

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

## NUMBER 10

More news at  
cottonelectric.com



# Co-ops strive for culture of safety

There is a children’s book titled “Safety 1st, Safety Always.” As you can imagine, it encompasses many of the traditional safety lessons parents should teach their children. We drill youngsters about safety from an early age because we know how important it is to protect ourselves and those we care about. In the spirit of May being National Electrical Safety Month, let’s take a look at how electric co-operatives have been stepping up to the plate when it comes to safety at the co-op.

Up until 2007, there was an alarming national trend among electric co-ops, which was the fact that the number of “lost time” accidents was increasing. Lost time is defined as anything resulting in an employee missing time at work; these accidents could range from a sprained ankle to the ultimate tragedy of a fatality.

This is why Federated Rural Electric Insurance Exchange, which insures the vast majority of electric co-ops nationwide, initiated a campaign called a “Culture of Safety.” It was designed to create a much greater awareness about safety issues at all electric co-ops.

Through the use of strategy labs across the country, Federated brought together co-op CEOs and general managers, operations supervisors, safety directors and linemen to better understand how each group viewed safety. In doing so, differences in perceptions regarding safety within cooperatives were identified, allowing for much-needed conversations and evaluations of how to raise awareness and improve local safety cultures.

The “Speak Up, Listen Up” program is



designed to empower anyone who sees a potentially unsafe situation to Speak Up and encourages everyone to Listen Up to their concerns. The results have been dramatic, with more than a 30 percent decline in the number of accidents over the past nine years. Cotton Electric recently had the Speak Up program presented to employees to emphasize the importance of a Culture of Safety.

At Cotton Electric, the safety of employees and members is our first priority. As a member, you, too, have a role. If you see any potentially dangerous situations or practices, you should report them as soon as possible by calling us at 580-875-3351 or 800-522-3520.

The implementation and success of the Cul-

ture of Safety program demonstrates a very important point. If we are intentional about our actions, we can, indeed, change the culture in our organizations. The same is true for our families, our teams and any groups we may belong to.

We also know that living our cooperative principles and values is equally important. We have the best business model because it puts you, the member-owner, at the center of our efforts.

We look forward to being your safe electricity provider and energy adviser long into the future. For more information about electrical safety, visit [SafeElectricity.org](http://SafeElectricity.org).

## Oklahoma Elections 2016

### June 28 Statewide Primary Election

Last day to register to vote: June 3  
Deadline request absentee ballot: 5 p.m. June 22  
Early voting: 8 a.m. - 6 p.m. Thursday, June 23  
8 a.m. - 6 p.m. Friday, June 24  
9 a.m. - 2 p.m. Saturday, June 25

### August 23 Runoff Primary Election

Last day to register to vote: July 29  
Deadline request absentee ballot: 5 p.m. Aug. 17  
Early voting: 8 a.m. - 6 p.m. Thursday, Aug. 18  
8 a.m. - 6 p.m. Friday, Aug. 19  
9 a.m. - 2 p.m. Saturday, Aug. 20

### Nov. 8 General Election

Last day to register to vote: Oct. 14  
Deadline request absentee ballot: 5 p.m. Nov. 2  
Early voting: 8 a.m. - 6 p.m. Thursday, Nov. 3  
8 a.m. - 6 p.m. Friday, Nov. 4  
9 a.m. - 2 p.m. Saturday, Nov. 5

# Make rural issues a priority in 2016

Over the past couple of months, millions of Americans have trekked to local school gymnasiums, churches and community centers to cast votes in Presidential, Congressional and local races. Before the nominating process is over, millions more will follow suit. The enthusiasm with which citizens are participating in this election season is encouraging and foreshadows a robust debate as we head into the elections.

In the months ahead, it would be wise for candidates to remember the 42 million-member electric cooperative community, a diverse and vast group of Americans that reach into almost every district and every state in this country.

Electric co-ops are not-for-profit

energy providers that are owned by the members they serve. They provide coverage for 75 percent of our nation’s landmass. They are a foundation in their communities and their consumers are making their voices heard this election on issues that matter most to them, such as affordable electricity, broadband internet access and job security for veterans.

To ensure that all electric co-op members are part of the debate this election season, the National Rural Electric Cooperative Association (NRECA) has launched the Co-ops Vote initiative. This non-partisan program has three goals: to increase rural voter registration and turnout, educate co-op consumers on key issues and elevate the influence of rural Americans

in the outcome of this election.

By participating in the Co-ops Vote program and taking the pledge to make electric co-op issues a priority this November, consumers are sending a resounding message that candidates will need to put our concerns front and center in order to earn our vote. With millions of electric co-op members speaking out with one voice, we are already having a major impact in making our top issues part of the national conversation.

Cotton Electric encourages everyone, regardless of their political beliefs, to join America’s electric co-ops in this national effort. Let’s stand up for the priorities of the rural electric co-op community in the lead-up to Nov. 8. Join us, and learn more at [Vote.Coop](http://Vote.Coop).



## Energy Efficiency Tip of the Month

Avoid placing lamps or TV sets near your room air-conditioning thermostat. The thermostat senses heat from these appliances, which can cause the air conditioner to run longer than necessary.

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

## TheCurrent

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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.

### March 2016 Operating Stats

	2016	2015
Total Amount Billed/Accrued	\$4,583,954	\$5,655,146
Cost of Purchased Power	3,168,585	3,975,325
Taxes	91,992	118,368
Total Operating Expense Per Mile	919	1,063
Average Farm and Residential Bill	117	143
Average Farm and Residential kWh	994	1,324
Total Meters Billed (farm, residential)	18,162	18,268
Miles Energized	5,155	5,146
Density Per Mile	3.52	3.55
New Service Connects YTD	50	62
Services Retired	25	51



# Community Spotlight

If you would like your community event listed in the June issue, please submit information by June 1 by calling 580-875-4259 or send an email to [info@cottonelectric.com](mailto:info@cottonelectric.com).

## Arts for All this weekend

Arts for All Festival is a weekend filled with art, entertainment and tantalizing foods. Celebrating 42 years as a popular cultural outdoor event, the 2016 festival is set for May 13-15 at Shepler Park in Lawton.

The festival will feature 90 artists, and include two stages of live entertainment, a youth art competition and multicultural food vendors. Attendees can browse through artist booths filled with fine art, photography, pottery, sculpture, painting and jewelry.

Two stages of local and international performance artists will be offering free entertainment. Each year, there is an expert lineup of quality performers showcasing their skills. Entertainment will include shows by various dance troupes, youth programs and music groups. Also, the festival will feature a children's art area, allowing kids to perform and participate in the arts.

## SMQG features Quilting Stars

Quilting Stars is the theme of the 2016 Quilt Show hosted by Stitching Memories Quilt Guild. The show will be 9 a.m. to 5 p.m. May 13 and 14 at Stephens County Fair & Expo Center.

Visitors can learn about quilting, browse through products and see demonstrations of the latest techniques. The event features a raffle for a quilt called "Oklahoma Under the Stars" and drawings for door prizes.

## Lawton Ballet presents 'Wizard of Oz'

Join Dorothy as she gets swept away from her farm in Kansas and travels through the land of Oz. There she will meet a group of flying hip-hop monkeys, ballet Munchkins and many more friends.

Lawton Ballet Theatre presents the "Wizard of Oz" at 7 p.m. May 20 and 21 at Cameron University Theatre.

## Armed Forces Day parade is May 21

"Legacy Built on Sacrifice" is the theme of Lawton's 52nd annual Armed Forces Day Parade, which begins at 10 a.m. May 21 at the intersection of Sixth and C avenues. Participants will march west on C to 11th Street and turn north to Ferris.

Armed Forces Day celebration continues with the Music Festival and Red Dirt BBQ at Elmer Thomas Park. Family activities will begin at noon. The event features military vehicle displays, a car show, live music and an opportunity to judge various barbecue food entries submitted to the People's Choice BBQ Competition.

## CTAC ArtWalk calls for fine artists

Returning for a second year, ArtWalk Duncan, a fine arts and music festival, will be June 25 at Fuqua Park in Duncan. Organized by Chisholm Trail Arts Council (CTAC), this is a great day to enjoy Art in Action.

This event will feature the works from fine artists, performing artists and local entertainment. Artists will have individual booths set up with art on display and items for sale. CTAC has issued a call for fine artists to register. Artists may submit art sample entries to [director@chisholmtrailarts.com](mailto:director@chisholmtrailarts.com). Deadline for all artists is May 27.

The day of the event, artists' booths will open from 10:30 a.m. to 5 p.m.

Children can experience "Art in Action" in our Kids Korner and take home a small art project.

Families are encouraged to take lawn chairs to enjoy live entertainment throughout the day. The evening will conclude with a free concert featuring Red Dirt music by Kaitlin Butts at 7:30 p.m.

To find out more about artist booths, sponsorships, or the event, visit [www.ChisholmTrailArts.com](http://www.ChisholmTrailArts.com) or call 580-252-4160.

## Faxon plans open house

Make plans now to attend an open house from 12:30 to 4 p.m. May 29 and from 11 a.m. to 4 p.m. May 30 at the Faxon Eagles Nest. The open house is open to the public and Faxon school alumni.

The Eagles Nest contains plenty of memorabilia from the Faxon School, which operated from 1902 to 1995, and the town of Faxon. The collection includes vintage newspaper articles, school records, trophies, photos and much more.

For information or to add items to the collection, contact Evelyn Chavez at 14494 State Hwy. 36, Faxon, OK 73540, or call 580-585-9197.

## Tour de Meers pedals off May 28

The 27th Tour de Meers, an annual bicycle ride through the Wichita Mountains beginning and ending in Meers, will be May 28.

Registration forms can be downloaded at [tourdemeers.org](http://tourdemeers.org). Registration the day of the event begins at 6 a.m. at Meers Volunteer Fire Department station, one mile north of the Meers Store on Oklahoma Highway 115. The ride starts at 7:30 a.m. and features a variety of distances from 10 to 63 miles.

For information, visit the website, call 580-704-6002 or email [tourdemeers@gmail.com](mailto:tourdemeers@gmail.com).

## SCFF seeks queen candidates

Deadline is June 1 for girls wishing to enter the Stephens County Free Fair queen pageant. The competition will be held Aug. 6 in the Conference Center in the Stephens County fair building.

The non-glitz pageant is open to all school-aged girls in Stephens County. The number of entrants will determine the number of categories. Entry fee is \$70.

Each contestant will receive a trophy and fair pageant T-shirt. One contestant per age group will be crowned overall winner, and will receive a tiara, sash and a cash award.

For information, official rules and entry forms, call the OSU Extension Office at 580-255-1510.

## Carp Tournament at Duncan Lake

Duncan Lake is the place to be when the 17th annual Carp Tournament begins at 5 p.m. June 3. There will be a youth division for anglers under 16, and an adult division.

