

The Current

A Publication of Cotton Electric Cooperative Inc.

A Touchstone Energy® Cooperative 

“The Current - Informing Our Members Since 1957”

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May 14, 2018

NUMBER 10

May is electrical safety month

Storming up electrical safety this spring

Severe storms and natural disasters can cause a variety of electrical safety hazards in and around our homes. Lightning, downed power lines and floods are just a few of the serious safety concerns associated with storms.

Unfortunately, many of these electrical safety hazards remain long after the storm itself has passed.

To help protect you from storm-related electrical hazards, the Electrical Safety Foundation International (ESFI) and Cotton Electric are providing awareness to common storm safety scenarios.

Lightning

If you are caught outside during a lightning storm move to a low point. Lightning hits the tallest available

object, so get down low in a crouched position. Don't hold onto metal items like bats, golf clubs, fishing rods, tennis rackets or tools.

Stay away from metal sheds, clotheslines, poles and fences. Stay away from water, including pools, lakes, puddles and anything damp – like grass. Don't stand close to trees or other people.

Do not leave your vehicle during a thunderstorm. A vehicle is considered safe during a thunderstorm if it is fully enclosed with a metal roof such as a hard-topped car, minivan, bus or truck.

While inside a safe vehicle, do not use electronic devices, such as radio communications.

Follow these indoor lightning safety tips to help keep your family safe while it's storming: To avoid lightning

strikes, stay away from windows and doors. If possible, unplug electronic equipment before the storm arrives.

Avoid contact with electrical equipment and cords during storms. Avoid contact with water and plumbing, including sinks, baths and faucets.

If possible, bring outdoor pets inside to protect them from lightning strikes.

Electrical safety continued, Page 12
Source: ESFI



Power Cost Adjustment Calculated	April 2018 Temperature Extremes				Did You Know?	Contact Us	What's Inside			
Day	High	Low	Avg.	Day	High	Low	Avg.			
1	53	36	45	16	86	34	60	<p>Cotton Electric offices will be closed Monday, May 28, in observance of Memorial Day. Emergency calls will be answered at 580-875-3351 or 800-522-3520.</p> <p>The next issue of The Current should arrive in mailboxes on June 11, 2018.</p>	<p>Do you have a story idea for The Current or do you need to place an ad? If so, let us know.</p> <p>We can be reached at 580-875-3351 or by email at info@cottonelectric.com.</p> <p>You can also drop us a line at Cotton Electric Current, 226 N. Broadway, Walters, OK 73572.</p>	<p>Operating Stats 2</p> <p>Co-op News 2-3</p> <p>Community 4,13</p> <p>Co-op News 5-6</p> <p>Puzzles 7</p> <p>Recipes 8-9</p> <p>Co-op News 10-13</p> <p>Classifieds 14-19</p> <p>More news at cottonelectric.com</p>
2	54	34	44	17	93	50	69			
3	68	42	55	18	79	51	65			
4	62	30	46	19	71	37	54			
5	78	45	62	20	70	41	56			
6	80	34	57	21	59	50	55			
7	49	26	38	22	68	43	56			
8	54	30	42	23	77	46	62			
9	74	34	54	24	82	48	65			
10	72	33	53	25	64	42	53			
11	85	40	63	26	73	39	56			
12	93	58	76	27	77	42	62			
13	87	50	72	28	82	42	62			
14	58	38	48	29	85	51	68			
15	68	33	51	30	80	60	70			

Source: srb.noaa.gov/oun/

Average Daily High: 73 Average Daily Low: 42

From the CEO

Cotton Electric is committed to safety

I have a white board in my office where I outline the major projects Cotton Electric has scheduled for the year.

I look at this board daily and think through where we are on each project and any hurdles we have to overcome.

Each project brings value to the members of the cooperative and we eagerly look forward to the day we can mark them complete.

At the top of the list is one word – safety. For Cotton Electric, it's our number one priority.

May is National Electric Safety Month but our focus isn't limited to one month. It's a year-round item we never cross off and mark as complete.

Over time, the cooperative has created a culture of safety by putting our employees' safety and that of the



Jennifer Meason, CEO

community above all else. At its essence, Cotton Electric's mission is to provide safe, affordable and reliable electricity to our members.

