

# The Current

A Publication of Cotton Electric Cooperative Inc.

A Touchstone Energy® Cooperative 

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

VOLUME 60

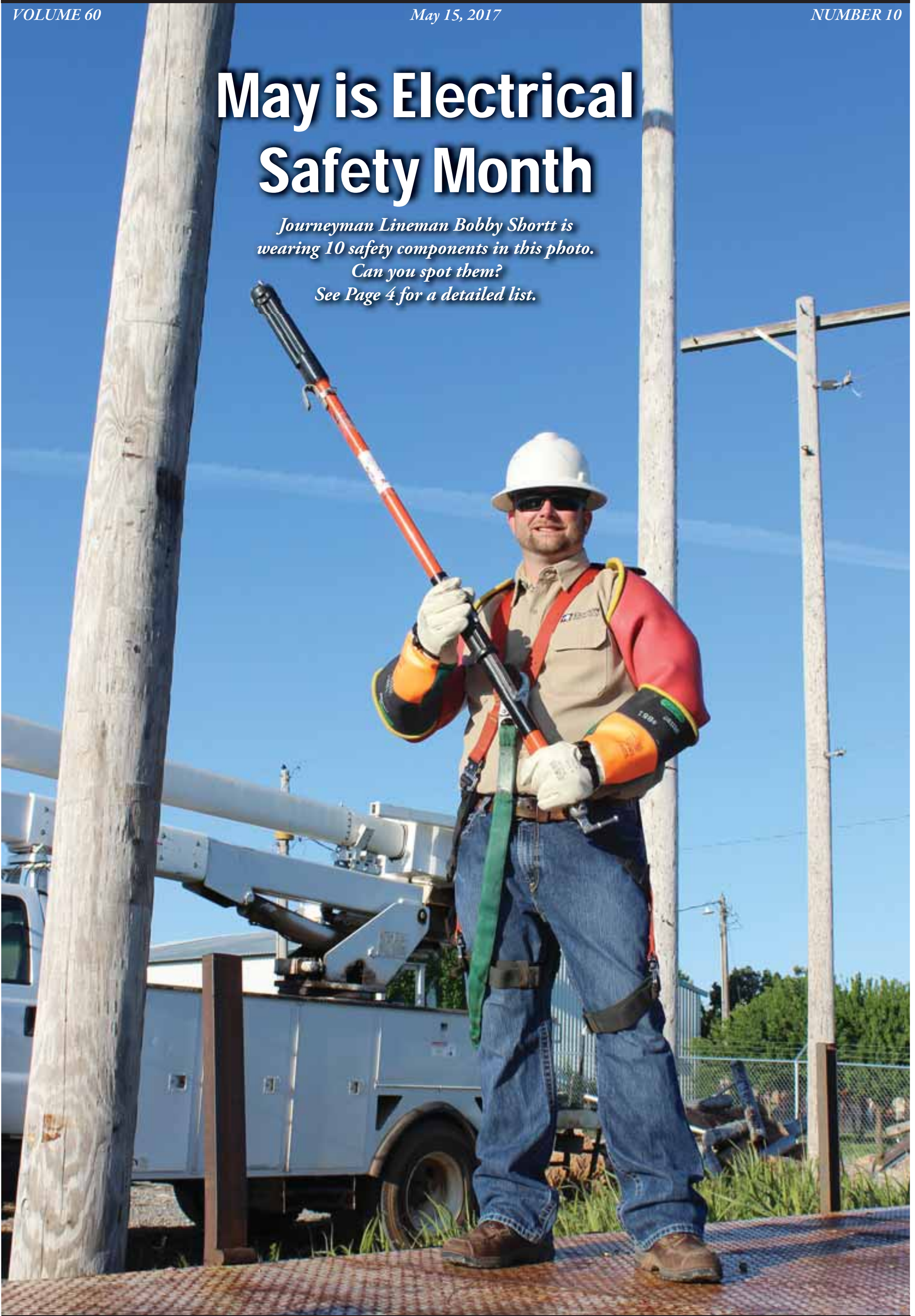
May 15, 2017

NUMBER 10

## May is Electrical Safety Month

*Journeyman Lineman Bobby Shortt is wearing 10 safety components in this photo.*

*Can you spot them?  
See Page 4 for a detailed list.*



### Power Cost Adjustment Calculated

The power cost adjustment now being applied to bills mailed after May 1, 2017, is (\$0.00650) per kWh.

On a member's average bill of 1,500 kilowatt hours (kWh), this will amount to a **CREDIT** of \$9.75 on the May bill.

### April 2017 Temperature Extremes

Day	High	Low	Avg.	Day	High	Low	Avg.
1	66	50	58	16	80	63	72
2	60	52	56	17	72	59	66
3	75	47	61	18	79	57	68
4	78	47	63	19	83	61	72
5	68	42	55	20	76	63	70
6	73	38	56	21	71	51	61
7	79	46	63	22	64	43	54
8	85	53	69	23	73	40	57
9	87	61	74	24	80	45	63
10	76	55	66	25	89	55	72
11	77	48	63	26	64	42	53
12	77	51	64	27	76	38	57
13	67	58	63	28	82	57	70
14	79	60	70	29	75	49	62
15	83	63	73	30	55	43	49

Source: National Weather Service

*Average Daily High: 75 Average Daily Low: 51*

### Did You Know?

Cotton Electric offices will be closed Monday, May 29, for the Memorial Day holiday. Emergency calls will be answered at 580-875-3351 or 800-522-3520.

The next issue of The Current should arrive in mailboxes on June 12, 2017.

### 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](mailto: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](http://cottonelectric.com)

From the CEO

# This May, take time to plug in to safety

This month, I'd like to take a moment to reflect on the importance of safety. May is Electrical Safety Month, and Cotton Electric Cooperative will be sharing safety tips and reminders throughout the month to help raise awareness about the dangers of electricity. We all depend on electricity to power our lives, but accidents can happen when electricity is improperly used.

**Our responsibility to you**

Cotton Electric's concern for safety extends beyond our employees. We care deeply about the safety of our members and, this month, we encourage you to plug into safety. According to the Electrical Safety Foundation International, thousands of people in the U.S. are critically injured and electrocuted as a result of electrical fires, accidents and electrocution in their own homes.



Jennifer Meason, CEO

To promote safety education in our local communities, we offer safety demonstrations at local schools and community events. We frequently provide electrical safety content in The Current, as well as on our website, Facebook and Twitter.

We strive to provide our communities with safe, reliable and affordable electricity and to serve as your trusted energy advisor, now

and well into the future.

**Our responsibility to employees**

It is no accident that safety is a top priority at Cotton Electric. We are committed to a culture of safety that is integral to our daily operations. In fact, Cotton Electric is part of the Rural Electric Safety Achievement Program (RESAP) that follows specific guidelines and protocols for electrical safety that are considered leading practices. Our line workers are required to wear personal protective equipment at all times when on the job. This includes special fire-resistant clothing that will self-extinguish, limiting potential injuries from burns and sparks. Insulated and rubber gloves are worn in tandem to protect from electrical shock. Our safety team regularly discusses important safety issues pertaining to work within the building as well

as out in the field.

Your cooperative also has a subsidiary whose primary focus is protecting line workers throughout the country, Cotton Electric Services, Inc. (CESI). The testing facility at CESI exceeds the strictest standards established by the National Association of Independent Laboratories and maintains its NAIL accreditation for protective equipment testing. CESI's dedicated staff tests equipment like the insulated rubber gloves and sleeves that protect line workers in the field.

As the CEO of Cotton Electric, I believe it is my duty and responsibility to raise awareness about the importance of electrical safety. Take a moment to plug into safety. Please visit CottonElectric.com or www.esfi.org for tips about how to keep you and your loved ones safe.

000000001 Invoice: 0-000

**SAMPLE BILL**

226 North Broadway  
Walters, OK 73572

580-733-3101 or 1-855-730-8711  
Fax: 580-675-3101 www.cottonelectric.com

ANY MEMBER  
123 ANY STREET  
ANYTOWN, OK 00000

**WHAT IS THIS?** Capital Credit allocation explained below

PCA Factor: 0.000000 Invoice #: 0000

Bill Codes	
R -Regular Bill	I -Inactive with Balance
M -Minimum Bill	K -KVA Minimum
E -Estimated Bill	N -New Account
F -Final Bill	X -Changed Meter
P -Prorated Bill	A -Average Monthly Pay
CR -Credit Balance	

Your 2016 Capital Credit Allocation is:  
Cotton \$00.00  
WFEC \$00.00  
These allocations cannot be applied to your energy bill.

Kiosk

Pay-By Phone Call 1-855-730-8711

### How to calculate your capital credits

Determine the total amount you were billed for electricity during the calendar year 2016. Multiply that amount by each capital credit factor in the category that applies to you. If you do not know the total amount billed, contact Cotton Electric at 580-875-3351.

**Capital Credit Factors**

	Cotton	WFEC
General Service	0.036034515	0.04526165
Small Commercial	0.034681127	0.043561709
Large Commercial	0.023877073	0.029991128
LPC/STC	0.01217306	0.01529014
Irrigation	0.046385861	0.058263601

Capital credits for accounts active in 2016 have recently been allocated and are listed on June power bills. Please note, however, that credit to an individual account is NOT A REFUND, and the amount WILL NOT be applied to a member's power bill.

## 2016 capital credit allocations announced

Capital credits for accounts active in 2016 have recently been allocated.

Please note, however, that credit to an individual account is *not a refund*, and the amount may not be applied to a member's power bill.

Cotton Electric is a not-for-profit cooperative owned by its members who pay electric bills. Revenues in excess of the actual costs of providing electric service for the year are called margins.