When the tournament ends at 2 p.m. June 4, prizes will be awarded for the most fish and the largest fish caught.

For information, call 580-255-9538.

## Fishing, tackle show set for June 3-4

Antique lures and reels will be among the displays at the Duncan Fishing and Tackle Show from noon to 6 p.m. June 3, and 8 a.m. to 3 p.m. June 4 at the Stephens County Fair & Expo Center.


This show is put on by the World Association of Tackle Collectors, so you'll find only the most authentic collections of vintage tackle at the event. Browse fishing equipment and tackle vendor booths to find the newest and best products in the sport of fishing.

More Community Spotlight  
on Page 5

# Upcoming Deadlines for The Current

June		July		August	
Ad Sales	May 31	Ad Sales	July 5	Ad Sales	Aug. 1
Classified	June 2	Classified	July 7	Classified	Aug. 4
Publish Date	June 13	Publish Date	July 18	Publish Date	Aug. 15

PHOTO OF THE MONTH



Apparently, Eleanor decided Paul was the most comfortable place to sit that day, according to Cori Treisa, who submitted this photo in our Man's Best Friend contest. Eleanor, a 3-month old Weimaraner, lives with the Cotton Electric members in Indianahoma.

Paul is working on a 1954 Ford Customline that has a story of its own, Cori said: "It was my father-in-law Leroy Treisa's first car. Before Leroy passed away, Paul and his mom, Jill Treisa, bought it back and surprised him with it so that they could work on it together toward the end. Since then, Paul has been working to get it running again in his dad's memory."

Enter your "best shot" in our Photo of the Month contest. Theme for June is Here, Kitty, Kitty! Entries can be emailed to [info@cottonelectric.com](mailto: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.



WE ALL HAVE A JOB TO DO. When it comes to using energy wisely, no job is too small. But some are pretty high up. Yet when every co-op member works together, it's a job that comes with countless benefits. Learn more about the power of your co-op membership at [TogetherWeSave.com](http://TogetherWeSave.com).



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2016 Youth Tour essay topic:  
A message for the co-op member of 2035 or 1940

# Modern power user is grateful for efforts of members 75 years ago



Courtney Gilpen  
MacArthur High School

*Editor's note: Four area high school juniors recently won a trip to Washington, D.C., in Cotton Electric's annual Youth Tour essay contest. Each of the essays will appear in The Current.*

Dear Future Rural Cooperative Members of 1940,

Here I sit, on the horizon of the year 2016, 75 years into your future, yet experiencing the same darkness you found common just two years ago. You see, rural electric, actually all electricity, is at a standstill for the moment. There is an anticipated winter storm brewing, and the unrelenting 50 to 60 mph bone-chilling winds have not only claimed the roof of our shed, they have also downed many power lines for miles around, causing thousands of cooperative members to be without electricity, something so many of us in the 21st century have now claimed essential to life itself. Electricity is responsible for the success of so many other facilities, as well, and some members are even without water.

Unlike your immediate future, mine is far more certain. You see our rural co-op, Cotton Electric, has been gearing up for this since weather predictions began a week ago; and while it is only a few days after Christmas, the linemen and their families realize their holiday break and plans will be on hold until the community power is restored to normal, a selfless act that supports Cotton Electric's seventh guiding principle: Concern for Community.

As I ponder how different my life is from yours nearly eight decades ago, I can only hope you can relate to some of the ways electricity is used in your future. For instance, I am writing you on a laptop computer, a data processing device that you haven't seen invented yet. We still have pen and paper, but the use of electronics and technology has soared, and most kids nowadays rely on the use of cell phones, iPads, MP3 players, laptops, WiFi, and numerous other devices that are foreign to you, just to function. Unfortunately, idle time is spent in front of a television with gaming devices (even when the weather is nice and the sun is up), or communicating through

social media. While the gains are exponential, the loss of their source of energy, electricity, shows how deteriorated our skills of resourcefulness have become. When starting this letter to you, my heart raced, wondering if it was worth my time to make an effort to begin, because the battery is only half full on my computer and without electricity to recharge, I was not sure how effective my efforts would be. It's truly sad that I didn't even consider using a simple pen and paper.

We are making use of the daylight hours to function in the home. We have no heat, yet fortunately we have a home with a fireplace and cut wood from the trees lost in the bad storms last summer. We are not comfortable, but I am sure in luxury to your comparison. Food preparation is another story: Electric stoves, microwaves, and toaster ovens are the go-to appliances for fast meal preparations these days, yet skillet over the fire, and well thought-out menus are necessities.

You will probably gain the most surprise when I tell you how much electricity is used in the farm setting. The cooperative has grown from the original 780 customers in 1938 to now providing service to more than 21,600 locations along a network of approximately 5,139 miles of line reaching into eight counties of southwest Oklahoma. Although I attend a city school, I live in the country on a farm with show calves, horses, dogs, cats, wheat fields and acres upon acres of open pasture lands. I am sure that much of your cooperative's efforts in 1939 to continue to extend the electric to rural homes like mine are easily seen in many areas of our property. I believe it was perhaps the best \$5 fee ever charged in your day to get such benefits to the outlying homes.

Cotton Electric Co-op has installed manual lights on the light poles in our corrals, along with plug-ins and special circuit breakers, to aid in our show calf care and preparations. Washing and blowing out animals without lighting in the barns would not have near the convenience, and charging equipment and tools for the work in the fields would have been daunting without this modern luxury. I would explain the drones

and satellite capabilities being used on the farms, but this technology is mind-blowing even for my generation!

Finally, as if that is not encouraging enough to see the importance of our cooperatives, how they are dedicated and loyal friends, family, and neighbors that make the community's needs priority in the most dreadful of conditions, they are also amazing supporters of our youth and various groups in our community. Each spring, we take our show animals to the Oklahoma Youth Expo and in the fall we attend the State Fair, both large livestock shows in Oklahoma City. Cotton Electric Cooperative is one of the corporate sponsors.

In addition, my parents are participants in Cotton Electric's Operation Round Up program. The program is effective by "rounding up" customers' change portion of the bill and then donating those additional pennies, nickels, dimes, and quarters to individuals or groups in need. I have been to the annual meeting with my grandparents (the meal and prizes are the best, in my opinion), listened to safety programs given by employees, and am very excited this year to have an opportunity to possibly represent southwest Oklahoma at Washington, D.C., on the Rural Electric Youth Tour.


I am going to close this letter for now. I see the linemen climbing the poles on our road, and two days without electricity is two days too long! My computer is dying and I need to move near the fire to warm back up. My parents have made hot pots of coffee to take down to the linemen to show our appreciation while I sit, mesmerized, watching them work from the safety of my home.

I realize that you will likely not have the opportunities in the 1940s to understand the impact of rural cooperatives in the year 2016, but as the lights begin to blink on again, I would travel through time to hug you for your efforts to get such a wonderful and worthy contribution started.

Sincerely,  
A VERY Grateful Cooperative Member

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## Here's How to Keep Your Portfolio Healthy

If you have a medical appointment this week, you might want to wish your nurse a happy National Nurses Week. This annual event is designed to celebrate the important role nurses play in health care. Of course, while nurses and doctors can help you in many ways, you can do a lot of good for yourself by adopting healthy living habits, such as eating right, exercising frequently, and so on. But you can also do much to help your financial health.

Here are a few suggestions:  
Stay invested. During times of market volatility, it can be tempting to head to the investment "sidelines" until things "cool off." Going to the sidelines can mean a few different things – you could simply not invest anything for a while, or you could move a substantial

portion of your portfolio to "cash" instruments, which are safe in the sense of preserving your principal but offer almost nothing in the way of return or protecting against inflation. If you're not investing during a market downturn, or if you've moved heavily into cash, you might well miss out on the beginning of the next market rally.

Rebalance your portfolio. It's a good idea to periodically rebalance your portfolio to make sure it still reflects your goals and your comfort level with risk. Over time, and without any effort on your part, your portfolio can become unbalanced. For example, following a long "bull" market, the value of your stocks could have risen to the point where they make up a greater percentage of your portfolio than you had intended. When

that happens, you may need to rebalance by adding bonds and other fixed-income vehicles.

Diversify. Rebalancing is important. But a balanced portfolio should also be a diversified portfolio. If you only owned one type of financial asset, such as U.S. growth stocks, you could take a big hit during a market downturn. But different types of financial assets don't always move in the same direction at the same time, so by owning a wide variety of investments – U.S. stocks, international stocks, government securities, corporate bonds, real estate, certificates of deposit (CDs) and so on – you may help reduce the effects of market volatility on your portfolio. Keep in mind, though, that diversification by itself can't guarantee profits or protect against loss.

Maintain realistic expectations. If you expect the financial markets to always move upward, you will be disappointed many times. Market downturns are a normal part of the investment process, and they will always be with us. Once you accept this reality, you will be less likely to make questionable decisions, such as abandoning a long-term strategy. If you've designed an appropriate strategy, possibly with the help of a financial professional, you can stick with it through all market environments.

By following the suggestions mentioned above – staying invested, rebalancing your portfolio as needed, diversifying your holdings and maintaining realistic expectations, you can go a long way toward maintaining the fitness of your financial situation.

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# Community Spotlight

## CTHC hosting Kelli Brown photos

Beginning June 1, Chisholm Trail Heritage Center will host an exhibition of the photography of Kelli Brown. Dramatic landscapes, cowboys, cowgirls and horses are all part of the everyday life on the historic working ranch of the R.A. Brown Ranch in Throckmorton, Texas, and captured by the Western life photographer. Along with the photographs will be a history of the ranch, which has been featured by the Smithsonian.

The exhibit will run through Aug. 12. Chisholm Trail Heritage Center is open from 10 a.m. to 5 p.m. Monday through Saturday and from 1 to 5 p.m. on Sundays. Cotton Electric members can present a Co-op Connections Card to get a \$1 discount on admission.

## LCT closes season with ‘Gypsy’

Lawton Community Theatre closes the 2015-16 season with the 1959 musical “Gypsy.” This American musical classic is about a domineering stage mother’s efforts to get her daughters into show business, and her inadvertent creation of a burlesque superstar

Performances are set for 8 p.m. June 10-12 and 16-19. Ticket information is available at [www.LCT-OK.org](http://www.LCT-OK.org).

## DLT offers ‘Miracle Worker’

Duncan Little Theatre will present “Miracle Worker,” the dramatization of the story of Helen Keller, who was born blind and deaf, but learns to communicate through her teacher.

Performances are set for 7:30 p.m. June 10 and 11 at the Simmons Center in Duncan.

This show will also be performed at the Oklahoma Community Theatre play festival in Stillwater at the OSU campus at the end of July.

## WMASC offers senior activities

Wichita Mountains Area Senior Citizens offers a variety of activities and sponsors weekly and monthly events at the Legion Building near Medicine Park.