We strive to deliver affordable and reliable electricity to our members, but equally important, we want to return our workers home safely to their loved ones. To do this requires ongoing focus, dedication and vigilance.

Working with electricity is an inherently dangerous job, especially for lineworkers.

Cotton Electric has a Safety Coordinator and Safety Advisory Committee whose focus is keeping employees and the community safe around electricity.

We established and follow safety protocols based on leading national safety practices for the utility industry, require our lineworkers to wear specialized equipment when working next to or with power lines, and follow specific protocols when working with electricity.

Our employees participate in regular safety meetings where we discuss safety issues and have in-depth

discussions of near-misses in order to understand them and share lessons learned.

There's always room for improvement and I was excited to learn about a new program: Commitment to Zero Contacts.

Created by Federated Rural Electric Insurance Exchange and the National Rural Electric Cooperative Association, the Commitment to Zero Contacts Initiative provides co-ops with key recommendations and resources to help eliminate injuries by electrical contact.

As CEO, I've signed my Commitment to Zero Contacts form and we're eager to join the program.

Following life-saving rules, speaking up and not accepting when someone takes a shortcut to safe work, and slowing down to plan the job right – these are guidelines we should all follow.

I encourage you to make your own commitment to working safely today and every day.

Don't be left in the dark

By Danielle Quickle

Outdoor yard lights are put in place as a form of safety, shedding light on areas of your property that would be dark otherwise. What happens if these lights are malfunctioning? How are they fixed?

Just like when the power goes out in your home, outdoor yard lights that are not working properly need to be reported to Cotton Electric.

There is no mechanism on these lights that lets us know when something is wrong.

An outdoor yard light could be out of order indefinitely, and Cotton Electric might never be aware of the problem.

Line workers in your area during the day would not notice the issue because, even if an outdoor yard light is working properly, it would not be expected to be on.

Line workers who are in your area at night are usually there responding to a power outage. They would not notice any light malfunction because all the lights in that area would be out.

For these reasons, we rely on members to report these issues.

Cotton Electric encourages members to contact us about lights that are not working properly. To save you and the co-op, time, have this information ready when you make your call:

- Know your account number and, if you have more than one outdoor yard light under your account, specify which light is having issues. This will ensure that the issue is responded to as quickly and accurately as possible.
- Be able to describe the issue. Let our dispatcher know if your light is

blinking or if it is completely out. This will give our linemen an idea of what the problem is and what equipment they will need before leaving the warehouse.

- Warn us about property hazards. Most outdoor yard light repairs will require the use of a bucket truck. To protect your property and our linemen, please give details as to what we will encounter as we access your outdoor yard light. Septic tanks, gates and animals are factors we need to consider as we access your property.

Outdoor street lights are considered a non-emergency situation and will be attended to as quickly as circumstances allow.

To report an issue with your outdoor yard light, contact our dispatcher, on call 24/7, at 580-875-3351 or 800-522-3520 or email us at info@cottonelectric.com.



Energy Efficiency Tip of the Month

When streaming online content, use the smallest device that makes sense for the number of people watching. Avoid streaming on game consoles, which use 10 times more power than streaming through a tablet or laptop.

Source: energy.gov

The Current

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By Cotton Electric Cooperative, Inc.

Jennifer MeasonCEO
Bryce Hooper..... Vice President of Marketing
Karen Kaley.....Marketing & Communications
Danielle QuickleEditor
Jennifer Kriz.....Display Advertising

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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 2018 Operating Stats

	2018	2017
Total Amount Billed/Accrued	\$4,842,066	\$4,756,707
Cost of Purchased Power	3,352,605	3,259,823
Taxes	112,996	91,566
Total Operating Expense Per Mile	953	957
Average Farm and Residential Bill	124	117
Average Farm and Residential kWh	1,085	975
Total Meters Billed (farm, residential)	18,327	18,226
Miles Energized	5,169	5,163
Density Per Mile	3.55	3.53
New Service Connects YTD	58	47
Services Retired	21	40

2018 Youth Tour essay topic:

Energy Efficiency: How it affects me and Cotton Electric



Calli Ray
Walters High School

Small changes become great leaps

Editor's note: Four area high school juniors 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.



Rural electrification was nothing short of a dream for southwest Oklahomans in the 1930s.