Members' portions of these margins are called patronage capital, and are credited to the individual member's equity account in proportion to what each

member contributed to the gross margin through his or her electric bills.

These margins are held in reserve for a period of time, with the capital being used primarily to construct new electric facilities, upgrade existing facilities, maintain the members' ownership and equity in the cooperative, reduce interest costs by lowering the amount of the borrowed capital, and maintain a reserve to protect against storms and emergencies.

Additionally, Cotton Electric does not generate power but buys most of it from Western Farmers Electric Cooperative. WFEC is a generation and transmission

(G&T) cooperative, organized in 1941 when western Oklahoma rural electric distribution cooperatives found it necessary to secure an adequate power supply at rates farmers and rural industrial developers could afford.

Cotton Electric and other electric cooperatives in Oklahoma and New Mexico own WFEC. Just as Cotton Electric allocates its margins to members, WFEC allocates its margins to the electric cooperatives that own WFEC.

When Cotton Electric receives margin allocations from WFEC, it allocates those margins to the co-op members.

The WFEC allocations are kept separate from the Cotton Electric margin allocations.

Refunds, called retirements, are made when financial conditions of either cooperative permit. Retirements are usually announced separately. They are mailed to the last known address of the account.

Members are encouraged to keep Cotton Electric informed of any changes of address so they will receive a check if a retirement is made. Lists of names on returned checks are published in The Current, which can be found on the co-op's website, CottonElectric.com.



### Energy Efficiency Tip of the Month

Keep warm summer air outside where it belongs! Add caulk and weatherstripping to seal air leaks around leaky doors and windows.

Source: U.S. Dept. of Energy

**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 2017 Operating Stats

	2017	2016
Total Amount Billed/Accrued	\$4,756,707	\$4,583,954
Cost of Purchased Power	3,259,823	3,168,585
Taxes	91,566	91,992
Total Operating Expense Per Mile	904	919
Average Farm and Residential Bill	117	117
Average Farm and Residential kWh	975	994
Total Meters Billed (farm, residential)	18,226	18,162
Miles Energized	5,163	5,146
Density Per Mile	3.34	3.53
New Service Connects YTD	47	50
Services Retired	40	25

## The Current

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Jennifer Kriz.....Display Advertising

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**2017 Youth Tour essay topic:  
The Power of the Cooperative Model**

**Cotton Electric a prime example of cooperative model**



*Daisy Cossio  
Lawton 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.*

A few days after the first week of school, my Spanish Club held its first meeting of the year. The club president emphasized how important it was that we as a group made decisions together, gave back to the community, learned about our Latino and Spanish cultures, and made memories together. As she outlined those goals, I thought how similar they were to a cooperative like Cotton Electric. I also thought of how different the experiences of a Cotton Electric member are from the experiences of my mother, who, as a girl, lived in an isolated rural community in Mexico called San Pedro del Gallo. The electricity was provided by the impersonal state, and when something broke down, there was a local fellow they turned to for repairs. Rural Oklahoma, thanks to Cotton Electric, has it so much better than that.

For Cotton Electric, the Cooperative Model, the principles of the company, have made what is formally called a business, quite the opposite. Made up of seven operating principles, this model has the power to unite, create, and expand. It gives everything an importance and makes Cotton Electric the amazing, unique cooperative that it is today.

According to the first three principles, Voluntary and Open Membership, Democratic Member Control, and Members' Economic Participation, the Cooperative Model is shaped to values its members' involvement

greatly. By allowing Cotton Electric to be run by its members, every single voice is heard and the betterment of the co-op grows. In an edition of the newspaper The Current, a photo of a mother holding her child to a microphone appears on the right side of a page. With a caption spread across the picture saying "Every member has a voice. Even the ones who can't yet speak," it all quickly diminishes any comparison to other companies. Nothing is like Cotton Electric, while simultaneously maintaining and serving many, many people with electricity, they are able to listen to their members and everyday serve as a company – to the people, by the people.

Continuing with the model, principles four and five focus on the individuality of Cotton Electric and co-ops alike. What also gives the cooperative model its power is its stunning independence. Mainly a non-profit company, there is only one thing Cotton Electric relies on: its members. Not only that but they support the spread of knowledge, and that gives more power to the co-op.

Spreading knowledge brings forth new members and strengthens the community; and, for Cotton Electric, the publication of their monthly newspaper The Current, does just that. Since its start in September 1957, The Current has become a source for its members to find life-changing stories, safety tips, and information on the environment itself. To Cotton Electric, the use and spread of knowledge has become a basis for their co-op, and in turn has made its unique independence quite powerful.

Lastly, principles six and seven of the co-op

model – Cooperation among Cooperatives and Concern for Community – show the intentions of Cotton Electric. Through these principles, the cooperative is able to take a stand and better the community around it. With the use of mutual support, Cotton Electric is better able to improve and serve its community through service since it is non-profit. From donating a washer and dryer to a nearby high school to simply fixing outages and much more, the cooperative here in our community has the power to help anyone. While present in 47 states, electric cooperatives like Cotton Electric are able to do the same. By supporting one another, cooperatives share their services to anyone and everyone, working hand in hand to bring electrical power to people all around.

All in all, through the seven operating principles, the Cooperative Model has given shape to the many local co-ops we have around us. Cotton Electric is a prime example of this model. Through the equal member system, to their importance of knowledge, and to their support of the community, this cooperative has truly shown the power of the Cooperative Model.

Nowadays, whenever I show up for a meeting for my school's Spanish Club, I still take pride that we share goals with an organization as successful as Cotton Electric. But, the Cooperative Model has taught me that goals mean nothing if they don't result in professional service. I will never treat my club members like my mother's electricity company treated her. I will treat them the Cotton Electric way, up close and personal.

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**Is Your Portfolio 'Healthy?'**

May is National Physical Fitness and Sports Month. If you can exercise regularly, you'll help yourself feel better, control your weight and even reduce the chances of developing certain diseases. But why not extend the concept of "fitness" to other areas of your life – such as your investment portfolio?

And to help maintain a healthy portfolio, you can draw on some of the same principles that apply to keeping your body in good shape.

Consider, for example, one of the things that happen when you exercise – namely, your body uses more oxygen. As an investor, you may need your portfolio to get "oxygen" in the form of infusions of new investment dollars. If you stop putting money into your portfolio, you'll need to rely on your existing investments to grow enough to help you meet your long-term goals, such as a

comfortable retirement. Could that happen? Maybe, but you will likely be better off by investing consistently, year after year. And by spreading your contributions over a period of decades, you don't have to come up with large sums at any one time.

Another element important to exercise is the need to avoid injury. That's why all sorts of athletes, both competitive and casual, stretch before they swing into action. Many of them also take other injury-avoidance steps, such as strengthening their "core" through abdominal work and increasing their flexibility through yoga. When you invest, you can be "injured" if your portfolio takes a hit during a market downturn. However, this type of injury will likely be much more severe if your portfolio is over-concentrated in just one asset class and the downturn primarily affects

those exact assets. But if you own many different types of assets – stocks, bonds, government securities, and so on – you may reduce the impact of a downturn on your portfolio. Keep in mind, though, that this type of diversification can't guarantee profits or help you avoid all losses.

While exercise is essential to maintaining good health, it isn't the only factor involved. You should also get regular checkups with a medical professional, who can run various tests to measure changes in cholesterol, blood pressure, heart function and other areas. To help ensure your portfolio is healthy, you also need to chart its progress over time. And that doesn't just mean determining if you're getting the growth you need, though that's obviously of great interest to you. You also need to evaluate whether your portfolio has gotten out of balance, which can occur without your

doing anything at all. To illustrate: If you start out with a certain percentage of one type of investment, such as stocks, and these stocks grow to a point where they now take up a bigger share of your portfolio, you may be taking on more risk than you had intended.

Consequently, you should review your portfolio at least once a year to evaluate both its performance and its balance. Once you've compared where you are today with where you were a year ago, you'll be in a better position to make appropriate changes if needed.

Do what it takes to keep yourself physically fit – but also take steps to ensure your investment portfolio is in good shape. It's vitally important to your future – and you can do the work without even breaking a sweat.

*This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.*

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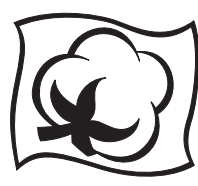
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# COTTON

## ELECTRIC CO-OP

# C.A.R.E.S.

Cotton CARES was created to educate our members and employees about what sets Cotton Electric apart from other utilities. The program summarizes what you, the members of Cotton Electric, should expect from your cooperative.

# More than first, safety is a MUST

By Karen Kaley

For a line worker, a heavy equipment operator, a dispatcher, a member service representative, a trustee ... for everyone at Cotton Electric, safety is a top priority. Safety guides our approach to power delivery, to employee training and to keeping co-op members physically and digitally secure.

Safety is a core value. Our mission is to provide you with safe, reliable and affordable power. We accomplish this through several safety programs designed for employees and the general public.

We keep our members safe by following strict guidelines governing equipment and structures that shine light outside homes at night and provide power to keep those homes warm in the winter and cool in the summer. The structures delivering power are built to exacting standards, designed to protect both the line worker and the member.