Potluck dinners, games and TV are offered every Monday from 6 to 10 p.m.

Cecil Gardner’s famous homemade Indian tacos are featured at the Indian taco sale held on the second Saturday of each month. Drinks and desserts are included.

A dance is held each Friday. Doors open at 6:30 p.m., dancing begins at 7.

For information about other activities, visit [WichitaMountainSeniors.org](http://WichitaMountainSeniors.org).

All activities are held in the Legion Building on Wildhorse Road near Medicine Park.



# Energy Camp winners announced

Nine lucky eighth-graders from across the Cotton Electric service area will be headed to Youth Power Energy Camp May 31-June 3. The students wrote about why they would like to attend the camp, and were selected after an interview.

Students selected to represent Cotton Electric at this year’s camp include Me-caila Southerland and Jayson Werger of Geronimo; Madigan McCants and Jessie Bone of Walters; and Hannah Powell, Kaelyn Dobbins, Brooklin Bain, Emily Roden and Alexis Foxworth of Comanche.

Youth Power Energy Camp is designed to help students develop their leadership skills, have summertime fun and, at

the same time, learn about one of rural America’s most important industries – rural electrification.

Teens from all over Oklahoma will spend a week at Canyon Camp near Red Rock Canyon east of Hinton. At Energy Camp, which is sponsored by Oklahoma’s electric cooperatives, students learn first-hand the world of electric co-ops through demonstrations by electric crews.

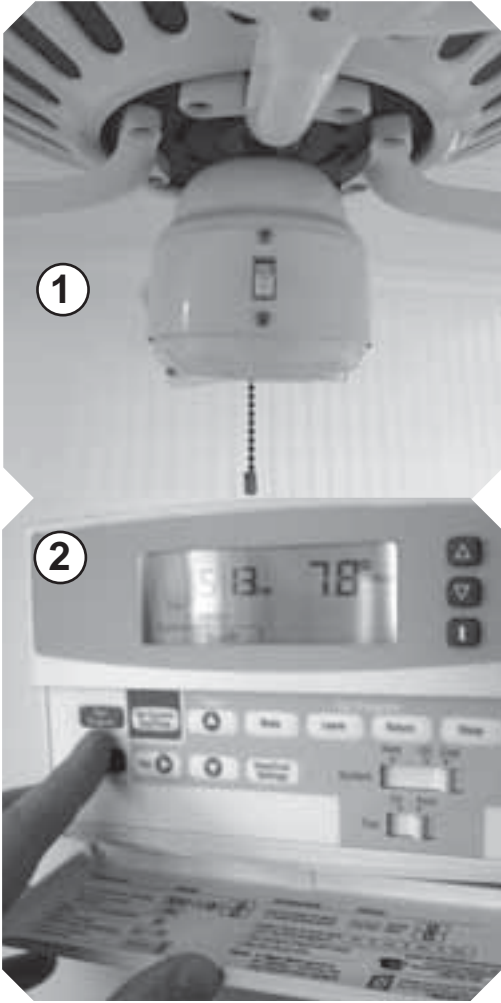
Campers will have opportunities to climb a pole and ride in a bucket truck. Plus, they will set up and run their own cooperative business.

Activities will include nature hikes, games and other outings.

# Make the most of ceiling fans

*By turning on the fan, you can turn up the savings!*

If you are like most Americans, you have at least one ceiling fan in your home. Ceiling fans help our indoor life feel more comfortable.They are a decorative addition to our homes and, if used properly, can help lower energy costs.



## TIPS FOR MAKING THE MOST OF YOUR CEILING FANS.

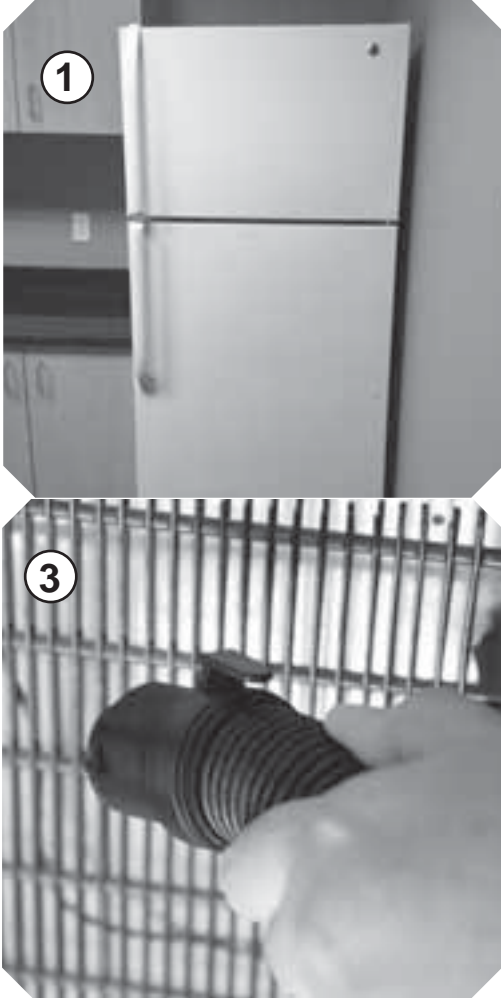
- 1. FLIP THE SWITCH** – Most ceiling fans have a switch near the blades. In warm months, flip the switch so that the blades operate in a counter clockwise direction, effectively producing a “wind chill” effect. Fans make the air near them feel cooler than it actually is. In winter, move the switch so the fan blades rotate clockwise, creating a gentle updraft. This pushes warm air down from the ceiling into occupied areas of the room. Regardless of the season, try operating the fan on its lowest setting.
- 2. ADJUST YOUR THERMOSTAT** – In the summer, when using a fan in conjunction with an air conditioner, or instead of it, you can turn your thermostat up three to five degrees without any reduction in comfort. This saves money since a fan is less costly to run than an air conditioner. In the winter, lower your thermostat’s set point by the same amount. Ceiling fans push the warm air from the ceiling back down toward the living space, which means the furnace won’t turn on as frequently.
- 3. CHOOSE THE RIGHT SIZE** – Make sure your ceiling fan is the right size for the room. A fan that is 36-44 inches in diameter will cool rooms up to 225 square feet. A fan that is 52 inches or more should be used to cool a larger space.
- 4. TURN IT OFF** – When the room is unoccupied, turn the fan off. Fans are intended to cool people - not rooms.



# How to clean refrigerator coils

*... and why it matters!*

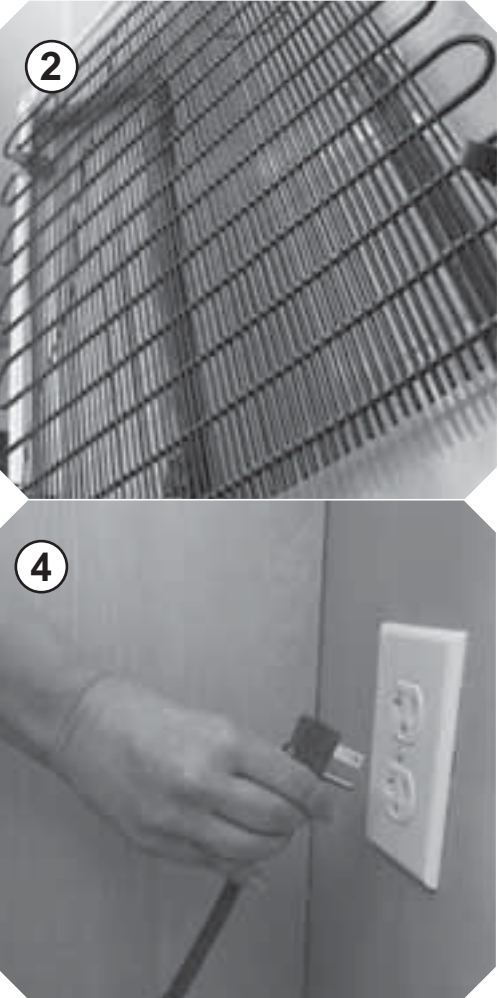
Your refrigerator is one of the largest, most-used appliances in your home. It requires only minimal maintenance – just simple cleaning of the condenser coils, which disperse heat. If the coils are covered with dust, gunk or pet hair, they cannot diffuse the heat properly and will not run efficiently. A bigger problem can result if the compressor burns out from having to run constantly because of the grimy coating. This can be an expensive problem. The bottom line? A minor investment in time once a year can save you cold cash down the line. Work quickly to keep food from spoiling.



## MATERIALS YOU WILL NEED

• Vacuum cleaner with hose • Damp cloth

- 1.** Locate the refrigerator’s coil, a grid-like structure, or fan that will likely have a covering or grate protecting it. The coil is usually concealed behind the front toe kick or in the back. Some newer models have internal coils, so if you don’t find them in the front or back, this may be the case with your fridge.
- 2.** If the coil is in the back, slide the refrigerator away from the wall, removing the plug from the electrical outlet when possible. You may also need to disconnect the line to the water dispenser or icemaker to allow enough room to work.
- 3.** Gently vacuum and clean the coil. Using the brush or crevice attachment, carefully vacuum the dust and dirt wherever you see it. If you have pulled the fridge out, vacuum and wipe down the sides and back of the fridge and the floor.
- 4.** Once the floor is dry, plug in the refrigerator and rearrange the power cord and supply lines so they don’t get a kink or stuck under the weight of the refrigerator. Slide the refrigerator back into place. Be sure to replace the toe kick panel if this was removed.