With the help of community leaders and farmers in Walters, Oklahoma, that dream gradually became a reality.

However, our environment is constantly adapting, and our need for electricity has only increased.

It is not only about having electricity anymore, it is about becoming wise with how we use our electricity.

Improving energy efficiency will further ensure our community and local cooperative will thrive in the future.

In the late 1930s, Walters native and future founder of Cotton Electric, C.W. Cox, saw a need for affordable electricity in southwest Oklahoma.

According to Cotton Electric information, during Franklin D. Roosevelt's presidency, the Rural Electrification Administration was established.

The REA gave rural communities loans so small towns like Walters had the

chance to build electrical lines.

"Cox saw a tremendous opportunity to stimulate business in the area ..." Cox hand-picked community leaders and farmers to help establish a local cooperative in Walters.

Surrounding counties were ecstatic about the idea of affordable electricity and wanted to be a part of the cooperative.

Mid-September of 1938, C.W. Cox became the first manager of Cotton Electric.

The loan to start the building process was approved by the REA in February

1939, which quickly led to "The Day of Light" on August 26, 1939.

One hundred and fifty homes were lit on this historic day.

Yet over the years, cooperatives and consumers have learned several things.

"You consume less power, you reduce the number of toxic fumes released by power plants, conserve the earth's natural resources, and protect ecosystems from destruction."

Anyone can make a difference by contributing with small changes like replacing light bulbs with LEDs to save energy consumption and boost lighting.

Tasks that may seem insignificant like keeping your garage door closed make a difference in our "energy hungry world."

Also, electronic devices should be plugged into power strips and, when not in use, powered off to conserve energy.

Another easy tip is to close shades or drapes on hot summer days. Exceptional habits are made from simple, everyday chores.

However, if one wants to become entirely energy wise, it takes thoughtful and skilled planning, starting with the light bulbs in one's home.

Although organizing a plan is time-consuming, it will be worth it in the fu-

ture. As members of Cotton Electric, my family greatly appreciates the amount of time and hard work put forth by the employees of Cotton Electric.

Not only does the cooperative provide a considerable number of jobs, Cotton Electric has also supported youth programs such as 4-H, Oklahoma REC's Youth Power Energy Camp, and the State Fair of Oklahoma Junior Livestock Show.

For the past 80 years, Cotton Electric has been a significant contributor to our small community as well as others around us. They have made "a dramatic impact on lifestyles of families in this area moving them 'from lamplight to satellite.'"

It is clear that contributing to an energy-efficient environment will help us become a healthier world.

Sacrifices like cutting down unnecessary energy use must start in one's home.

Tedious tasks and steps "become great leaps when multiplied by seven billion."

Our world would be even more beautiful if every one of those seven billion participated in developing an energy-efficient environment.

Doing so will be beneficial to the consumer, the producer, and the world.

Another change in the Marketing department

By Karen Kaley

This is one of my favorite photos of Mike Stephens. He was telling me all about the choices he was making in the house he was building in 2011.

I like this photo because my friend is looking right at me, his face reflecting his enthusiasm for the topic. I like this photo because it illustrates just how generous Mike is with his expertise, even inviting us into his own home.

I like it because he is teaching me something, as he always has, as I will always remember him.

Mike Stephens was one of my first mentors when I came to work for Cotton Electric. I relied on our Power Use Advisor as a resource about insulation, windows and fireplaces. He schooled me on air infiltration, heating and cooling degree days and the value of a well-programmed thermostat.

In return, I disappointed him. I simply could not include every detail about thermal heat transfer in a 600-word article for The Current.

I never could come up with a good story about how power bill histories are directly mirrored by HDD and CDD records.

I made it up to him by tagging along for safety dem-



onstrations in schools. He would patiently explain to curious fourth-graders that birds perched on wires will not be electrocuted as long as they are not grounded. I would jump in with information about how squirrels are the main cause of power outages.

Then we would zap hot dogs.

Mike was Cotton's advance man for trade shows in the spring in Lawton and in the fall at the Stephens County Free Fair. He made sure our backdrop and

booth were set up and well-stocked. He would stand for hours and answer the questions of passers-by.