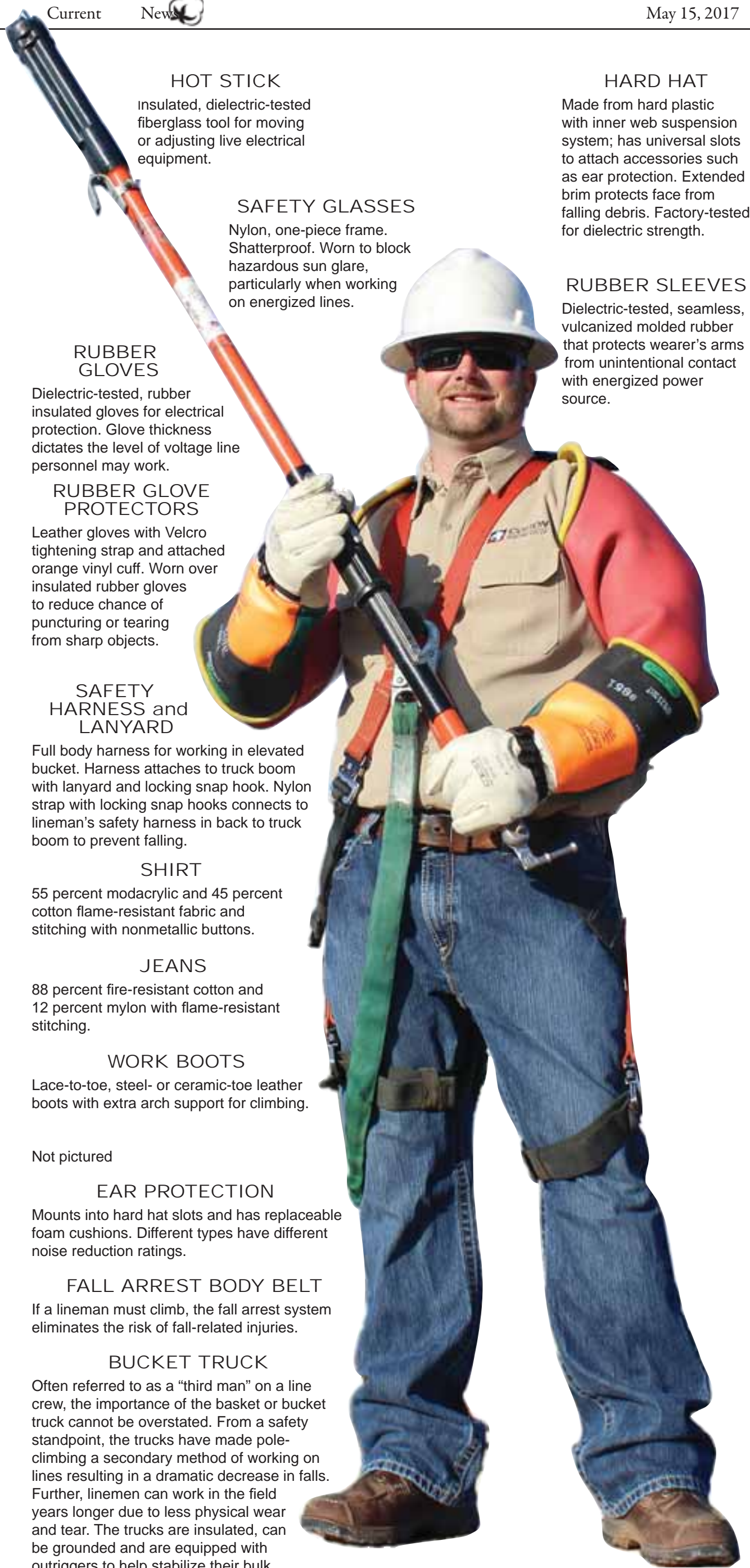
We gather employees every few weeks for safety meetings, to remind those working inside to lift properly, avoid tripping hazards and how to operate a fire extinguisher. We refresh information for those working outside about the proper application of herbicides, best practices for using chain saws, and what to look for when running a forklift.

We test trucks, gloves and hot sticks on a regular basis to ensure they will insulate a line worker from exposure to high voltages. We run those line workers through drills annually, to refresh memories on the May Day procedure and to build muscle memory for rescuing a colleague from a basket or pole.

As those crews carry out day-to-day assignments or come out in the night to tackle an unexpected outage, the line workers will pause to discuss the job ahead. They take time to ground and stabilize the truck, then slip on personal protective equipment before addressing the task.

Cotton Electric is proud of a safety program that includes no lost-time accidents during 2016 and a recent renewal of three-year safety accreditation from National Rural Electric Cooperative Association.

We know that providing power to 22,000 locations throughout eight counties in southwest Oklahoma is never going to be without some risk. That's why Safety First is not just a slogan, it is a guiding mindset for all Cotton Electric employees.



### HOT STICK

Insulated, dielectric-tested fiberglass tool for moving or adjusting live electrical equipment.

### HARD HAT

Made from hard plastic with inner web suspension system; has universal slots to attach accessories such as ear protection. Extended brim protects face from falling debris. Factory-tested for dielectric strength.

### SAFETY GLASSES

Nylon, one-piece frame. Shatterproof. Worn to block hazardous sun glare, particularly when working on energized lines.

### RUBBER SLEEVES

Dielectric-tested, seamless, vulcanized molded rubber that protects wearer's arms from unintentional contact with energized power source.

### RUBBER GLOVES

Dielectric-tested, rubber insulated gloves for electrical protection. Glove thickness dictates the level of voltage line personnel may work.

### RUBBER GLOVE PROTECTORS

Leather gloves with Velcro tightening strap and attached orange vinyl cuff. Worn over insulated rubber gloves to reduce chance of puncturing or tearing from sharp objects.

### SAFETY HARNESS and LANYARD

Full body harness for working in elevated bucket. Harness attaches to truck boom with lanyard and locking snap hook. Nylon strap with locking snap hooks connects to lineman's safety harness in back to truck boom to prevent falling.

### SHIRT

55 percent modacrylic and 45 percent cotton flame-resistant fabric and stitching with nonmetallic buttons.

### JEANS

88 percent fire-resistant cotton and 12 percent mylon with flame-resistant stitching.

### WORK BOOTS

Lace-to-toe, steel- or ceramic-toe leather boots with extra arch support for climbing.

Not pictured

### EAR PROTECTION

Mounts into hard hat slots and has replaceable foam cushions. Different types have different noise reduction ratings.

### FALL ARREST BODY BELT

If a lineman must climb, the fall arrest system eliminates the risk of fall-related injuries.

### BUCKET TRUCK

Often referred to as a "third man" on a line crew, the importance of the basket or bucket truck cannot be overstated. From a safety standpoint, the trucks have made pole-climbing a secondary method of working on lines resulting in a dramatic decrease in falls. Further, linemen can work in the field years longer due to less physical wear and tear. The trucks are insulated, can be grounded and are equipped with outriggers to help stabilize their bulk.

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Learn more at [TouchstoneEnergy.com](http://TouchstoneEnergy.com).

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# Community Spotlight

If you would like your community event listed in the June issue, please submit information by May 29 by calling 580-875-4259 or send an email to [info@cottonelectric.com](mailto:info@cottonelectric.com).

### WMASCC notes 6-year milestone

Wichita Mountains Area Senior Citizens Center is celebrating its sixth year in the Legion Building with a fish fry fundraiser on May 20. Volunteers will serve fried catfish with fixings, drink and dessert from 11 a.m. to 2:30 p.m. Cost is \$8 per platter.

WMASCC 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. Games, quilting, yoga and Tai Chi are offered on Tuesdays and Thursdays.

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. From Interstate 44, take Exit 45 to Oklahoma Highway 49. Traveling east, bear right onto Wildhorse. The building is on the right.

### Cotton commissioners set meeting

Cotton County's Board of County Commissioners is planning a county-wide meeting at 6 p.m. May 25 in the Cotton County Expo center. The meeting is open to the public.

Purpose is to discuss past, present and future Cotton County projects. A question and answer session will follow. The commissioners encourage all Cotton County citizens to attend and make their voices heard.

### FOW offers travel grants

Teachers and youth group leaders are encouraged to apply for \$50 travel grants for educational field trips to the Wichita Mountains Wildlife Refuge. The grants are to help cover the cost of transportation. This program is sponsored by Friends of the Wichitas, whose mission is "to deepen appreciation for and support of the Wichita Mountains Wildlife Refuge and the extraordinary landscape, wildlife and cultural resources the refuge protects."

The grant application form can be found at [www.friendsofthewichitas.org](http://www.friendsofthewichitas.org).

### Armed Forces Day is May 20

The 2017 Armed Forces Day Music Festival and Red Dirt BBQ will include nearly 12 hours of live music from various artists from 10 a.m. to 11 p.m. May 20 at Elmer Thomas Park, 501 NW Ferris Avenue in Lawton.

Activities include a barbecue competition with barbecue for purchase, the 4th annual Armed Forces Day Car Show hosted by Nokturnal Car Club, and military vehicles on display for the public to get up close and personal, and numerous food, merchandise and information vendors. Kids can enjoy bounce houses, a zip-line and much more.

Special guests are Tom Smith and his fellow cast members from the hit Discovery Channel show Misfit Garage.

There is no admission fee for this public event.

### Red Dirt Ball lineup announced

Medicine Park's annual Red Dirt Ball features live performances by up-and-coming Red Dirt artists from Oklahoma City, Fort Worth and points in between. Performances will run throughout the Memorial Day weekend, May 26, 27 and 28.

Headliners for 2017 include Carter Sampson, Charley Crockett and Ivory Deville, a group from Los Angeles featuring Lawton MacArthur graduate Johnny Elkins on vocals and guitar.

There is no admission charge, lawn chairs are encouraged and ice chests are forbidden. For information, visit [MedicinePark.com](http://MedicinePark.com).

### Tour de Meers pedals off May 27

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

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 60 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. 5 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, send an email to [stephenscountyfairpageant@gmail.com](mailto:stephenscountyfairpageant@gmail.com) or call the OSU Extension Office at 580-255-1510.