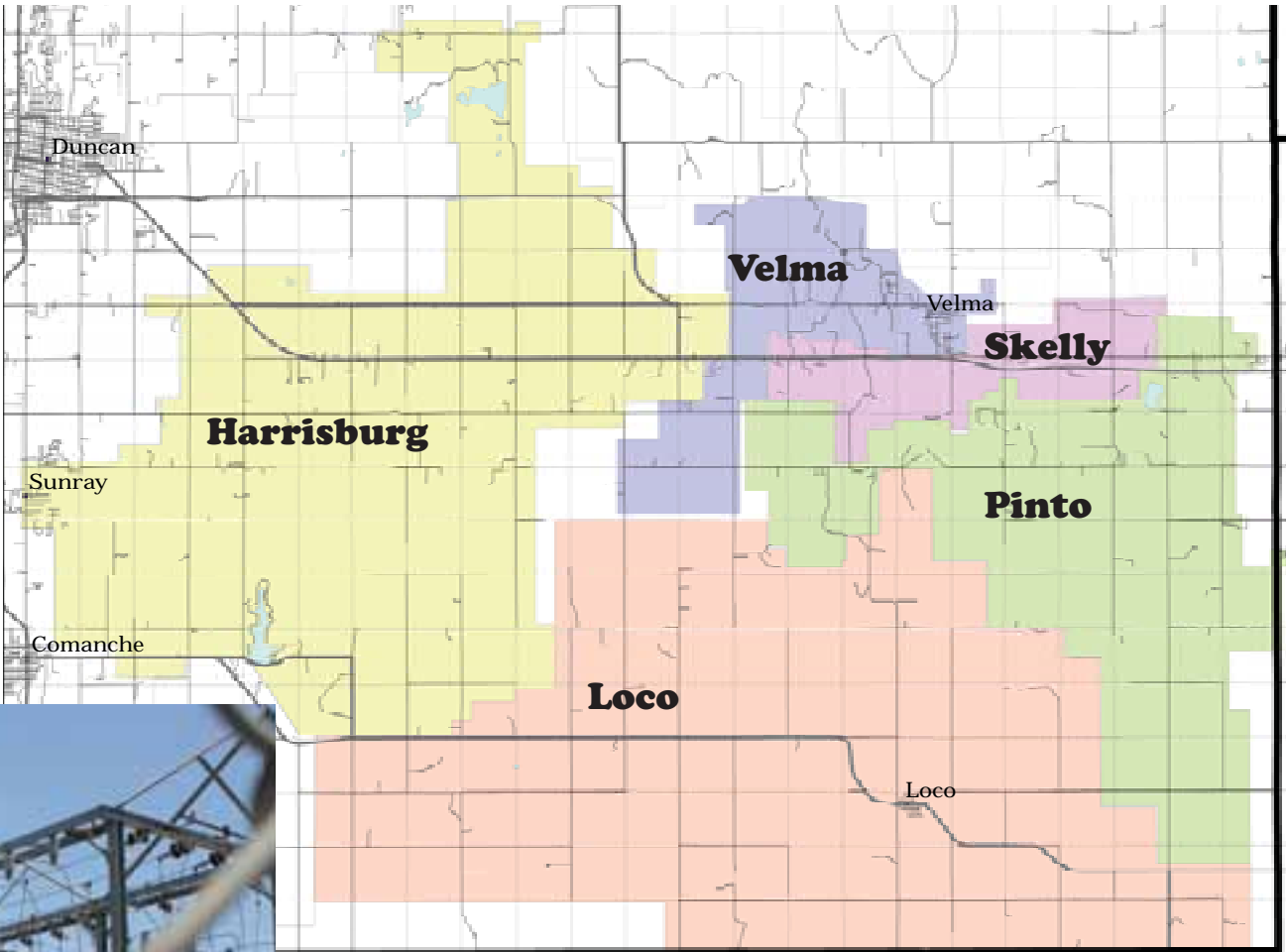




*Substations are where high voltage electricity is handed off from generation and transmission power suppliers. Large transformers step the voltage down and power leaves the sub through distribution lines. The size of the area served by distribution lines depends on the demand and density of energy consumers along the line.*

Some statistics about this month's subs:

Substation	Miles of line	Meters
Velma	56	568
Harrisburg	169	867
Pinto	148	772
Skelly	49	493
Loco	175	753



LOCO

*Fencing around the sub is there to protect YOU. Never go inside a substation.*

# Demand

## determines density

### *Oil, gas consumers dictate high concentration of substations in eastern Stephens County*

*By Karen Kaley*

There are nine substations in eastern Stephens County, nearly a third of all the subs scattered across the eight counties served by Cotton Electric Cooperative. There are crops and cattle all over southwest Oklahoma, but this particular area has a natural resource that requires electricity to harvest: oil and gas.

The nine subs sit within Cotton Electric's District 1, represented by Shan Files on the co-op's board of trustees. Three of the nine are dedicated to oil and gas facilities and another is shared with a neighboring cooperative.

Of the remaining five, power lines served by the Harrisburg substation sprawl beyond the district boundaries into Tommy Jones' District 6 on the west. Loco and Pinto substation lines dip into Ronnie Bohot's District 9 to the south. Velma and Skelly subs sit nearly in the middle of District 1, and serve smaller geographic areas but just as much load.

Velma sub is off the beaten path, down a winding dirt road and hard to find.

"That sub has been there a long time," said Norman Condit, line operations superintendent of the eastern side of Cotton's service territory. "It serves residential and business concerns in town and some oilfield."

Skelly sub also serves portions of the town of Velma and has line serving the oilfield. Pinto sub serves the oilfield, too, but the distribution area is wider.

Substations get their power from high-voltage transmission lines, which can be damaged during weather events. Transmission line damage is the reason why

the Loco sub is the only one that did not lose power during the great 2010 ice storm. For the same reason, it is also the only sub that lost power during the not-so-big April 26 thunderstorm.

Transmission lines and most substations are connected or looped in such a way that the folks served in the sprawling area around the Loco sub were not aware that repairs were taking place.

The Harrisburg sub serves a rather large area that includes residences, oil-field equipment and, apparently, quite a few critters. It is the first sub in Cotton Electric's service territory to have a TransGard fencing system installed. Most co-op employees call them snake fences.

"The steel framework of a substation is ideal for bird nests," Condit said. "Snakes are trying to get to the eggs."

Snakes and other critters making their way into subs have been the bane of electric utility crews for decades. Many deterrent methods have been devised, but nothing seemed to work consistently until the TransGard fences came along. Now, they are a standard component of every new substation built in the Cotton Electric service territory.

The fences are built close to the ground, and pea gravel is placed along the bottom to prevent snakes and small animals from slipping in under the fence. The energized fence delivers a mild-electrical shock, enough to deter a wide range of species but not enough to kill them.

It also improves security of the substation and serves as a deterrent to another problem animal: copper thieves.



PINTO

*Electricity leaves a sub still at a high voltage to ensure quality at the end of the line.*



SKELLY

*Lines between these five subs are in a loop, making temporary backups possible.*



VELMA

*The Velma substation is one of the few that is not near a paved road.*



HARRISBURG

*Harrisburg sub was first in Cotton's service area to get a TransGard snake fence.*





# Tiny department has big impact on quality

By Karen Kaley


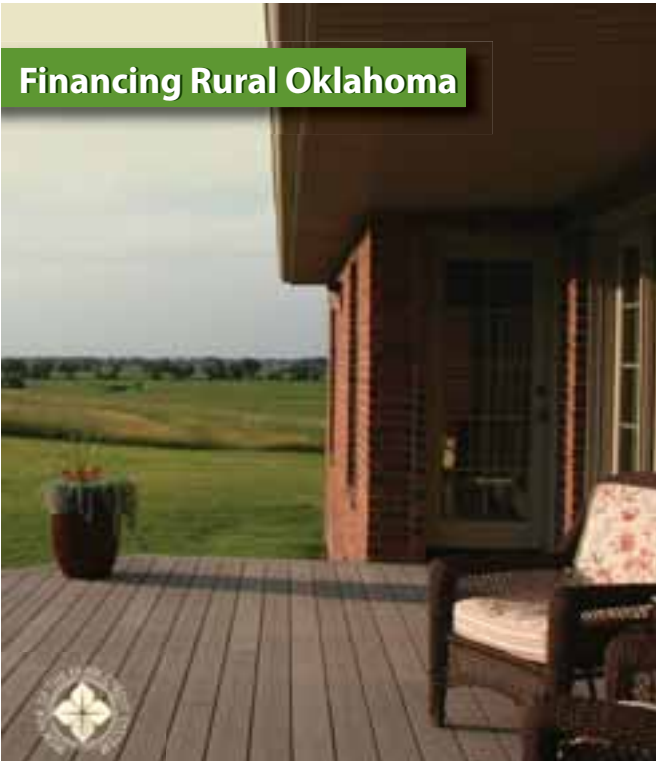
Cotton Electric has quite a few employees who have been with the co-op for more than 20, 30, even 40 years. Each has a different view about the importance of his or her department’s contribution to this well-running utility, but nearly all agree on the significant impact of one department carrying out a co-op program for only 11 years: Right-of-Way. The mission of the ROW program is to ensure the quality delivery of service to the co-op’s members. Quality, in this case, means the uninterrupted flow of power, which can be difficult to achieve in rural areas with thick vegetation. In the 75-plus years since the first power lines were strung by Cotton Electric Cooperative, the landscape has changed. Housing developments have sprung up, towns have grown. There are still large areas that have remained wild, and the saplings have become towering giants. And power lines run through that wild area to reach homes, farms, well houses and other outbuildings. Rather than continually re-visit areas

for spot trimming when tree and brush growth interfere with the delivery of power, the ROW program was developed as a permanent solution to the problem. The program has two phases: clearing and maintenance. Both are done in a manner that causes the least disruption to the environment and provides the best delivery of power. In rural and non-landscaped areas, crews carry out the Cotton Electric policy to remove trees and shrubs that may come in contact with power lines, in order to ensure safety and the continuous delivery of electricity. The crews revisit the area at prescribed intervals to apply herbicide that will prevent re-growth of the trees, but does not affect the native grasses. Applicators monitor the speed and direction of the wind, the temperature and the humidity in order to eliminate drift. The long-term goal is to spend less of Cotton Electric’s resources on maintenance of right-of-ways and repairing damage done by trees.

Mike Darnell is the contractor coordinator and ROW supervisor. He works with co-op members, making every effort to communicate what the ROW crew is doing and why it is necessary. Darnell oversees the work of his small crew and that of contractors helping clear trees from lines. He makes sure all are well-trained and certified to carry out the tasks. In 2016, NRS is the contractor clear cutting in the Indianoma and Cache area. D&R Right-of-Way serves as a hotshot crew, traveling throughout the system to areas needing immediate attention. NRS and other contractors also visit areas cleared in the past, to retrim new growth at the sides of the lines to maintain safe distances. All of the crews clean up an area after work is completed. Cotton’s ROW crew consists of Quaid Ogletree and Fred Buchanan. Their work involves clear-cutting trees year-round and applying herbicides when conditions are appropriate, usually during summer months. From time to time, they spend days with line crews working to clear

lines and will operate the wood chipper. Robert Martinez is part of the ROW department, though his duties as quality service manager have less to do with trees and more to do with contractors. Martinez serves as a liaison between Cotton Electric and contractors doing work for the co-op. He tracks progress and makes sure the work is done to Cotton specifications. He checks all paperwork associated with the tasks for accuracy. “I make sure the members are getting what they pay for,” he explained. Martinez also inspects lines in the service territory, looking for trouble spots. And, if that trouble comes in the form of tree branches, he knows just who to call: his colleagues in the Right-of-Way department. “We have found the most efficient way to ensure quality electricity is to get all trees away from power lines,” Darnell said. “Our mission is to maintain the quality of electricity flowing from substation to last home on our line.”

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# Electrical Safety Month addresses home electrical hazards

May is National Electrical Safety Month and Cotton Electric Cooperative is teaming up with the Electrical Safety Foundation International (ESFI) to spearhead the annual effort to raise awareness of potential home electrical hazards and the importance of electrical safety.

