters, Oklahoma 73572, phone (580) 875-2027. We want our valued customers to be informed about their water utility. If you want to learn more, please attend any of our regularly scheduled meetings. They are held on the 2nd Tuesday of each month beginning at 7:30 p.m. at 229 North Broadway in Walters Oklahoma.

Cotton County Rural Water District #2 routinely monitors for contaminants in your drinking water according to Federal and State laws. This table shows the results of our monitoring for the period of January 1, to December 31, 2012.

In the table below you will find many terms and abbreviations you might not be familiar with. To help you better understand these terms we've provided the following definitions:
Parts per million (ppm) or Milligrams per liter (mg/l)
Parts per billion (ppb) or Micrograms per liter (ug/l)
Picocuries per liter (pCi/l) - picocuries per liter is a measure of the radioactivity in water.
Action Level (AL) - The concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.
Maximum Contaminant Level (MCL) - The MCL is the highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.
Maximum Contaminant Level Goal - The MCLG is the level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.
Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the EPA's Safe Drinking Water Hotline (800-426-4791).
The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally occurring minerals and, in some cases, radioactive material, and can pick up substances resulting from the presence of animals or from human activity.

TEST RESULTS						
Contaminant	Violation Y/N	Level Detected	Range Detected	MCL	MCLG	Likely Source of Contamination
Radioactive Contaminants						
Beta/photon emitters (pCi/l)	N	1.614 UG/L	1.43 - 1.879	50	0	Decay of Natural and man-made deposits
Nitrate-Nitrate	N Year 2012 Monitoring, Routine Major	7.63 MG/L	0-7.63	0	7.63	Runoff from fertilizer use; leaching from septic tanks, sewage; erosion of natural deposits
Inorganic Contaminants						
Barium (ppb)	N	311UG/L		16.3UG/L	311UG/	Discharge of drilling wastes; discharge from metal refineries; erosion of natural deposits
Arsenic	N	.013mg/l	.013 to .014 mg/l			
Fluoride (ppm)	N	4.00 MG/L	2 to 4.00 MG/L			Erosion of natural deposits; water additive which promotes strong teeth; discharge from fertilizer and aluminum factories
Coliform	N					Group of bacteria that are passed through the fecal excrement of humans, livestock, and wildlife

What does this mean?
We have learned through our monitoring and testing that some contaminants have been detected. The EPA has determined that your water IS SAFE at these levels.

Thank you for allowing us to continue providing your family with clean, quality water this year. In order to maintain a safe and dependable water supply, we sometimes need to make improvements that will benefit all of our customers. These improvements are sometimes reflected as rate structure adjustments. Thank you for understanding.

Some people may be more vulnerable to contaminants in drinking water than the general population. Immunocompromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/CDC guidelines on appropriate means to lessen the risk of infection by cryptosporidium and other microbiological contaminants are available from the Safe Drinking Water Hotline (800-426-4791).

"We at Cotton County Rural Water District #2 work around-the-clock to provide top quality water to every tap", said Jerry Phillips. We ask that all our customers help us protect our water sources which are the heart of our community, our way of life and our children's future. Please call our office if you have questions.