### Western tech featured at CTHC

Ever wonder how chuck wagons carry all that equipment? Or why a cowboy uses certain tools? Answers can be found at "Technology of the West: Cowboy Tools of the Trade," a special exhibition planned for June 1 through Aug. 15 at Chisholm Trail Heritage Center in Duncan.

This exhibit explores the development of chuck wagons and the essential role they played on the cattle trail. Invented in 1866 by Charles Goodnight, the chuck wagon was built to serve as a working, moving kitchen and gathering spot for the nightly cowboy camp.

The chuck wagon is just one of many tools discussed during this summer exhibit celebrating the 150th anniversary of the Chisholm Trail.

Located just north of the Simmons Center at 1000 Chisholm Trail Parkway in Duncan, the 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 Sunday.

Cotton Electric members can present a Co-op Connections Card to get \$1 off the admission price, per card per visit.

### Marlow FD hosting car cruise

Marlow Fire Department will host a car and motorcycle show and car cruise on June 10 at Red Bud Park. The show will run from 11 a.m. to 5 p.m. and cruise from 6 to 9 p.m. There will also be hourly door prize drawings.

Registration fees vary for the different events. Call Ryan Hall at 580-641-0095 to register and for information.

### More Community Spotlight on Page 9

## PHOTO OF THE MONTH



Jennifer Bass submitted this entry in our SUMMER BEGINS photo contest. She snapped this evening shot of her son, Hagen, practicing with his baseball. See more entries on Cotton Electric's Facebook page.

Enter your "best shot" in our Photo of the Month contest. Theme for June, the wedding month, is I DO! 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.



Need to make a payment by phone? Call our automated system at

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Have your Cotton Electric account number and credit card or banking account numbers ready before making the call.

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Helping members use electricity safely, that's the power of your co-op membership. Learn more from the experts themselves at [TouchstoneEnergy.com](http://TouchstoneEnergy.com).

**COTTON**  
ELECTRIC CO-OP  
A Touchstone Energy Cooperative

### Upcoming Deadlines for The Current

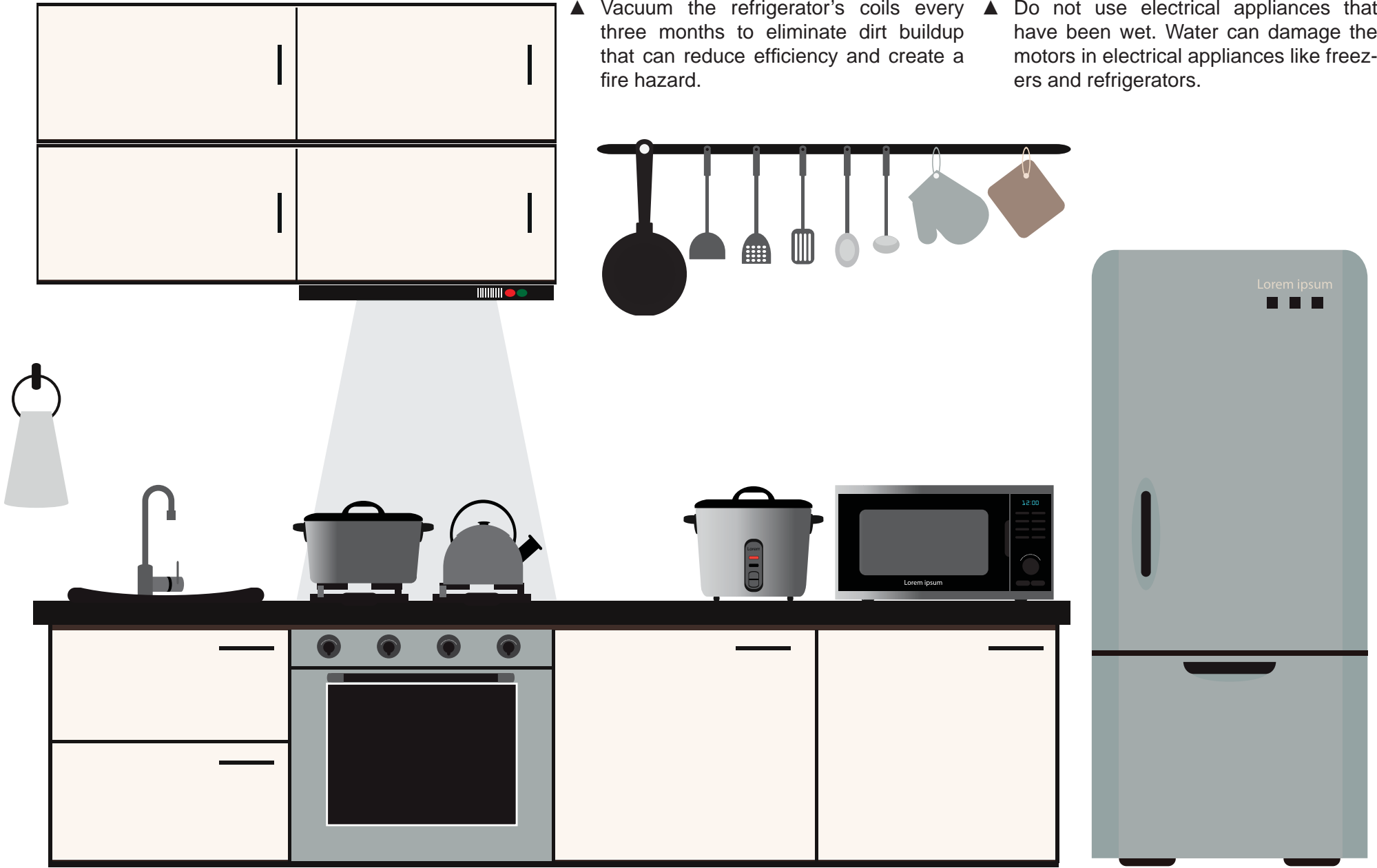
June		July		August	
Ad Sales	May 26	Ad Sales	June 30	Ad Sales	July 28
Classified	June 1	Classified	July 6	Classified	Aug. 3
Publish Date	June 12	Publish Date	July 17	Publish Date	Aug. 14

# Cook up safety in the kitchen

The kitchen is the heart of the home. It's where families gather to cook favorite recipes, share warm meals, and reconnect with each other, but it's also the location where two-thirds of all home fires start. Identify and correct potential hazards in your kitchen before someone gets hurt.

## Kitchen Safety Menu

- ▲ Keep your stove and oven clean. Clean the exhaust hood and duct over the stove regularly.
- ▲ Keep the cooking area around the stove/oven clear of combustibles, such as towels, napkins, and pot holders.
- ▲ Plug counter top appliances into GFCI-protected outlets.
- ▲ Locate all appliances away from the sink.
- ▲ Keep appliance cords away from hot surfaces like the range or toaster.
- ▲ Vacuum the refrigerator's coils every three months to eliminate dirt buildup that can reduce efficiency and create a fire hazard.
- ▲ Unplug the toaster and other counter top appliances when not in use.
- ▲ Make sure there is room behind the refrigerator for air to circulate.
- ▲ Even a slight shock from a major appliance can indicate an extremely hazardous wiring condition. Turn the power to the appliance off at the circuit breaker. Do not touch the appliance until it has been checked by a licensed, qualified electrician.
- ▲ Do not use electrical appliances that have been wet. Water can damage the motors in electrical appliances like freezers and refrigerators.



# 10 TIPS

SAVE ENERGY • SAVE MONEY

The kitchen can amount to 15-20 percent of your monthly energy use, which includes appliance use and refrigeration.

1. A refrigerator's anti-sweat feature requires 5-10 percent more energy. Use only if necessary.
2. Switch your refrigerator's power-saver to "ON," if available.
3. Clean refrigerator coils annually.
4. If not frost-free, regularly defrost refrigerator or freezer to avoid ice buildup.
5. Set the refrigerator temperature to 34-37 degrees F and freezer temperature to 0 to -5 degrees F.
6. Unplug unused refrigerators or freezers. Recycle them if you do not need them.
7. When cooking on the oven range, use pot lids to help food cook faster.
8. If rinsing dirty dishes before putting them into the dishwasher, do so with cold water.
9. Use cold water for garbage disposal.
10. Run the dishwasher only when fully loaded.

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### Do You Have To Wrestle With Your Insurance Company?

Insurance, it's probably the only thing you keep paying for that you hope you never have to use. But when an unfortunate situation does occur, you shouldn't have to fight with your insurance provider to get the claim award you deserve. At Bartling, we're always on your side and we'll do everything we can to expedite any claim you make in a timely manner. We're also proud to say that we offer the finest coverage for your health, your home, automobile and commercial property. Put the strength of a solid performer behind you. Call us now for a free, no obligation, price quote assessment of your current insurance needs.

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Thanks for Your Business!  
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SRC VIP PROGRAM

## Protect Home Plate

Prompt Payer winner will receive 4 tickets to a Texas Rangers game

All In winners will receive a Weather Radio

SRC subscribers that pay their bill(s) by the 16<sup>th</sup> of the month will be entered in the Prompt Payer drawing.

SRC subscribers that have all three major services at the end of the month will be entered in the All In drawing.

**Santa Rosa** Vernon 888.886.2217 • Childress 855.938.7500  
Haskell 888.863.1125 • Seymour 877.889.1125

Some restrictions may apply. Ranger tickets and Weather Radio reward valid for May 2017. Services where available. Complete reward program rules available upon request.

# UNCOMFORTABLE?

Does your home have any of these symptoms?