“Extension cord misuse and overburdened electrical systems are two of the main causes of home electrical fires,” said ESFI President Brett Brenner. “It is important to be aware of these common and preventable hazards, as well as other safety measures you can take to ensure that your home is electrically safe.”

The National Fire Protection Association (NFPA) estimates 47,700 home structure fires reported to U.S. fire departments each year involve some type of electrical failure or malfunction as a factor contributing to ignition. These fires result in 418 civilian deaths, 1,570 civilian injuries and \$1.4 billion in property damage. Awareness and education are critical to reduce the incidence of electrical fires, and ESFI sponsors National Electrical Safety Month each May to educate the public.

Cotton Electric offers a safety program for children. Using a doll-sized portable rural scene, Lightning Liz and Neon

Leon really light up when they make contact with overhead and underground power lines. Call Mike Stephens at 580-875-3351 to arrange a demonstration.

ESFI encourages the sharing of its campaign resources and developed an Electrical Safety Advocate Guide to provide the resources necessary to raise awareness of safe practices. Whether you want to educate a loved one or raise awareness in your community, school or workplace, this guide provides step-by-step instructions on how to be an Electrical Safety Advocate and help champion the cause of minimizing electrically-related deaths and injuries.

Electrical safety awareness and education among consumers, families, employees and communities will prevent electrical fires, injuries and fatalities. For more information about electrical safety, visit [CottonElectric.com/content/safety](http://CottonElectric.com/content/safety).

The Electrical Safety Foundation International (ESFI) sponsors National Electrical Safety Month each May to increase public awareness of the electrical hazards around us at home, work, school, and play. ESFI is a 501(c)(3) non-profit organization dedicated exclusively to promoting electrical safety. For more information about ESFI and electrical safety, visit [www.esfi.org](http://www.esfi.org).

## Safety is the Difference

Children are curious. They crawl, they feel, they touch, they explore. But sometimes curiosity can lead to danger, such as when children tamper with an electrical receptacle. Fortunately there’s now a receptacle that can safeguard this everyday source of danger. Learn more about Tamper Resistant Receptacles (TRRs) and their life-saving potential.

**100%**

100% of all 2-4 year olds were able to remove one type of plastic outlet cap within 10 seconds.\*

**nec**

The 2008 National Electrical Code (NEC®) **requires** all new and renovated homes to have TRRs.

**41**

The average American home is **41** years old. Homes upgraded before the **2008 NEC** may not have TRR protection.

**The shutter system in TRRs allows only plugs to be inserted while preventing access to foreign objects.**

**In a 10 year study, 24,000 children (7 a day) were treated in emergency rooms for receptacle-related injuries.\*\***

**Hairpins, keys and fingers are the top three items inserted into outlets by a child.**

**25¢ 25¢**

TRRs cost as little as **\$0.50** more than a standard outlet.

Source: \* Study conducted by Temple University Biokinetics Research  
\*\* Study conducted by the U.S. Consumer Product Safety Commission

**ESFI Upgrade to Tamper Resistant Receptacles, it could save a life.**

[www.facebook.com/ESFI.org](http://www.facebook.com/ESFI.org) [www.twitter.com/ESFIdotorg](http://www.twitter.com/ESFIdotorg) [www.youtube.com/ESFIdotorg](http://www.youtube.com/ESFIdotorg)

## What is a tamper resistant receptacle?

TRRs resemble regular receptacles but they’re so much more. In fact, they provide a permanent solution to childhood shock caused by tampering with electrical outlets. TRRs feature built in safety shutters that block foreign objects from being inserted into the receptacle.

Internal shutters block foreign objects from being inserted into the outlet. Shutters will remain closed if an object is inserted into one side of the receptacle. The shutters open only when a 2 bladed or grounded plug is inserted.

TRRs work like normal outlets. When you plug into a TRR for the first time, you may be able to feel the internal shutter system engaging. If excessive force is needed to insert a plug into a TRR, there’s a chance that the plug, not the receptacle, is damaged

If a plug’s blade is bent or splayed, carefully straighten out the blades. This allows each prong to contact the shutters simultaneously and therefore engage them as designed.

If a plug is damaged and has a sharp edge or uneven blade tip, the plug will need to be replaced. Inserting damaged plugs into any receptacle may cause additional damage.

Never use a plug with cracks or creases on the blades in any receptacle.

GFCIs, AFCIs, and TRRs are required in all new and renovated homes. Remember, all outlet installations should be performed by a qualified electrician.

Source: ESFI

## UNCOMFORTABLE?

**Does your home have any of these symptoms?**

☐ Rooms that get too hot or too cold?

☐ High utility bills?

☐ Thermostat wars with your spouse?

☐ High humidity in summer?

☐ House just never seems comfortable?

☐ There doesn’t seem to be enough airflow?

☐ Dust buildup within 2 days of dusting?

☐ Problems with your system since it’s been installed?

☐ Anyone with allergies or asthma?

☐ AC starts and stops frequently or runs all the time, and house is still not cool?

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

**If you answered YES to any of these questions, we can help!**

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## PUBLIC AUCTION

**Saturday, May 21,2016 - 10:00AM**  
**4158 South Countryside Drive**  
**Marlow, Oklahoma**  
**(See Directions Below)**

**Gary Criswell Auction Service & Real Estate, Inc.** has been commissioned by Mr. and Mrs. Garvin (Tom and Barbara) to offer at Public Auction a JOHN DEERE Tractor, Carpenter Equipment and Tools, Firearms, and Household Furnishings.

**Farm Equipment Includes** JOHN DEERE Tractor-850, LAND SCARE Box with Rippers 6’, Brush Hog and a Finish Mower.

**Shop Equipment:** Shop Smith-1985, Craftsman Miter Saw, RYOBI-Scroll Saw-12”, PLANER-12”, Black and Decker-Table Saw 8”, CRAFTSMAN Professional 1 1/2 HP-Band Saw-14”, Shop Smith DC 300 Dust Collector, Remington Ram Jet Model 4170 Concrete Gun and a large variety of Hand Tools.

**Household Furnishings:** KIMBALL- Artist Console Piano (Oak) French Provincial Dining Table with 8 Chairs, Flex Steel Sofa, Gate Leg Table, Game Table 4 Chairs, Baker Rack, Hide-A-Bed Floral, Entertainment Center with TV, Dressing Mirror-Oval, Glassware, Collectibles and a SINGER Sewing Machine.

**Van, Boat and Trailer:** 1996 FORD-WINSTAR (Needs Repair), 1978 SEA RAY BOAT with Trailer-16’, LOWE-Pontoon Boat-16’ with Johnson 60 HP and a Trailer -Dual Axel 16’x76”.

**Miscellaneous:** Stair Lift- Thread Drive, 14’ Stair-350 pound Capacity (1 Year Old), Fishing Rods, Variety of Fishing Lures, Bicycles, Variety of Roofing Nails, Decoys-12 Mallards and Pin Tails, BRASS RAIL- Saloon Bar, Mikasa-Fine China (Set of 8).

**Firearms:** CONNECTICUT VALLEY ARMS (Spain) 50 Caliber Black Powder Rifle, FIE (Italy) 32 Caliber Black Powder Rifle and a THOMPSON CENTER ARMS Hawkin 50 Caliber Rifle.

**Directions:** In Duncan, Oklahoma, from North Highway 81 go East on Gatlin Road 2 3/4 Mile to Countryside Drive; Then go South 1/8 Mile. The Public Auction will be held on Site on the East Side of Countryside Drive (Watch for Auction Signs).

**Terms of Sale:** Personal Property - Cash, Personal or Company Check accepted. Positive I.D. required. Buyers Must provide Auction Company a copy of Sales Tax Permit to avoid Sales Tax.

**Preview of Personal Property:** will be held Friday afternoon, May 20, 2016 from 1:00 p.m. - 6:00 p.m. Announcements made day of sale supersede any and all other advertisements.

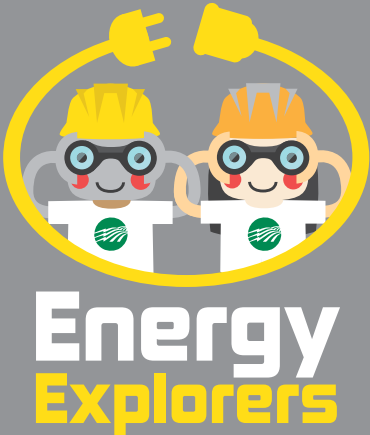
**Auctioneer’s Note:** This is a good Auction with a John Deere Tractor, Farm Equipment, Carpenter Equipment, Primitives Household Furnishing and many other items too numerous to mention. Please plan to attend this Public Auction.

(Auctioneer/Broker) website: [garycriswellauctioneers.com](http://garycriswellauctioneers.com)

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# ELECTRICAL SAFETY QUIZ



**May is National Electrical Safety Month!**  
**Test your electrical safety knowledge by taking the quiz below.**

- 1) Smoke alarms in your home should be tested \_\_\_\_\_ to ensure they work properly.  
A. Once a month  
B. Once a year  
C. Once a day
- 2) Electrical cords should be placed under rugs or carpet to keep them out of the way.  
A. True  
B. False
- 3) What should you do if you are outdoors and hear thunder?  
A. Hide under a tree  
B. Seek shelter indoors and wait at least 30 minutes  
C. Stand still
- 4) It is safe to leave the kitchen with a burner on, as long as it is a short amount of time.  
A. True  
B. False



## Be an *Electrical* Safety Ambassador!

Cut out the safety badge and tell your family and friends about the importance of electrical safety.