If co-op members didn't see Mike at those events or at our Annual Meeting, they may have seen him in their home. He was busiest after power bills came out reflecting the coldest days of winter and the hottest days of summer.

He went to member homes and took meticulous notes about HVAC systems, water heaters and large appliances. He crawled around in attics to measure the depth of insulation and check the seals on ductwork.

He prepared reports for homeowners and suggested ways to improve the energy efficiency of a house. He monitored power bills for months to ensure his findings were correct.

Mike Stephens shared a great deal with Cotton Electric's members and employees over his 30-year tenure. He has decided it's time to retire and share his time and good humor with his family.

So long, my friend. Teach those grandchildren well.

(Energy audit services will continue for Cotton Electric members. Look for the feature presenting Mike's successor in the June edition of The Current)

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RESIDENTIAL LISTINGS: WALTERS AREA

- **SALE PENDING: 300 Willow Creek Drive: \$210,000.** 2 bed, 2 bath, 2473 sqft, steel frame, stainless steel appliances, custom cabinets, large corner lot.
- **503 E. South Boundary: Price Reduced: \$55,000.** 3 bed, 2 bath, 1962 sqft, 3 living areas, vaulted and beamed ceiling, updated CHA, updated water heater, 2 car garage, fireplace, dry storm cellar.
- **214 E. Texas, Walters: \$86,500:** 1896 sqft, detached garage, new CHA, metal roof, updated interior.

RESIDENTIAL LOTS

- **Kishketon Estates: Walters, OK:** Lots ranging in size from 16,800 sf to 33,600 sf, with room to put a shop. 16,800 s.f. lots priced at \$15,000 or 33,600sf barn lots listed at \$30,000. Close proximity to youth park, Kidtopia, swimming pool, tennis & basketball courts and skate park.

LAND LISTINGS

- **SALE PENDING: 160 ACRES, \$160,000:** NE S23 T1N R16W, Tillman County, Grass quarter, possession July 1st. 2018
- **SALE PENDING: 160 ACRES, \$184,000:** SW S17 T3S R11W, Cotton County, 132 acres cultivation (not in production), all weather road access, Rural water & electricity available. From Randlett, 4 mi. east on Hwy 70, 2 mi. north on NS 2580.

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Community Spotlight

If you would like your community event listed in the June issue, please submit information by May 30, by calling 580-875-4255 or send an email to TheCurrent@cottonelectric.com.

'Textiles Transcending' ends May 19

See the fiber artistry of award-winning Chickasaw artists Tyra Shackelford and Margaret Roach Wheeler until May 19 at Chisholm Trail Heritage Center in Duncan.

Ancient handwoven techniques, looms, artifacts, history, culture and family are the tools by which the two women produce award-winning art. Every piece they produce tells a story – their story. They share these stories through their show, "Textiles Transcending," open now.

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. For information, call 580-252-6692 or visit facebook.com/onthechisholmtrail/ events.

Armed Forces honored in Lawton

Billed in years past as the largest in the nation, the Armed Forces Day Parade begins at 10 a.m. May 19 on C Avenue in downtown Lawton.

More than 100 participants are set to march in this year's parade themed "Our Heroes, A Purple Heart City." The community will unite in tribute to the men and women who have valiantly served our nation.

More information can be found by contacting Taylor Burgess at 580-355-3541.

Annual GOP Fish Fry is May 19

Stephens County's 14th annual GOP fish fry and Republican governor's debate will begin at 6 p.m. May 19 at the Stephens County Fairgrounds.

The event is sponsored by Stephens County Republican Party. Ticket and reservations can be made by calling 580-656-7951.

Throw down at the Coliseum

Oklahoma Cornhole Association makes its way to Lawton for a tournament beginning at 1 p.m. May 19 at the Comanche County Fairgrounds Coliseum.

Registration begins at noon. Singles kick off the tournament followed by doubles at 5 p.m. Entry cost is \$20 per person for each event or \$30 per person for both. Boards will be provided but players must bring their own bags.

For more information, visit the Oklahoma Cornhole Facebook page.

Silver Spoon fights hunger May 21

Lawton Food Bank and The Silver Spoon present "Help Us Cork Hunger" from 5:30 p.m. to 7 p.m. May 21 at The Silver Spoon located at 529 SW C Ave in Lawton.