<input type="checkbox"/> Rooms that get too hot or too cold?	<input type="checkbox"/> Dust buildup within 2 days of dusting?
<input type="checkbox"/> High utility bills?	<input type="checkbox"/> Problems with your system since it's been installed?
<input type="checkbox"/> Thermostat wars with your spouse?	<input type="checkbox"/> Anyone with allergies or asthma?
<input type="checkbox"/> High humidity in summer?	<input type="checkbox"/> AC starts and stops frequently or runs all the time, and house is still not cool?
<input type="checkbox"/> House just never seems comfortable?	
<input type="checkbox"/> There doesn't seem to be enough airflow?	

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

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

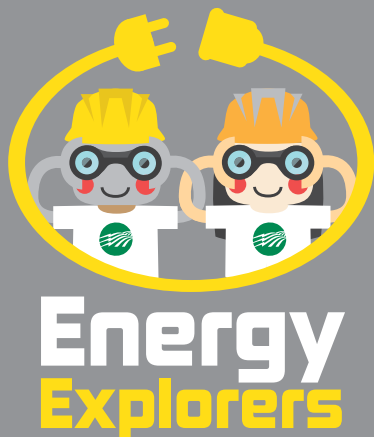
Pippin Brothers has specialists that can pinpoint and correct these problems and, in many cases, you don't even have to replace your equipment, with the solution usually being easier and costing a lot less than you may think. There is no other contractor in Lawton more qualified than Pippin Brothers at diagnosing and correcting these annoying, inconvenient, unhealthy, comfort-compromising and energy-wasting concerns. Call us today and let us make your home **Feel As Good As It Looks!** After all, your home is your largest investment and you and your family deserve to be comfortable - don't you?

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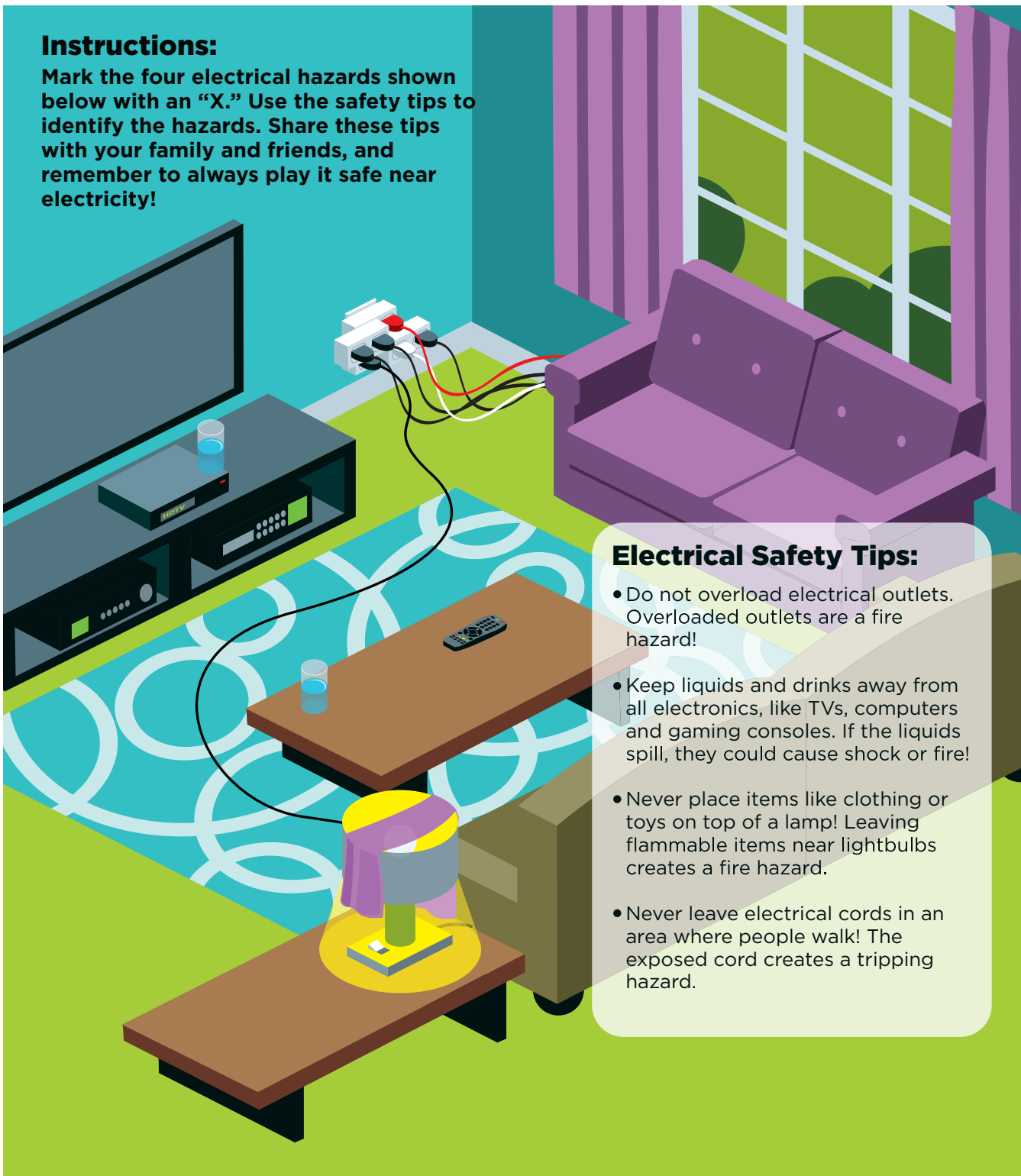
# MAY IS ELECTRICAL SAFETY MONTH



**Energy Explorers**

**Instructions:**

Mark the four electrical hazards shown below with an "X." Use the safety tips to identify the hazards. Share these tips with your family and friends, and remember to always play it safe near electricity!



**Electrical Safety Tips:**

- Do not overload electrical outlets. Overloaded outlets are a fire hazard!
- Keep liquids and drinks away from all electronics, like TVs, computers and gaming consoles. If the liquids spill, they could cause shock or fire!
- Never place items like clothing or toys on top of a lamp! Leaving flammable items near lightbulbs creates a fire hazard.
- Never leave electrical cords in an area where people walk! The exposed cord creates a tripping hazard.



**WIN UP TO \$500 COMANCHE CREDIT!**  
MAY 1 - MAY 27  
FRIDAY & SATURDAY  
DRAWINGS FROM 7PM - 11PM

*Valid I.D. Required For All Promotions and Game Play*



**GIFT OF THE WEEK**  
TUESDAY - THURSDAY  
MAY 2 - MAY 25 • NOON - 11PM

**T-SHIRT TUESDAY!**



Tuesdays 12:00-10:00PM, Comanche Club Players that earn 25 points will receive a free t-shirt. 1 shirt per week per participant.  
*Offer valid while supplies last.*



**New members get up to \$100 Comanche Credit & a T-Shirt!**  
See Player's Club for Details.  
Valid I.D. Required

**Senior Day**

Every Tues. 12pm-6pm Guests who are 50+ years can receive \$5 Comanche Credit & a free meal after they earn 5 points on their C Club card.

★ **Over 100** ★  
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Sunday - Thursday  
Noon - 11 pm  
Friday - Saturday  
Noon - 1 am

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Noon - 11 pm

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**ACROSS**

- Member of Jamaican religion
- Explodes
- "Walter White" produced this
- Promo
- In a harmful way
- Aluminium
- Cerium
- Female title
- Singer DiFranco
- Beloved alien
- Free agent
- Tax
- Change
- Heaviness
- Third note of the solfège
- Printing speed measurement
- Pouch
- Brew
- Female of a horse
- Platforms
- Type of hemline
- "Traffic" actor Guzman
- Counts on
- Inhabitant of Media
- Pitcher's statistic
- Beloved dish \_\_\_ and cheese
- An association of criminals
- Samarium
- Describes an action
- About oviduct
- Holy fire
- Audio frequency
- Stephen King novel
- Rocky peak
- South Dakota
- Gallium
- Larry and Curly's buddy
- One-dimensionality

	1	2	3	4	5		6	7	8	9	10	11		
12							13	14					15	
16				17									18	
19				20			21			22			23	
24		25				26			27		28	29		
		30				31			32		33		34	
				35	36					37		38		
				39						40				
41						42			43					
44				45		46			47			48	49	
50				51		52		53				54		55
56				57	58		59				60			61
62				63		64				65				66
67				68									69	
				70										71

- |                                      |                                   |   |
|--------------------------------------|-----------------------------------|---|
| 66. Soldier                          | mission                           | 43. "Boardwalk Empire" actress Gretchen |
| 67. Act of foretelling future events | 12. Apple computers               | 46. Most adorable                       |
| 70. Envisaged                        | 13. Hymn                          | 47. Large Pakistani tribe               |
| 71. Establish by law                 | 14. Clue                          | 49. Enemy to grass                      |
|                                      | 15. Makes happy                   | 51. Along the outer surface of a hull   |
|                                      | 25. Close to                      | 53. Travels on water                    |
|                                      | 26. Mimic                         | 54. Innermost Greek temple sanctuaries  |
|                                      | 27. Cool!                         | 55. Fire and ___                        |
|                                      | 29. Simplest                      | 58. Singer Turner                       |
|                                      | 31. Preface                       | 60. "___ the Man" Musial                |
|                                      | 33. Represents the Tribe of Judah | 64. ___ de plume                        |
|                                      | 36. Boxing great                  | 65. Frozen water                        |
|                                      | 38. Birth control means           | 68. An alternative                      |
|                                      | 39. English cathedral city        | 69. Intensive care                      |
|                                      | 41. Refurbish                     |   |
|                                      | 42. Test for high schoolers       |   |

**DOWN**

- Regain possession of
- Indicates position
- Con games
- Checks
- Atomic mass unit
- Large groups
- Utah athlete
- Abnormal sound
- Scandal vocalist Patty
- Atlanta rapper
- Takes without per-

**R<sub>x</sub>**  
**Prescription for Savings:**  
 Co-op Connections<sup>®</sup> Card  
**Average savings in March 2017:**  
**\$29.16**



Cotton Electric Co-op members are getting some extra relief by presenting their Co-op Connections Card when getting prescriptions filled at participating pharmacies. During the month of April, members used their cards at pharmacies in the CEC service area when filling 82 prescriptions not covered by insurance. A total of \$1,396.14 was discounted on 43 prescriptions for an average savings of \$32.47 per use. The total savings since the program's inception in April 2008 has been \$625,104. The card is free to all members and can be obtained by calling 580-875-3351. To find a participating pharmacy call Member Services at 800-800-7616 or visit [www.locateproviders.com](http://www.locateproviders.com). Type 22203 into the Group field and click 'log in' to start your search.