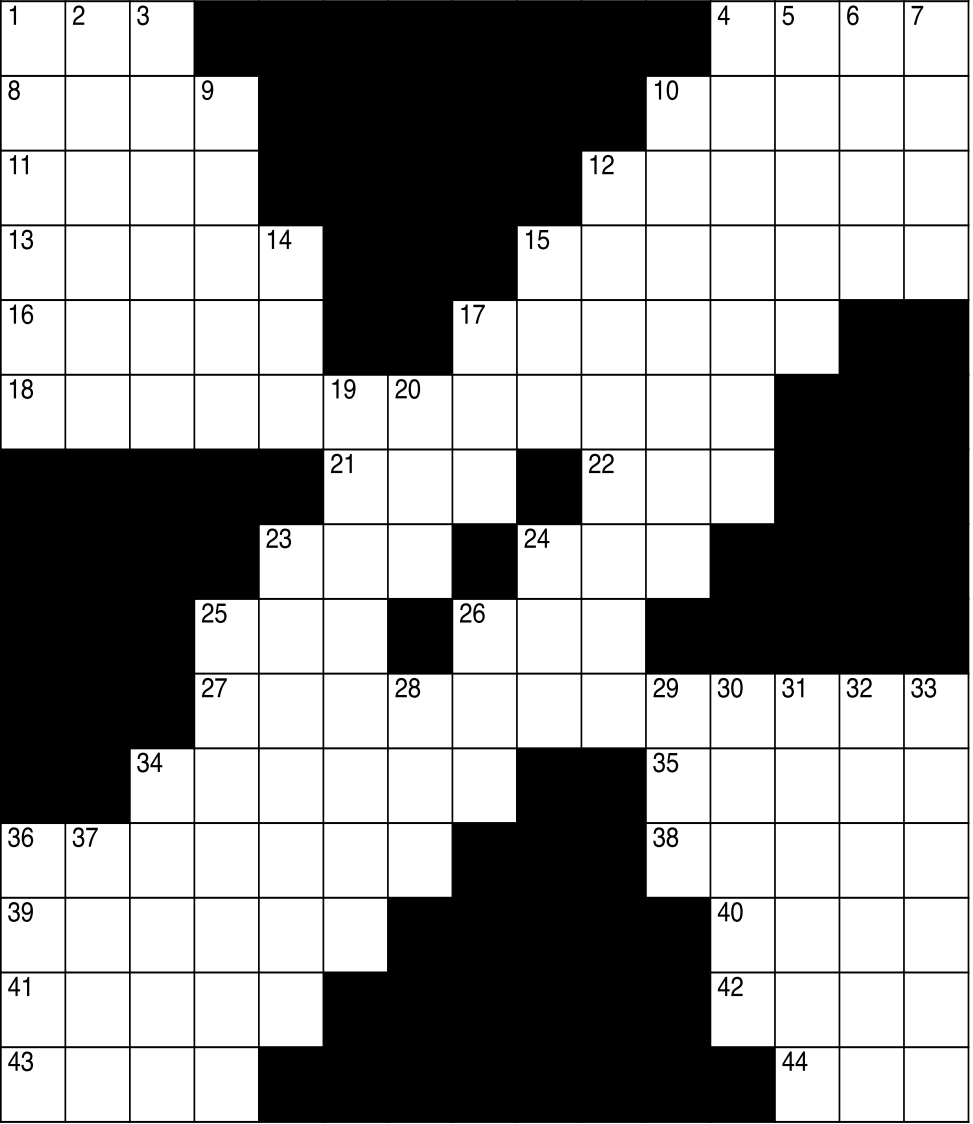
- 1) A. False: Electrical cords should never be placed underneath carpet or rugs because they are potential fire hazards.  
3) B. unattended.  
4) False: You should never leave a kitchen burner
- Answers:

**ACROSS**

1. Administrative Review Board  
4. Not worried  
8. Rowan Atkinson played him  
10. Stars  
11. Indian city  
12. North American nation  
13. He partnered with Garfunkel  
15. Understood  
16. Foe  
17. Jewish state  
18. 2015 postseason hero  
21. Largest English dictionary (abbr.)  
22. Goddess of the dawn  
23. \_\_ Squad  
24. Belonging to a thing  
25. Food-related allergic reaction (abbr.)  
26. Car mechanics group  
27. Exceed in weight  
34. Deserved  
35. Singer Thicke  
36. Clemencies  
38. Critique  
39. Resented  
40. Type of tissue  
41. Passages  
42. It comes in a can  
43. His heart is in San Francisco  
44. Retirement account

**DOWN**

1. Belittled  
2. Actress King



3. They pour drinks  
4. Communicates  
5. Take advantage of  
6. Take on cargo  
7. A stiff drink  
9. Actress Watts  
10. Natives of the American Southwest  
12. Covered  
14. The Science Guy Bill
15. Soviet Socialist Republic  
17. Contraceptive device  
19. Unfastened  
20. \_\_ student, learns healing  
23. Ties the knot  
24. Actor McKellen  
25. Optical phenomenon  
26. Turf
28. Foot (Latin)  
29. Flub  
30. Birds settle here  
31. Calculator  
32. Herbal tea  
33. Catch  
34. Pitcher Santana  
36. Not for vegetarians  
37. Japanese novelist



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Slot players earn entry tickets by accumulating points on their Comanche Card, 1 E-drawing ticket per 5 points earned during the contest period. Drawings will be held every Fri. & Sat. from 7:00pm to 11:00pm. A total of 5 winners will be selected during this time for a chance to \$100 in Comanche Credit

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(Every guest is guaranteed to pick up a chicken)  
*This offer can only be redeemed ONCE per day.*



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# STAY SAFE DURING AN OUTAGE AND AROUND POWER LINES BE PREPARED FOR STORMS!



## STORM CHECKLIST

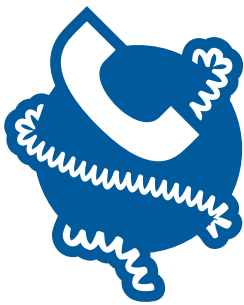
To report an outage, call **COTTON ELECTRIC** at **580-875-3351** or **800-522-3520** or submit an outage report using **SMARTHUB**.

If your lights go off during a storm, be prepared for the power outage. Assemble supplies to have on hand rather than rushing around when the storm is coming and waiting in long lines for milk or bread. Rotate your supplies to keep them fresh and use the following checklist to prepare for power outages:



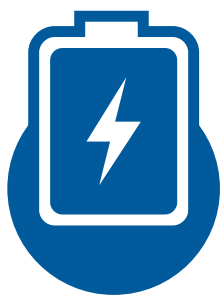
### HAVE PLENTY OF FOOD AND WATER

- Keep a 3- to 5-day supply of drinking water in plastic bottles. Plan on 1 gallon of water per person per day.
- Store a manual can opener with enough nonperishable foods for 3 to 5 days. Canned meats, tuna fish and peanut butter are good foods to store. Don't forget pet foods!
- Conserve water by using paper plates and plastic utensils.
- Have a camp stove or grill for outdoor cooking.
- Fill your bathtub with water for bathroom use before the storm (if you have a well).



### STAY IN TOUCH

- Have a portable, battery-powered radio and alarm clock.
- Have one non-portable phone that will work even if power is interrupted.
- Plan where to meet and how to communicate with family members if separated.
- Keep essential family member contact information near your phone, in your wallet, and in your glove compartment.
- Coordinate with neighbors for care of the elderly and disabled living alone.



### KEEP THINGS GOING

- Keep plenty of gas in your car.
- Keep extra batteries, matches, propane, charcoal and firewood.
- Consider purchasing alternative UL-approved heating devices. For example, a fireplace insert or woodstove will keep the heat in your home instead of up the chimney.
- Use flashlights and other battery-operated lighting instead of candles.
- Keep fire extinguishers fully charged.



### STAY HAPPY, HEALTHY AND WARM


- Maintain a supply of prescriptions, nonprescription drugs, and vitamins.
- Playing cards, books, drawing and writing supplies, and board games help pass the time. If you have a video camera, your family can make a storm documentary.
- Keep sanitary and personal hygiene supplies replenished. Premoistened cleansing towelettes are useful and help conserve water.
- Use plastic trash bags and ties for garbage.
- Put first-aid kits in your home and car.
- Make sure you have cold weather clothing, foul weather gear, and blankets.



Residential Generators

WHAT TO KNOW BEFORE YOU BUY

INSTALLATION TYPE	PRICE	OPERATION <sup>1</sup>	CAPACITY	LENGTH OF OPERATION <sup>3</sup>
<i>permanent</i>	<i>expensive</i>	<i>automatic</i>	<i>whole house</i>	<i>can be indefinite</i>
<i>portable</i>	<i>more affordable</i>	<i>manual</i>	<i>typically partial <sup>2</sup></i>	<i>depends on fuel tank size</i>



<sup>1</sup> Permanent generators start upon loss of grid power. They also exercise themselves automatically.

<sup>2</sup> Frequently powered: refrigerator, pumps (well, sump, septic), furnace, some lights, stove.

<sup>3</sup> Permanent generators use propane or natural gas, portable use gasoline. Permanent models offer significantly longer operating times.

Image of portable generator provided by SafeElectricity.org

# Educate before you generate

*By Tom Tate*

Let's face it: rough weather happens.

At Cotton Electric, our goal is to restore power as quickly and safely as possible. But when a major storm hits, like the ice storm at the end of 2015 or this spring's damaging thunderstorms, power may be out for an extended period of time.

Anyone who has experienced an extended power outage has likely mulled over the idea of buying a generator, but before you do – make sure you have all the facts.

The purchase and installation of a generator is an important and serious decision. Properly done, you gain peace of mind knowing your family can ride out any outage with some degree of comfort. But an incorrectly implemented generator can become deadly to you, your family, your neighbors *and* your electric cooperative's employees.

So, let's look at the decisions you'll need to make when it comes to purchasing a residential generator.

First, do you want to back up your entire home or just portions? The biggest drawback to a permanently installed, whole-house generator is the cost. While the advantages are significant, it is a large expense for most folks to cover.

The table above illustrates several characteristics of each alternative.

*An incorrectly connected generator can become deadly to you, your family, your neighbors and your electric cooperative's employees.*

The next decision is sizing the generator to your particular situation. Online tools abound, so if you like to research, just type "generator sizing guide" into your browser and off you go. Or, contact our Energy Use Advisor Mike Stephens to help you determine the size.

A nice portable generator size is at least 6,500 watts with a startup capacity of around 8,000 watts. When motor loads start, they draw more power than they use when running. This "in rush" of power gets them spinning. Afterwards, their demand for electricity decreases.

The third consideration is how to integrate the generator with your home. Permanent models have dedicated switching devices that handle this chore, while portable models require you to remove them from storage, set them up, connect them and start them up.

Here is where the danger mentioned above comes in to play. Improperly connected generators can easily back feed into Cotton Electric's grid. As electricity flows back into the lines, the transformers boost the voltage to lethal levels.

Be sure to closely follow connection instructions, and contact us if you have any questions regarding connecting your generator safely.

Use of the generator can be as simple as plugging appliances directly into it. This is cumbersome and very limiting. Better yet, have a transfer switch installed by a qualified electrician. This device connects to the circuits you want to power. Connect your generator to the dedicated plug, follow the disconnect procedure and fire it up. Now you've got power for your home that's safe for all.

Next, a word about quality. With generators, you definitely get what you pay for. Cheap models are just that. They may last a couple of years, but after that, parts can be impossible to get. Few things are worse than your generator failing to operate when the lights are out. Definitely go for engines with recognizable brand names. They may cost more, but it will certainly be worth it.

It's important to exercise your portable generator regularly. Don't worry, you don't need to walk your generator – it's not that type of exercise. Exercising means connecting

load to it and turning it on to be sure it will run.

While you're at it, why not let us know you have a generator? We can provide safety and connection tips if needed, and it will enhance our line crew's safety. For more information call us at 580-875-3351 or 800-522-3520.