Ninety tickets are available at \$40 each. Each ticket includes a glass each of white and red wine accompanied with heavy appetizers.

For more information or to purchase tickets, please contact Angela Spradlin at 580-250-4540 or Donna Anderson at 704-6305.

Roots Ball lineup announced

Medicine Park's annual Roots Ball features live performances by up-and-com-

ing Red Dirt artists from Oklahoma City, Fort Worth and points in between. Performances will run throughout the Memorial Day weekend, May 25-27.

Headliners for 2018 include Carrie Nation and Speakeasy, Dirtfoot, and Groovement, a 6-piece funk-rock band that embodies the soul of Northwest Arkansas.

There is no admission charge, lawn chairs are encouraged and ice chests are forbidden.

For information, visit MedicinePark.com.

Chuck Wagon Fest set for May

National Cowboy and Western Heritage Museum is hosting its annual Chuck Wagon Festival from 10 a.m. to 4 p.m. each day May 26-27 in Oklahoma City.

The fun-filled family weekend showcases chuck wagon food samples, live music, Western re-enactors, children's activities and much more.

General admission is purchased at the door for \$15. Children and museum members get in free.

For more information about festival activities, visit nationalcowboymuseum.org/chuckwagon.

Meers VFD hosts annual bike ride

Tour de Meers 2018 begins 7:30 a.m. May 26 at the Meers Volunteer Fire Station located at 26362 State Highway 115.

The ride consists of four different routes ranging from 10-60 miles that either skirt or pass through the beautiful Wichita Mountains Wildlife Refuge.

Same day registration is \$30 per entry beginning at 6 a.m. Pre-registration is available for \$25 and children under 10 who are accompanied by a registered guardian ride free.

Funds raised will help the Meers Volunteer Fire Department with upgrades and maintenance.

For more information, visit tourde-meers.org.

Car show to take place in Lawton

Cops and Kids host their 9th annual Poker Run and Car Show from 9 a.m. to 3 p.m. May 26 at the Great Plains Coliseum in Lawton.

Day of event registration will begin at 7:30 a.m. and cost \$25. Double registration for both the car show and poker run is \$30. Cars and bikes are welcome at the poker run.

Food trucks will be on location and T-shirts will be available for purchase. This is a fun family event with different vendors and activities everyone can enjoy.

All proceeds go to the Cops and Kids Picnic hosted by the Lawton Police Department.

For more information, contact Dustin Dye at 580-512-3165.

Fishing show set for June 1-2

Make your way to the Fishing and Tackle Show going on all day June 1-2 at the Stephens County Fair and Expo Center.

Browse fishing equipment and tackle vendor booths to find the newest and best products in the fishing community.

Also, visitors will be able to check out displays of antique lures and reels.

This show is put on by the World Association of Tackle Collectors and is a great event for fishing enthusiasts of all ages, from novice to expert.