**Co-op members save big with Connections Card**

There are 100 million reasons why the pharmacy discount is probably the most valuable feature of the Co-op Connections Card. More than 500 co-ops in the U.S., including Cotton Electric, participate in the program. The cards have been used 5.9 million times for discounts of about 44 percent on prescriptions not covered by insurance.

Collectively, co-op members have saved more than \$100 million on those prescriptions. While it is not insurance, the discount can lessen the burden on pocketbooks. The logo and information on the back of the card is recognized at more than 60,000 national, regional and local pharmacies.

Closer to home, Cotton Electric members have saved about \$625,000 since the program was introduced in 2008. During the first quarter of 2017, members used their cards in the service area when filling 518 prescriptions. A total of \$7,799.54 was discounted on 274 prescriptions for an average savings of \$28.47.

To find a participating pharmacy



Use as needed for relief from high pharmacy bills.

call Member Services at 800-800-7616 or visit [www.locateproviders.com](http://www.locateproviders.com). Type 22203 into the Group field and click 'log in' to start your search. Even better, this benefit card helps members save money on everyday expenses, like clothing and groceries, at thousands of local and national retailers. A wide variety of local merchants throughout our community accept the card and they are listed on Page 16. Be sure to present the card to receive your discount.

We hope local businesses partici-

pating in the Co-op Connections program benefit from increased traffic from Cotton Electric members. Businesses can sign up for the program at no cost. Just call us at 580-875-3351 or follow the links at [CottonElectric.com](http://CottonElectric.com).

The Co-op Connections Card can also be used online and allows members to access special partner sites for additional savings on things like grocery shopping from [Coupons.com](http://Coupons.com) and veterinary services from Pet Assure.

If you're planning to hit the road this summer, don't miss out on discounts for lodging, car rental and attractions.

While visiting [Connections.coop](http://Connections.coop), check out Partner Deals with Cash Back Mall in [Coupons.com](http://Coupons.com). Check the Healthy Savings tab, too, to find ways to save on chiropractic and dental services in the Cotton Electric service area.

The Co-op Connections Card is free to all members and can be obtained simply by asking. Drop by our office in Walters or Duncan or give us a call at 580-875-3351.

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**OPERATION ROUND UP**  
**Summer Golf Classic**  
**June 12**



Visit [CottonElectric.com](http://CottonElectric.com) for information about how to sign up your team.

Deadline for second-quarter 2017 grant applications is May 31.

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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Touchstone Energy<sup>®</sup> Cooperatives congratulates the nation's electric co-ops for saving their members more than \$100 million on prescriptions!

Thank you for demonstrating Commitment to Community by giving your members the gift of Co-op Connections.

**The One Card That Does It All<sup>®</sup>**



Find all the ways to save at [www.connections.coop](http://www.connections.coop) or follow the links at [CottonElectric.com](http://CottonElectric.com)



# Chautauqua honors Chisholm Trail anniversary

Commemorating the 150th anniversary of the Chisholm Trail, the theme for the 2017 Lawton Chautauqua is "The Great West: Cowboys and Cattle Trails."

The event is a series of historical enactments, workshops and discussions examining the roles cattle drives and cowboys played in shaping American history and culture

from the 1840s to the 1890s.

Daytime workshops will be at 10 a.m. and 2 p.m. at the Museum of the Great Plains. Evening programs will be at 7 p.m. in the Lawton City Hall Auditorium. Performances will run from June 20 through June 24.

Evening events will include first-person presentations and audience questions to a historical figure in

character and to the scholar portraying the character. Portrayals of figures such as Jesse Chisholm, Judge Isaac Parker, and more will provide a close-up view of this era in Oklahoma history as well as presenting a broader, national perspective.

All Chautauqua programs are free and open to the public.

# Community Spotlight

## Heart of Truth plans revival

Summertime is revival time. The Heart of Truth Church will hold its annual camp meeting June 12-16. Service times are 10 a.m., 2 p.m. and 7 p.m. at 117 E. Ohio in Temple.

## LCT offers 'Young Frankenstein'

Lawton Community Theatre closes the 2016-17 season with the musical "Young Frankenstein."

Based on the 1974 comedy film of the same name, the musical carries forth the same heritage, with music and lyrics written by Mel Brooks.

Performances are set for 8 p.m. June 16-25. Ticket information is available at [www.LCT-OK.org](http://www.LCT-OK.org).

## Horse club plans Fun Ride

Duncan Lake Horse Club is planning Fun Trail Ride on June 17 at Duncan Lake. Riders will leave the lake pavilion at 9:30 a.m. and participants may want to bring a snack for trail break. A hamburger meal will be provided at 1 p.m.

Negative Coggins required. The club does not charge participants but the City of Duncan charges a \$2 trail fee and camping fees. For information about the ride, call Brenda at 580-475-7190 or visit [duncanlakehorseclub.com](http://duncanlakehorseclub.com).

Directions to Duncan Lake: From U.S. Highway 81, travel east on Plato Road for nine miles. Go 1/2 mile south on Duncan Lake Road and

look for a sign posted on the west side of the road.

## CTAC hosts third ArtWalk

Returning for a third year, ArtWalk Duncan, a fine-arts and food festival, will be June 24 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. 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@chisholm-trailarts.com](mailto:director@chisholm-trailarts.com).

The day of the event, artists' booths will open from 8:30 a.m. to 3 p.m.

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

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

## Car Cruise set for June 23

Cruising down Main Street in Duncan is a time-honored tradition that will continue during Summer 2017.

Duncan Founders Day activities will include a car cruise on June 23, and the Aug. 18 cruise will celebrate

"Summer's Last Blast."

For information about any of the cruises, call Main Street Duncan at 580-252-8696 or visit the Main Street Duncan website or follow Main Street Duncan on Facebook and Twitter.

## Farmers Market open Saturdays

Lawton Farmers Market is open from 7:30 a.m. to noon on Saturdays from April through October at the Comanche County Fairgrounds, 920 SW Sheridan Road.

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

Lawton Farmers Market participates in Double Up Oklahoma. All SNAP users are eligible.

## Food pantry open twice monthly

Walters Community Food Pantry is open from 8 a.m. to 10 a.m. on the second and fourth Saturdays of each month. The pantry is in the old City Hall, 131 1/2 W. California Street.

Pantry organizers try to provide a two-week supply of basic staples to anyone with identification.

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

# Energy Camp winners announced

Eight lucky eighth-graders from across the Cotton Electric service area will be headed to Youth Power Energy Camp May 30 through June 2. 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 Kanyn Allen, Kinley Rendon, Bailor Harris and Breanna McCauley, all eighth-grade students at Comanche Middle School; and Braeden Jones, David Leveille, Jade Bessemer and Nalia Volz-Tavai, all students at Geronimo.

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.

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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

~~\$335,000~~

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NEW LISTING: WALTERS AREA

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- 1601 10TH Street, Randlett, OK: \$115,000. 3 bed 2 bath, 2286 sqft, full brick.
- 704 S Third St, Walters, OK: REDUCED Price \$45,000. 3 bed, 1 bath, rock fascade, updated kitchen, great starter home.

**LAND LISTINGS**

- 240 Acres, Deep Red, WRP Reduced: \$750/acre
- 60 Acres in SE S14 T3S R14W, Tillman County, NEWLY REDUCED \$1100/acre or \$66,000, Deep Red area.
- 280 Acres in S16 T3S R13W, Cotton County, 197 Cultivation Acres, Full Wheat Base. NEWLY REDUCED price: \$1100/acre or \$308,000, Deep Red area.

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# ROW update



## Tree safety is member safety

Cotton Electric's Right-of-Way program is a proactive effort to ensure quality power delivery. Aggressive and preventive vegetation management is a good value to the co-op's members from a service and an economic perspective. Keeping trees away from power lines is also a matter of safety.

Scott Crew, vegetation management coordinator for Cotton Electric, oversees an in-house crew and several contract crews in the year-round effort to clear trees and prevent regrowth.

He said all tree-clearing crews make every effort to contact land and home owners in person as they move into an area. In some cases, they will leave lime green or deep orange door hangers either at the house or tied to a gate post.

"Please call the number on the hanger or call me at 580-875-4224. Plan to leave a message," he said, noting that he is likely to be out on the job.

After trees are cleared, crews return to the area at regularly scheduled intervals to apply a specially formulated herbicide that will prevent tree growth while protecting grasses. Unusually warm weather has encouraged an early growing season, and spraying to control new tree growth begins in early May, weather permitting.

During the remainder of the spring and into the summer, clearing crews are working in these areas:

NRS of Vinita is completing work on lines extending from the Cache and Indianoma substations. Their next focus will be lines extending from the Geronimo substation.

NRS has another crew working on lines extending from the Comanche substation. The lines are in Stephens, Jefferson and Cotton counties and the project could last well into the summer.