*Tom Tate writes on cooperative issues for the National Rural Electric Cooperative Association, the Arlington, Va.-based service arm of the nation's 900-plus consumer-owned, not-for-profit electric cooperatives.*

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Deana Adair searches the nation for top-quality gift products. Many items offered at American Scents – Made in America are Made in Oklahoma products, too. Some are made in Stephens County and other parts of southwest Oklahoma.

# American Scents supports county, country

By Karen Kaley

When Deana Adair talks about the mission of her store, American Scents – Made in America, she talks about families. She talks about families from all over the United States who she knows only from phone conversations; about families she knows and often sees in Stephens County; and she even talks a little about her own family.

She points out that the new location of American Scents at 910 W. Main in Duncan is the same place her grandfather once worked.

“N.L. Freeman worked in this building in the 1940s. He went on to open his own business, Freeman’s Business Machines, also in this area,” she said.

The move to the historic downtown has been a good one. Foot traffic has increased and customers make a point of telling her, “We’re so glad you’re here.”

“It feels comfortable here,” Deana said,

“like I’m part of a neighborhood.”

She looked around at the pale yellow walls adorned with wooden crosses and oversized metal butterflies and at the loose arrangement of cabinetry and racks displaying remarkable offerings.

She thought about her old and new roots in the area and said, “I have more space here, plenty of room to grow.”

At just under two months in the new location, American Scents had already expanded the selection of Oklahoma-themed and Made in Oklahoma products, including many made in Stephens County.

“I’ve got crosses, wooden bowls, greeting cards and photography, cat towers, flavored popcorn – all made in Duncan.”

She also carries copies of ‘Goodnight Duncan,’ a book written and illustrated by Duncan residents. Purchasing the book supports Stephens County Humane Society.

Deana goes a step further on the pet-friendly side, welcoming well-behaved dogs and their humans wanting to browse the selection of natural-ingredient treats made in North Carolina.

Of all the snacks and drinks in the store for two-legged and four-legged customers, the dog treats and the gourmet taffy are the only edibles that come from beyond the Oklahoma borders.

Other items made in America include bangles, candles, pottery, wall art, soaps, books, snugly blankets and colorful socks. And, of course, American flags.

American-made American flags. Those aren’t as common as one might think.

And there is the message Deana wants to spread: “Look at what you are buying.”

She said that some products may seem patriotic, but purchasing them is not necessarily going to bless America.

“Don’t be fooled by an American flag sticker on items. Turn it over and look

for the ‘Made in ...’ label.”

There is a rich variety to what is American-made, and Deana has found quite a bit to offer in her store. American Scents – Made in America is a gift shop that has something for everyone, including what some find to be a surprise: very reasonable prices. Cotton Electric members can get an even better deal by presenting a Co-op Connections Card for a 10 percent discount.

“Made in America does not mean expensive,” Deana said.

“It means good quality, made with pride. These items have a top-quality finish and are professionally presented and packaged.”

Made in America can also mean the vendor is small and trustworthy, like family.

“Buying locally supports your neighbor,” Deana said. “Buying products made in America supports Mom and Pop.”



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# Tee up for CECF Summer Classic



## 8th Annual Summer Golf Classic

# June 27

The Territory Golf & Country Club, Duncan



Proceeds from the event will go to Operation Round Up to support the Cotton Electric Charitable Foundation

First 30 teams accepted.  
Entry fees are \$600 per team.  
Teams must be signed up and paid by June 13.  
Hole sponsorships are still available.

To sign up your team, call Bryce Hooper at 580-875-3351.

Golf enthusiasts have a great opportunity to spend a day on an 18-hole championship course while helping to raise funds to help organizations and individuals throughout southwest Oklahoma.

The eighth annual Cotton Electric Charitable Foundation (CECF) Summer Classic will be June 27 at The Territory Golf and Country Club in Duncan. The tournament is held to raise awareness of CECF and to generate funds for Operation Round Up (ORU).


ORU is primarily funded by Cotton Electric Cooperative members who “round up” their monthly bill to the nearest dollar. The funds are administered by CECF, which meets quarterly to consider grant applications. Since its inception in 2004, CECF has awarded more than \$900,000 to volunteer fire departments, youth, senior citizen and public safety organizations, schools, communities and individuals throughout the Cotton Electric service area.

Registration for the four-person scramble will begin at 7:30 a.m. with a shotgun start at 8:30. The registration fee of \$600 per team will include range balls, cart, and a meal following the round. Individual, team and door prizes will be awarded.

To enter, players’ names and handicap or average scores can be faxed to 580-875-3101. Deadline for entries and fee payment is Monday, June 13.

Two levels of hole sponsorship are available. Hole sponsors who also enter a team receive a \$100 discount on entry fees.

For information about the scramble or becoming a sponsor, call Bryce Hooper at 580-875-3351 or email [bhooper@cottonelectric.com](mailto:bhooper@cottonelectric.com).



Deadline for second-quarter 2016 grant applications is May 23.

Download CECF grant applications at [cottonelectric.com](http://cottonelectric.com).

Operation Round Up is a voluntary program and members may opt out at any time by calling or sending a letter or email stating the account holder’s name, account number and the request to be removed.



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# Hearty Heart-Healthy Dishes

## FAMILY FEATURES

**I**t may sound contrary to your healthy eating plan, but the human body actually needs some types of fat for heart and brain health. One common source is cooking oil, such as olive oil.

Of the cooking oils most commonly used in North America, such as olive oil, canola oil, peanut oil and various vegetable oils, olive oil contains the most monounsaturated fat, which is widely recognized for its potential role in reducing the risk of coronary heart disease. In fact, beginning in 2016, olive oils will display the American Heart Association's Heart Check-Mark to alert consumers about olive oil's heart-healthy benefits.

Experience the distinctive tastes of different varieties of olive oil in these delicious dishes and find more heart-healthy recipes at [AboutOliveOil.org](http://AboutOliveOil.org).



## Vegetable Frittata with Roasted Asparagus and Tomatoes

Serves: 6

- 6 large eggs  
1 tablespoon water  
2 tablespoons Parmesan  
Reggiano, grated,  
plus additional for garnish  
1 teaspoon garlic, minced  
2 teaspoons shallots, small diced  
1 cup russet potatoes, peeled,  
small diced, boiled  
until tender, drained and

- 1 roasted red pepper, peeled, deseeded and diced
- 1 tablespoon parsley, chopped
- 1 tablespoon basil, chopped
- 3 tablespoons extra-virgin olive oil

- 1 cup cremini mushrooms,  
sliced

- 1/4 cup fontina cheese

- ### Lemon, Basil and Garlic Roasted Asparagus

- (recipe below)  
Roasted Tomatoes (recipe below)

Beat eggs with water, then beat  
Parmesan into egg mixture and reserve.

Combine garlic, shallots, potato, pepper, parsley and basil, and set aside. Heat extra-virgin olive oil in 12-inch non-stick saute pan over high heat. Add

mushrooms and saute until they start to brown. Reduce heat to medium and add reserved vegetable mixture. Saute for about 1 1/2 minutes. Season with salt and pepper, to taste. Add additional olive oil, if needed, then add reserved egg mixture to hot saute pan.

Cook 2-3 minutes until egg cooks and sets on bottom. Transfer saute pan to broiler and broil until light and fluffy, and almost totally set, about 2-3 minutes. Sprinkle fontina cheese on top of frittata and place back under broiler until melted, about 2-3 minutes. Remove to cutting board and cut into six triangle servings. Place one serving in center of plate. Garnish each portion with four stalks of Lemon, Basil and Garlic Roasted Asparagus and two wedges of Roasted Tomato. Sprinkle each portion with Parmesan.

## Lemon, Basil and Garlic Roasted Asparagus

- 3 tablespoons fresh Italian parsley leaves, finely sliced
- 1 lemon, zested
- 1 large garlic clove, minced
- 24 large asparagus stalks (snap bottoms of individual stalks)
- 1/4 cup extra-virgin olive oil
- salt and pepper, to taste

Heat oven to 400 F.

Combine parsley, lemon zest and garlic. Set aside.

Place asparagus on sheet pan in one layer and drizzle with olive oil. Season with salt and pepper. Roast 15-20 minutes. Sprinkle with parsley mixture and place back in oven for 3-5 minutes.

## Roasted Tomatoes

- 3 tablespoons extra-virgin  
olive oil  
6 large Roma tomatoes, quartered  
3 fresh thyme leaves  
1/2 garlic clove, minced  
sugar, to taste  
salt and pepper, to taste

Heat oven to 400 F.

Combine all ingredients in bowl and transfer to sheet pan lined with baking paper. Roast for about 20 minutes, or until done.

\*Heart-Check Certification does not apply to recipes.

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# PUBLIC AUCTION

**Saturday, May 14, 2016 10:00AM**  
**18.87 Acres (Marlow, Oklahoma)**  
**Highway 29 East**  
**(See Directions Below)**

**Gary Criswell Auction Service & Real Estate, Inc.** has been commissioned by Mrs. Aletha Baker to offer at Public Auction her Real Property situated in Marlow, Oklahoma.

**Real Property consists of** 18.87 Acres of Grassland. Rural Water available on North Boundary of Property. The Real Property is fenced and located on Highway 29 East.

**Directions:** In Marlow, Oklahoma, from Highway 81, go East on Highway 29, 2 Miles. The Real Property is situated on the South side of the Highway (Entrance at the Chesapeake Oil Lease Site).

**Terms of Sale:** 10% Earnest Money on Real Property on the day of Sale. Balance due at closing upon delivery of Title and Deed.

**Preview of Real Property** will be held Friday afternoon, May 13, 2016 from 1:00 pm to 6:00 pm. Announcements made day of sale supersede all other advertisements. Please plan to attend this Auction.

**Auctioneer's Note:** Mrs. Baker owns 24.69 Acres and is selling off 18.87 Acres and keeping the balance of the Property with her Home. Grassland is currently leased through August 2017. Chesapeake Oil Company owns Right of Way to their Tank Battery. The Real Property will be offered at 10:00 A.M Sharp! The Real Property will be offered "As-Is-Where-Is." Mrs. Baker reserve the right to accept or reject the final bid. Stephens County Abstract will serve as the Closing Agent on the Real Property.

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

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Day Boat Cod with Melted Tomatoes and Shaved Fennel and Orange Salad

- Serves: 4
- olive oil
  - salt and pepper, to taste
  - 4 cod filets (6 ounces each)
  - Olive Oil Melted Tomatoes (recipe below)
  - Orange, Fennel and Olive Oil Salad (recipe below)
  - 4 lemons, cut into eighths

Heat oven to 400 F.

Heat medium sized saute pan on high. Add olive oil and heat. Salt and pepper cod. Add cod to hot oil and sear very hard on one side, until fish is golden brown and crisp.

Transfer cod to baking sheet that has been brushed with olive oil. Place cod in oven until it starts to flake, about 12 minutes. Remove cod from oven and keep warm.