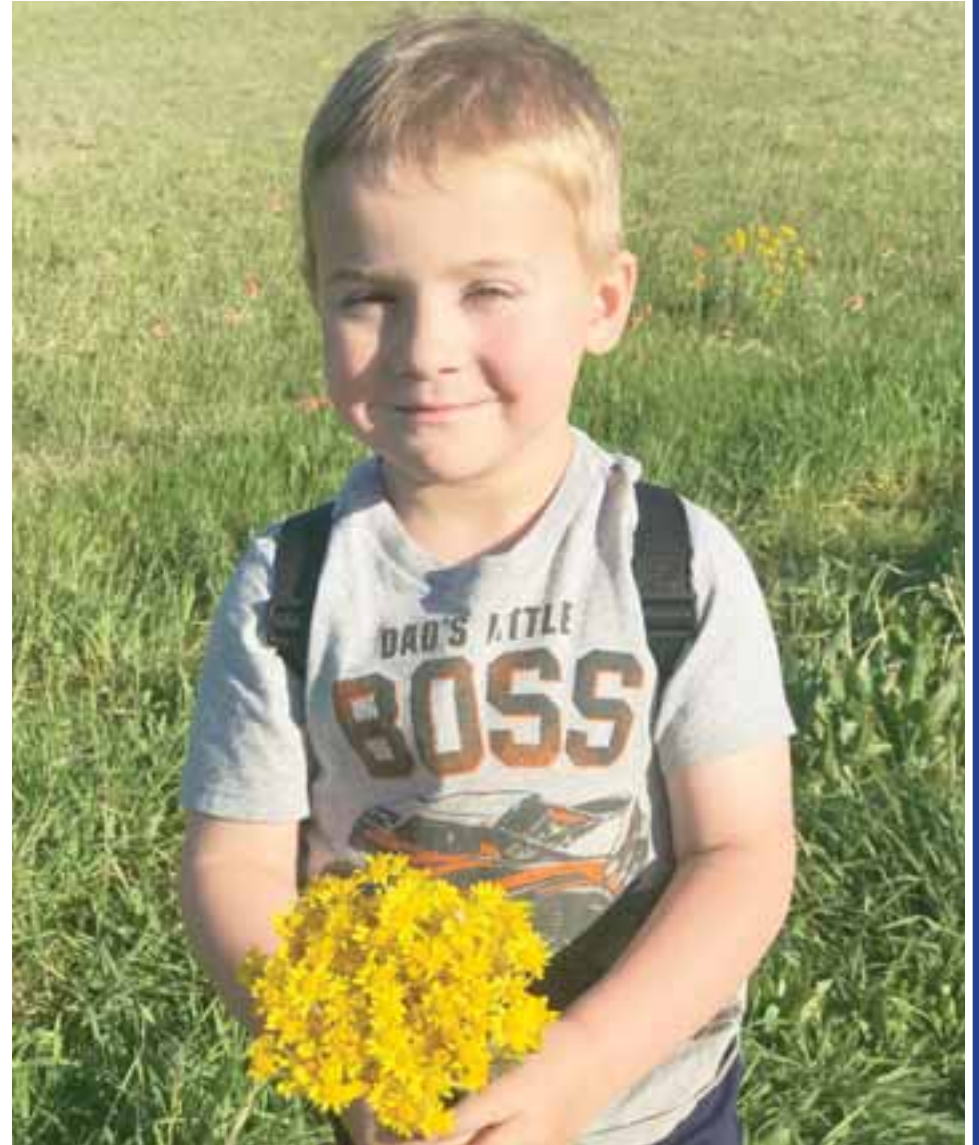
For more information, contact Jerry Jolly at 580-656-6181.

More Community Spotlight on Page 13

Upcoming Deadlines for The Current

June		July		August	
Ad Sales	May 25	Ad Sales	June 29	Ad Sales	July 27
Classified	May 30	Classified	July 5	Classified	Aug. 1
Publish Date	June 11	Publish Date	July 16	Publish Date	Aug. 13

PHOTO OF THE MONTH



Cotton Electric member Krystal Canfield snapped this photo of her 4-year-old son, Christopher, after he picked her a bouquet of wild May Flowers.

Enter your "best shot" in our Photo of the Month contest. Theme for June is Graduation. Entries can be emailed to TheCurrent@cottonelectric.com or mailed to The Current, 226 N. Broadway, Walters, OK 73572. Winners will receive a Cotton Electric prize package of CEC goodies.

Community women recognized June 2

Come celebrate the women who have gone above and beyond in your community at the 2018 Outstanding Women of the Year by Mayor's Commission on the Status of Women from 6-8 p.m. June 2 at 212 SW 9th Street in Lawton.

The women that are honored are exceptional volunteers in their community. It is also the time to celebrate the up and

coming leaders in the community. The MCSW honors up to five young women with college or technical school scholarships.

The event is free. However, guests are asked to register themselves and their guests. Tickets can be reserved at eventbrite.com or by contacting Toni Capra at tcapra@aol.com or 580-355-5551.



There's Power in Numbers

Life is always easier with a little help. From farms to front yards, from cattle ranches to cul-de-sacs, Touchstone Energy Cooperatives energize local communities with the power and information they need to build a better energy future for their members.

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ROW update

Tree safety benefits members

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 bright-colored 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. Spraying is done only during the growing season.

During the second quarter of the year, clearing crews are working in these areas:

Bacco Tree Service of Claremore is completing re-trim work on lines extending west from the Paradise substation. The lines are north and west of Lake Ellsworth in Comanche County.