Family Tree Service is clearing trees south of Marlow along Rose Road.

Cotton's vegetation management crews will work with district linemen on ROW clearing throughout the service area.

Scott Crew said his crews are always looking for land

## is tree trimming needed?

Trees that make contact with power lines can cause power outages—both short and long term. Maintaining a clearance on all sides of power lines helps keep the electricity on in homes and businesses. That is why trees that grow into lines need to be trimmed and sometimes even removed.

If you notice that your trees are growing into power lines, contact your electric utility to determine the next recommended step. Only professionals that are trained to safely prune and trim trees for electric line clearance should be hired to do the work.

Learn more at [SafeElectricity.org](http://SafeElectricity.org)



and home owners in need of free untreated wood chips. Because these chips are untreated, it is not recommended to use them next to a structure.

Chips will be delivered to members nearest the day's work location. Work crews will deliver wood chips only

to members they can reach by phone and whose location is nearest the day's work. There is no guarantee a member will receive wood chips at any particular time.

Leave a message at 580-875-4224 to have your name added to the list of members willing to take wood chips.

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# Braving the drizzle to talk about the sun

## Cotton Electric hosts Cameron students on rainy-day field trip to solar site



By Karen Kaley

About 30 people gathered near Devol on the day before Earth Day, which turned out to be an ironic day to tour a solar site. Leaden clouds filled the sky, threatening more rain. The 950 panels situated in a big soggy pasture, facing up and southwest, usually mirror a deep blue but on this day they were a silvery-gray.

The only thing sunny seemed to be the vivid yellow rain jacket John Toland was wearing. Brightness was in the young minds of engineering students listening and asking questions of Toland, the principal resource planning engineer for Western Farmers Electric Cooperative (WFEC), and his colleague, Randy Palesano, WFEC manager of HR and resource planning.

WFEC is the power supplier for Cotton Electric and 20 other electric cooperatives in Oklahoma and New Mexico. Cotton is one of 11 Oklahoma coopera-

tives to host a WFEC solar site. The 250 kW site has been up and generating since the beginning of 2017.

Cotton Electric had invited Cameron University students and faculty to visit the two-acre facility. Accompanied by Dr. Sheila Youngblood, assistant engineering professor, and Mark Polson, a Cameron instructor, the group was not deterred by the threat of more rain.

Toland did most of the talking, going over the specs of the site: There are eight long rows of 104 panels and one short row of 38 panels. Each panel is 3 feet by 6 feet, weighs about 55 pounds and can produce 315 watts at 37 volts DC (direct current). The panels are arranged one above the other on the rows and in strings of 19 to generate 680 volts DC. The site has nine inverters that convert the DC to AC (alternating current) power at 480 volts. The inverters feed to a transformer that raises voltage to 24,900 before it goes out on the Cotton

Electric distribution system.

The site is designed to take advantage of solar energy when it is most abundant. The stationary, or fixed tilt, panels are positioned and angled to best capture direct sunlight from 2 to 8 p.m. particularly from June 20 through September 9. Those times and dates represent the peak period, when demand for electricity is highest.

Toland and Palesano posed open-ended questions during the presentation. Dr. Youngblood said the students enjoyed an opportunity to refer back to some of their engineering studies. She said the outing served to open students' minds to new ideas and offered a different way to look at concepts learned in the classroom.

After the stroll among the solar panels, Cotton Electric satisfied the students' voracious appetite for lunch with plenty of pizza before the group moved to the next stop.

Less than a mile from the solar site is the newest substation to serve the Cotton Electric membership. Called Randall substation, it had come online just that week. Safety concerns kept the students just outside the substation's high fencing.

Toland and Palesano pointed out the transmission structures and lines coming into the site from the north and described the transformation process inside the sub. They directed attention to Cotton Electric structures and lines just south of the sub and heading off in other directions to distribute power to the members.

The students, faculty, tour guides and Cotton Electric employees gathered for a final photo before heading back to school and work. The weather had been dreary, but all were feeling energized by the prospect of solar power and a strengthened system serving a portion of southwest Oklahoma.

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# Cauliflower experiencing a renaissance

Cauliflower is rarely at the top of anyone's favorite food list. It's a member of the same family that includes cabbage, broccoli, Brussels sprouts, collard greens and kale – all vegetables that most people have to learn to love.

Cauliflower has gone through a transformation. Thanks to chefs – both professional and amateur – the recipe scene has exploded with new ways to use cauliflower and actually enjoy it. Now there are convenience items at the grocery store that feature cauliflower.

So why all the excitement?

Cauliflower is a versatile vegetable. It is naturally mild in flavor, and it easily takes on flavors of seasonings and other ingredients. The texture when cooked and put in a blender is creamy and smooth. The texture when blanched is firm but chewy. These features, and the nutritional makeup, have contributed to the cauliflower renaissance.

The nutritional features of cauliflower include being low in calories, and a good source of fiber, vitamin



Kim Bandelier, MPH, RD, LD

## Food For THOUGHT

C, vitamin K and folate. It is low in carbohydrates and frequently is used as a substitute for mashed potatoes, hash browns, rice, egg cups, and as the main ingredient in savory crusts for pizza.

Grocery stores are now offering cauliflower already diced or mashed. Having a food processor, a sharp knife, and a recipe are key to

transforming cauliflower into creative dishes.

Cauliflower also contains phytochemicals, naturally occurring chemicals found in plants that provide flavor, color and fragrance. When ingested, these compounds have a positive impact on health. The phytochemicals found in cauliflower possibly help rid the body of cancer-producing compounds and prevent tumor growth, according to the American Institute for Cancer Research.

Cauliflower is in season during the cooler months, but you can find it fresh and frozen in most grocery stores year round. Although white cauliflower is the most common, it also comes in orange, purple and green colors and can come in a traditional or romanesco shape (think cones protruding from the cauliflower base).

For gardening enthusiasts, according to the Oklahoma Cooperative Extension Service, cauliflower can be successfully grown in Oklahoma during early winter and early spring.

# Keep it simple with summer snacks

(Family Features) As temperatures climb and summer sets in, a slight change in diet can help maintain energy without overfilling on hot days.

Vegan and vegetarian diets are a popular trend, but many people are also opting to be semi-vegetarians, also known as the flexitarian diet. A flexitarian diet means you don't have to eliminate meat from your diet but can still reap health benefits associated with plant-based diets.

Plant-based proteins like beans, peas, nuts, seeds, soy and lentils are chock-full of nutritional benefits from disease-fighting phytonutrients to cholesterol-lowering fiber. They're also an excellent way to add low-sodium and low-cholesterol protein to your diet that can leave you feeling satisfied but not stuffed.

Light finger foods and dips are ideal summer



snacks. Hummus, made from chickpeas and tahini (ground sesame seeds), makes for a quick and easy treat by itself or paired with health-conscious options like air-popped chips, whole-grain crackers or veggie sticks. You can also create simple summer snacks using hummus as an ingredient.

These vegan Cucumber

cupping pick-me-up on a hot afternoon, and they're stylish enough to serve to guests at an upscale cook-out. For a cool and creamy summer appetizer, try these vegetarian Southwestern Snack Bites made with hummus, guacamole and Greek yogurt.

Find more healthy ideas to help you snack your way through summer at [sabra.com](http://sabra.com).

### Southwestern Hummus Bites

Yield: 30 pieces

- 1 package (7 oz.) whole-grain bagel chips
- 1 container (10 oz.) Sabra Hummus
- 2 cups pico de gallo
- 1 cup guacamole
- 1 cup plain, low-fat Greek yogurt
- 4 green onions, sliced (optional)

Top each bagel chip with 1 tablespoon hummus, small spoonful of pico de gallo, guacamole and small dollop of yogurt.

Garnish with slices of green onion, if desired.



### Cucumber Cups

Yield: 16 pieces

- 2 English cucumbers
- 1 container (10 ounces) Sabra Hummus
- 1 teaspoon paprika
- 1 bunch parsley, finely chopped

Peel cucumbers and slice crosswise into 1 1/4-inch pieces. Using melon baller, carve out seeds to create vessel, making sure to leave bottom intact.

Using piping bag or small spoon, fill each cucumber with hummus (about 1 teaspoon each). Sprinkle with paprika and finely chopped parsley.

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## LIVING ESTATE AUCTION

Saturday May 20th, 2017 10 a.m.

211 East 5th Street, Hastings, OK 73548

Preview of Sale: Friday May 19th, 1pm-6pm

Directions: From Comanche go West 8.1 miles to Corum Road, turn South and go 9.1 miles to the stop sign. Continue South to 5th Street, turn West and go 1 block.

Scroggins Auction Service has been commissioned to offer at public auction the Personal Property and Real Estate of Mrs. Mary Lou Lilley-Stevenson.

**REAL ESTATE Consists of:** Very nice home with 2,545 sq. ft., 2 story, 4 bedroom, 2 bathroom home on 6 lots with CH&A & window units upstairs, sitting room & office. Also includes a 20x25 shop building, carport, storm cellar, 12x10 storage building w/open side. New roof, windows and siding in 2013. House shown by appointment only. Contact: Parker Scroggins 580-656-4416.