Using spoon, portion Olive Oil Melted Tomatoes onto four large dinner plates. Allow some flavored oil to puddle on plate. Carefully transfer cod on top of warm tomatoes.

Then top cod with Orange, Fennel and Olive Oil Salad. Squeeze lemon wedge over entire plate.

Olive Oil Melted Tomatoes

- 8 large Roma tomatoes, peeled, seeded and cut in half
- salt and pepper, to taste
- 6 basil leaves, shredded
- 3 tablespoons parsley, chopped
- 1 lemon, zested
- 6 large garlic cloves, peeled and sliced thin
- extra-virgin olive oil

Heat oven to 325 F.

Place tomatoes in 9-inch cake pan and season to taste with salt and pepper. Scatter herbs, lemon zest and garlic on top of tomatoes.

Drizzle tomatoes with extra-virgin olive oil, which should come up about three-quarters of the way on tomatoes.

Cover with foil and bake until tomatoes are tender, approximately 40 minutes.

Orange, Shaved Fennel & Olive Oil Salad

- 1/2 large fennel bulb, sliced thin on mandolin
- 2 medium oranges, rind and seeds removed, cut into slices
- 1/2 medium lemon, juice only
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon parsley, chopped
- salt and pepper, to taste

Combine all ingredients and gently toss just before garnishing cod.



Roasted Brussels Sprouts with Sweet Peppers

- Serves: 6-8
- 2 pounds Brussels sprouts, bottoms trimmed, cut in half and outside leaves removed
  - 4 tablespoons extra-virgin olive oil
  - 6 medium garlic cloves, chopped
  - 3 tablespoons basil, chopped
  - 2 tablespoons Italian parsley, chopped
  - salt and pepper, to taste
  - 2 red sweet peppers, large diced
  - 2 yellow sweet peppers, large diced
  - 1 cup balsamic vinegar, reduced to light syrup

Heat oven to 375 F.

Combine Brussels sprouts with all ingredients except peppers and balsamic syrup. Toss Brussels sprout mixture and season to taste with salt and pepper.

Transfer mixture to sheet pan and roast in oven for 15 minutes. Stir sweet peppers into mixture and roast 5-10 minutes more.

Remove from oven and place on serving platter. Drizzle with balsamic syrup and serve immediately.

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- ABOUT THE PROGRAM
- Lung cancer is the leading cause of cancer death for both men and women worldwide.
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Low-dose CT (LDCT) lung screening is quick and easy and results in a minimal amount of radiation exposure. The Cancer Centers of Southwest Oklahoma is determined to raise awareness and improve access to this testing for all people at high risk. Therefore, Cancer Centers of Southwest Oklahoma and Jackson County Memorial Hospital are now offering in conjunction **FREE LDCT lung screening** to individuals who meet the established high-risk criteria.



QUALIFICATION CRITERIA

You may qualify for a free LDCT lung screening if you fall into one of these categories:

Category 1	Category 2
You are between 55 and 74 years of age	You are between 50 and 74 years old
You are currently a smoker or have quit in the last 15 years	You have a 20+ pack-year* history of smoking
You have a 30+ pack-year* history of smoking	You have one additional lung cancer risk factor (not to include secondhand smoke exposure)

\*pack-years are calculated by multiplying the number of packs a day you smoke by the number of years you have smoked.

Example: 2 packs a day for 15 years = 30 pack-years

Call to schedule a screening  
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# Nutrition information overload: Who do you trust?

The general public is bombarded with nutrition information through every media platform. Well-meaning friends and family members – and sometimes strangers – provide nutrition advice. When you are walking through the grocery store, nutrition information on food packaging captures your attention through flashy claims without definition.

Which sources should you trust? Should you incorporate the suggestions into your daily routine? It is difficult to decipher fact from fiction in the nutrition world, but here are a few tips and tricks to navigating the daily nutrition information overload.

For media, seek to understand who is writing the content. The most credible source is a Registered Dietitian. A Registered Dietitian will have the credentials “RD” or “RDN” after his or her name.

They are credentialed by the Commission on Dietetic Registration only after completing a 1,200-hour supervised professional experience and completing an undergraduate degree from an accredited university. To maintain these credentials, they must complete 75 hours of continuing education every five years.

Many states require an additional license through the state and additional continuing education. The Oklahoma Medical Board governs the licensure requirements for dietitians in Oklahoma.

It is also important to note that only Registered Dietitians are bound by a code of ethics and are held accountable by the Commission on Dietetic Registration and their state licensing board for ethical behavior in nutrition.

There are individuals who meet the minimum requirements to become a Registered Dietitian but who choose not to do pursue the RD credential. Generally, if they have an advanced degree in nutrition, you can trust their written content on general nutrition principles, such as “eat more fruits and vegetables.”

Make sure whatever article or content you are reading cites research articles, well-respected non-profit or governmental entities specializing in the content area – such as the American Heart Association or the Food and Drug Administration – or provides quotes from



Kim Bandelier, MPH, RD, LD

## Food For THOUGHT



The truth is on nutrition facts and ingredient labels.

experts in the nutrition field. Beware of sensational titles and extreme suggestions. Nutrition research is constantly evolving as the number of articles grows, and the research becomes more robust. The best nutrition advice is based on many articles combined versus one independent article.

News headlines are written to grab your attention, so do not stop at the title. Read the full content of the article to find out if the nutrition advice is based on a meta-analysis (a study of studies) versus one study where oftentimes the researchers admit that more research is needed to draw strong conclusions.

Extreme suggestions include “eliminate” a certain food or a certain food “causes” a specific ailment or condition or a certain food will “cure” something.

The food you put into your body is only one piece of your health. A balanced approach to eating is still the key to a healthy diet for most people. Those who have a chronic disease like diabetes, heart disease, or cancer may need some significant dietary adjustments, but those adjustments should be made on an individual level in consultation with a nutrition professional.

Food packaging is another venue for nutrition information. Companies have at their disposal FDA-approved nutrient claims, structure/function claims, and health claims. While these claims are regulated, the truth is on the nutrition facts label and the ingredient label.

A pastry could be fortified with calcium and therefore be labeled an “excellent” source of calcium, but does that mean it is the best way for you to get calcium into your diet? Even when claims are used per the FDA guidelines, they can be misleading and should not be the only piece of information you use to evaluate if you

Since premiering in September 1957, The Current has been the newspaper of record for the members of Cotton Electric Cooperative. The Current is a popular full-size newspaper featuring a dynamic classified section and an editorial policy that focuses on the people and activities of southwest Oklahoma. The Current distributes more than 15,000 copies monthly across eight southwest Oklahoma counties: Cotton, Stephens, Comanche, Jefferson, Tillman, Grady, Carter and Caddo.

**Advertising Policies**  
The Current limits responsibility for omission of ads, errors, misprints or other mistakes that may appear in advertisements to the cost of the ad. When an ad is approved by advertiser or authorized agent, The Current is relieved of all responsibility in price and copy.

The Current reserves the right to reject any advertisement or advertiser. The Current may decline to accept advertising that is misleading, inaccurate or fraudulent; that makes unfair competitive claims; or that fails to comply with its standards of decency and dignity.

In addition, an advertisement must sometimes be declined because of the applicability of laws dealing with such matters as libel, copyright and trademark, the right to privacy, the sale of securities, the sale of real estate and political advertising.

Ads that include elements usually associated with The Current editorial matter will not be accepted (for example, but not limited to: same style headlines, bylines, news-style column arrangements or typography). Additionally, The Current reserves the right to label an advertisement with the word “advertisement” when, in its opinion, this is necessary to make clear the distinction between editorial material and advertising.

**Payment**  
Orders from new advertisers, agencies, or an existing advertiser with a history of late payments are to be prepaid until credit has been established. When ad payment or ad copy is received after the advertising deadline, the ad may be placed in the next issue.

Pre-payment is required for all political advertisements and for “Going Out of Business” advertisements.

Invoices and tear sheets will be mailed out within three days of publication. Payment may be made by check, cash or money order. We do not accept credit card payments.

All advertising bills are due and payable in full within 30 days following the date of publication. Accounts 60 days in arrears may be refused further advertising until the past-due amount is paid in full.

### Advertising Rates

Included in our reasonable rates is personal attention to your advertising needs, including advice and consultation about your advertising program. Advertising layout service is provided to advertisers at no charge. Clip art services, including cuts and illustrations, are available for ads at no charge to advertiser.

The Current reserves the right to revise rates at any time on at least 30 days' notice. Ad rates effective September 2008:

Black and white ads: \$7 per column inch  
Color ads: \$9 per column inch

Pre-print insertion rate: \$800 for up to 6-page broadsheet or 12-page tab. Contact our advertising representative for pricing on larger inserts.

Frequency rate: We offer rate discounts for certain advertisers signing a one-year commitment or for those paying for a year's insertion in advance. Contact our advertising representative for details.

### Political Advertising

The Current will only run political ads of a general information nature. Candidate ads must focus on that person and not mention the opponent. Issue ads must focus on supporting the advertiser's opinion only. We will not run ads containing attacks on an opponent or an opposing point of view.

Any statements made within an ad must be factual, and documentation must be available that contains information that allows us to verify the information as fact. Even if a statement is true, The Current has the right to refuse any portion of any ad.

Any and all ads, including classified ads, that contain political content must have the political advertising disclaimer within the ad. That disclaimer must state the name of the individual or group, candidate or committee that is paying for the ad, as well as the mailing address.

Political ads, including classified ads, will be charged the standard advertising rate without discount of any kind. Political ads do not qualify for the two free classified ads offered to cooperative members. All political advertisements must be paid for in advance. Political ads cannot be invoiced on account.

### Classified Ads

The Current offers free classified ads to members of Cotton Electric Cooperative. Members are entitled to two free classifieds per month per membership account, regardless of the number of meters on the account. Free ads are limited to 30 words. Ads over 30 words may be purchased for \$5.

Non-members may purchase ads for \$5.

Political ads do not qualify for the two free classified ads. All political advertisements must be paid for in advance. This repeats info in the section above.

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**Additional Improvements include** a 2 Car Garage, Sprinkler System, Nice Covered Back Patio and Fenced Backyard. Must see! Situated in a Great Neighborhood. Gorgeous Home near Duncan Regional Hospital


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# IS YOUR BUSINESS CONNECTED?

Cotton Electric Cooperative’s Co-op Connections program has been a tremendous success. Since launching the program in March 2008, CEC members have been taking advantage of discounts offered by participating businesses, which have reported an increase in traffic.

It’s easy to become a participating business: Offer a discount to CEC members and commit for one year. There is no fee involved for participating businesses, only the discount you offer.

You’ll see your business name advertised on our website and in CEC’s monthly newspaper, The Current. We also feature participating businesses in the paper. And best of all, you’ll have the Cotton Electric marketing efforts to back you.

If you have questions or would like to join the program, feel free to contact us at 580-875-3351. We hope to hear from you soon!