For photos – Log onto [www.auctionzip.com](http://www.auctionzip.com) Enter Auctioneer ID# 17788

**SHOP ITEMS::** Craftsman: Hammer Drill, 6" Bench Grinder, Router, 10" Compound Miter Saw, 96 Piece Mechanic Tool Set, 2 Ton Jack, Cutting Tool Rotary Trim Cutter, Leaf Blower 25cc gas, 10" Table Saw 2.7hp, 18" Chainsaw 42cc, 20" Chainsaw 46cc, 3/8" Drill Driver, 7 1/4" Skill Saw, Nailers/Stapler Kit 18 Gauge, 7 1/4" Circular Saw, 12 Volt Lithium-Ion Cordless Right Angle Impact Driver, 12 Volt Lithium-Ion Cordless Multi-Tool, 12 Volt Lithium-Ion Cordless Auto Hammer, & 7hp/17" Roto Tiller. **Black & Decker:** Zip Saw, 7 1/4" Skill Saw & 7 1/2" Power Band Saw. Weedeater GHT-22 Hedge Trimmer, Wagner Airless Paint Sprayers, Hand Saws, 26" Huffly Bicycle, Woodworking Drill Bit Set/Workshops Drill Bit Set, Dremel Cordless Rotary Tool, Air works Portable 12 Gallon Air Tank, Electric Wheelchair Scooter, 10" Montgomery Ward Power Kraft, Radial Arm Saw, Echo Gas Weedeater, Sanders/Levels/Vices/C-Clamps, 9" Drill Press, Delta 4" Belt & 6" Disc Sander, Shop Vac 16 Gallon 6.5hp, Simer Submersible Pump, Fish Fryer/Turkey Fryer, 40 Piece Tap & Die Set, Fishing Equipment, Saw Horses/Old Windows/Old Doors, Small Troy Bilt Rototiller, Bolens 21" cut push Mower, Troy Bilt TB225 Roto Tiller, Coleman 11 Gallon Stand Up Air Compressor. Lots of Hand Tools, Lots of Lumber, & Lots of Yard Tools. **HOUSEHOLD & MISC. ITEMS::** Crystal/China Hutches, Entertainment Centers/TV's/Stereos, Hall Trees/Cedar Chests/Large Coffee Table/End Tables/Keyboards, Jenny Lind Twin Trundle Bed, Hanging/ Standing Lamps, Futon/Directors Chair/4 Metal Chairs/Area Rugs Board Games/Keyboard, Jenny Lind Twin Trundle Bed, Sconces/Faux Trees, Printers/Trays/Old Bed Pan, Antique Pie/Kitchen Cabinet (Shefco), Duncan Phyle Drop Leaf Table w/4 Chairs, Old Butter Churn/Old Lantern/Milk Can, Kenmore Freezer, Old Plow/Wheel Barrows/Gorilla Cart Wagon, Pictures/ Mirrors/Ironing Board w/Shelves, Kitchen Pots/Pans/Utensils/Dishes/Crockpots, Crock & Glass Drink Dispensers, Chest Drawers, White Vanity, Nightstands, King Size Bed, Quilt Racks, Quilt Making Stand, Vanity, Dresser w/Mirror, Office Desk, Small Table w/Chair, Buffet, Teacart, Oak Dining Table w/leaf, Gun Cabinet, Roll Top Desk, Wicker Seat, Wicker Baskets, Sewing Machine w/Cabinet, Storage Cabinets, File Cabinets, Blue Bench for Outside, Bar Stools

This is just a partial list of items. There is much, much more, too numerous to list. **DON'T MISS THIS ONE!!!**

Food available to purchase courtesy of LaFortuna Restaurant in Duncan!!!

Auctioneers Message: This is an absolute auction no reserve on Personal Property. Everything will sell to the highest bidder. Announcements made day of sale supersede any previous advertisements. Everything Sells AS IS, WHERE IS. Terms & Conditions of Personal Property: Cash, Personal Check & Company Check accepted with positive ID. Buyers MUST provide a copy of Sales Tax Permit to avoid sales tax. Terms & Conditions of Real Estate: 5% Earnest money down day of sale.

Scroggins Auction Service  
Auctioneer-Parker Scroggins  
580-656-4416

Land Pros Real Estate & Auction Co.  
Broker-Todd Robertson  
Sales Associate-Parker Scroggins

# Colorful, crunchy summer salad



*Maximum flavor from minimal ingredients*

(Family Features) As days get longer and the weather gets warmer, take your meal outdoors for some tasty al fresco dining featuring a fresh and easy-to-prepare salad.

With minimal ingredients and maximum flavor, this combination of radicchio, California green ripe olives, chickpeas and Parmesan is sure to find its way into your seasonal meal occasions, from at-home dinners to garden parties.

Boasting vibrant purple hues, radicchio not only looks beautiful on the plate but packs a unique and pleasing, bitter flavor that is complemented by the texture added to each bite by toasted sunflower seeds and chickpeas.

Completing the salad are California Ripe Olives, which are grown by farming families across California. The California green ripe olive is similar to the black ripe olive but features a more mild and buttery flavor profile.

Find more tasty recipes at calolive.org.

## Radicchio Salad with Olives, Chickpeas and Parmesan

Recipe courtesy of the Simply Recipes blog

Prep time: 15 minutes

Resting time: 10 minutes

Serves: 4-6

- 1/4 cup sunflower seeds
- 1 large head radicchio (10-12 ounces)
- 1 can (16 ounces) California green ripe olives, drained, rinsed and roughly chopped
- 1 can (16 ounces) chickpeas, drained and rinsed
- 1 cup finely grated Parmesan cheese, divided
- 3 tablespoons balsamic vinegar
- 4 tablespoons olive oil
- 1/4 teaspoon salt, plus additional, to taste
- 1/8 teaspoon fresh-ground black pepper, plus additional, to taste

Add sunflowers seeds to small, dry skillet. Toast over medium heat, stirring occasionally, until seeds are toasted around edges and smell fragrant.

Transfer seeds to bowl to cool. Peel away and discard a layer or two of outer radicchio leaves if they look wilted or battered. Cut head of radicchio into quarters through root. Trim away root.

Cut each quarter crosswise into strips, 1- to 1 1/2-inches thick. Transfer to large mixing bowl.

Add olives, chickpeas and 3/4 cup cheese to bowl with radicchio.

Whisk together balsamic vinegar, olive oil, salt and pepper. Pour over salad and toss gently until ingredients are evenly coated. If cheese clumps together, break apart with spatula and stir in.

Let salad stand at least 10 minutes, or up to an hour.

Add additional salt and pepper, if desired. Serve salad on individual plates or one shared platter. Top with remaining cheese and toasted sunflower seeds.

Substitution: If radicchio is unavailable, try frisee, endive or another bitter green.

Note: Salad is best served within one hour of preparation, but can be stored in airtight container in fridge for several days.

**Huge Farm Auction**  
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**Saturday, June 3, 10am**  
 Auction Location: 6411 State Hwy 5  
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Jake Stallings - Auctioneer  
*Auctioneers Notes: Sam had a fantastic Operation and took pride in his equipment. This is one of the finest selections of Farm Equipment we have had the opportunity to offer at Public Auction. Don't miss your chance to Own this Equipment on June 3rd. Mark your Calendars!*

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**PUBLIC AUCTION**  
**Saturday**  
**May 20, 2017 - 10:00 AM**  
**1314 Normandy Road**  
**Duncan, Oklahoma**

**Gary Criswell Auction Service & Real Estate, Inc.** has been commissioned by The Estate of Darrell and Fran Scott to offer at Public Auction the Real Property located at 1314 Normandy Road and 1418 North 19th Street. Auction also includes Personal Property located at 1314 Normandy Road.  
**Real Property Consists of:** a Beautiful 3 Bedroom Brick Home (Approximately 1,615 Square Feet) with a Living Room, Family Room/Dining Area Combination, Kitchen, Utility Room and 1 3/4 Bath.  
**Additional Improvements:** Includes an Open Patio, 2 Car Garage, Storage Building (8'x10') and a Beautiful Fenced in Backyard, All Situated on a Nice Lot, in a Good Neighborhood.  
**Also included in the Auction:** 3 Bedroom Frame Home (Approximately 967 Square Feet) with a Living Room, Kitchen with Dinette and a Full Bath. Additional Improvements include a 1 Car Garage with Washer/Dryer Hookup. All Situated on a nice Lot (60'x106') in a Good Neighborhood. *Note:* Home will require repairs. Real Property will be Auctioned off at 10:00 am at 1314 Normandy Drive in Duncan.  
**Household Furnishings:** Including 3 Stanly Bedroom Suites - Oak (Very Nice), China Cabinet, Entry Hall Sette (2 Pieces), Whirlpool Refrigerator, Wall Mirrors (2), Dining Table with 6 Chairs, RCV Colored Television, La-Z-Boy Recliner, Living Room Table (Set of 3) and a Whirlpool Washer and Dryer.  
**Glassware and Collectibles:** Nice FALTZCRAFF Dishes, Kitchenwares, Wolverine Rite-Hite Childrens Stove and Sink and a Variety of Kids Toys.  
**Miscellaneous:** a Variety of Mens Jeans (LEE), INVACARE Oxygen Machine, Variety of Medical Supplies, Chicken Brooder and a 1993 Roadmaster 4 Door Sedan (Needs some Repairs).  
**Terms of Sale:** 10% Earnest Money on the day of Sale. Balance due at Closing upon delivery of Title and Deed. Personal Property - Cash, Personal or Company Check accepted. Positive I.D. required. Buyers must provide Auction Company a copy of Sales Tax Permit to avoid Sales Tax.  
**Preview of Real Property and Personal Property** will be held Friday afternoon, May 19, 2017 from 1:00 pm to 6:00 pm. Announcements made day of sale supersede all other advertisements.  
**Auctioneer's Note:** This is a very nice well Maintained Home (Very Clean). The Home with Improvements will be offered at 10:00 a.m. Sharp! The Real Property will be offered "As-Is-Where-Is". Seller reserves the right to accept or reject the final bid. Stephens County Abstract Company will serve as the Closing Agent on the Real Property.  
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