Bacco has another crew working on lines extending from the Walters, Hulen and Stephens substations. They will begin south of U.S. Highway 70 in the Cache Creek area and work their way north to Oklahoma Highway 7.

Family Tree Service is finishing work on lines in the Hastings area. Branch Out Tree Service crew is working in the residential areas of Velma.

The ROW department is assessing the condition of lines serving Clear Creek and Lake Humphreys. Action in those areas will begin in early summer. As al-

Before & After



Cotton Electric members located north of Geronimo took advantage of Right-of-Way services this past month. Removal of vegetation provided space for hay bale storage and a new fence as well as improved safety conditions.



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

Scott Crew said his crews are always looking for land 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.

Landowners looking for material to help with erosion problems may want to contact the co-op, too. With the new skid steer, the ROW crew can deliver stumps and

other debris too large to chip or mulch. Chips and large debris will be delivered to members nearest the day's work location.

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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Consider email encryption, forwarding

Editor's Note: During National Cyber Security Awareness Month, we received so much information to share with co-op members, we couldn't fit it all into one month.

We'll feature two or three suggestions each month through August 2018.

An easy way to investigate links: Find The Current at CottonElectric.com under Member Services.

The online version of The Current features live links, where a click will take you directly to the page.

Encrypt your email

If you access your email using MS Outlook or Mozilla Thunderbird <https://www.mozilla.org/en-US/thunderbird/> you will be able to install a digital certificate that allows you to digitally sign and encrypt your email.

You can obtain a free digital certificate from Comodo <https://www.comodo.com/home/email-security/free-email-certificate.php>

Once you have your digital certificate installed, you can digitally sign all for your e-mail and encrypt email, sent to other people who also have their own digital certificate installed.

Open PGP is an unofficial Internet standard for email encryption, and anyone seriously interested in personal privacy and security should have and maintain a PGP key pair.

GNU Privacy Guard for Windows (GPG) <https://www.gpg4win.org> is one of the easiest ways to set up Open PGP on your Windows computer.

If you have not used a PGP type product in the past, you may find that there is a slight learning curve when you start using GPG.

That being said, GPG is not particularly difficult to learn and the documentation available with the



software provides clear instructions for setting up and using the program.

A similar program for conducting public key encryption in web-based email programs is Mailvelope <https://www.mailvelope.com/> which can be downloaded as either a Google Chrome Extension or a Firefox add-on.

Install Mailvelope as an add-on to your Firefox browser. Once installed open Mailvelope, choose options and generate a key pair. You can now exchange encrypted messages with other Mailvelope and Open PGP users.

Another useful tool for using Open PGP encryption is GPG4USB <http://www.gpg4usb.org>

GPG4USB combines a text editor and an Open PGP key manager into a small file.

You can generate key sets, import external keys (such as the keys you generated in Mailvelope), and encrypt / decrypt messages in the text editor.

Use anonymous email forwarding and temporary email addresses

Anytime you provide your personal email address to someone you open yourself up to potentially being flooded with SPAM, Phishing attempts, and all sorts of other unwanted email.

Using anonymous email forwarding and temporary email addresses

protects your personal email account from a flood of unwanted mail, while still allowing you to receive and reply to validation email when you sign up for a website or service on-line.

Anonymous email forwarding lets you create multiple email addresses that forward to your primary email account.

If one of the email forwarding addresses you create starts receiving lots of SPAM or other unwanted email, you can turn it off without having to disrupt your primary email address.

Sites that let you create permanent anonymous email addresses include:

- Not Sharing My Info - <http://notsharingmy.info>
- 33Mail - <https://www.33mail.com>

Temporary email addresses are designed to let you sign up for on-line services and reply to validation email, but usually last no more than a few minutes to a few days. Sites that let you create a temporary email address are:

- Incognito Mail: <http://www.incognitomail.com>
- Guerrilla Mail: <https://www.guerrillamail.com>
- YopMail: <http://www.yopmail.com/en>
- Mailinator: <https://mailinator.com>

Source: Sarah K. Kiely, IT Community Support for NRECA

CECF golf tournament set for June

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 10th annual Cotton Electric Charitable Foundation (CECF) Summer Classic will be June 25 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 \$1 million to volunteer fire departments, youth, senior citizen and public safety organizations, schools, communities and individuals throughout the Cotton Electric service area.

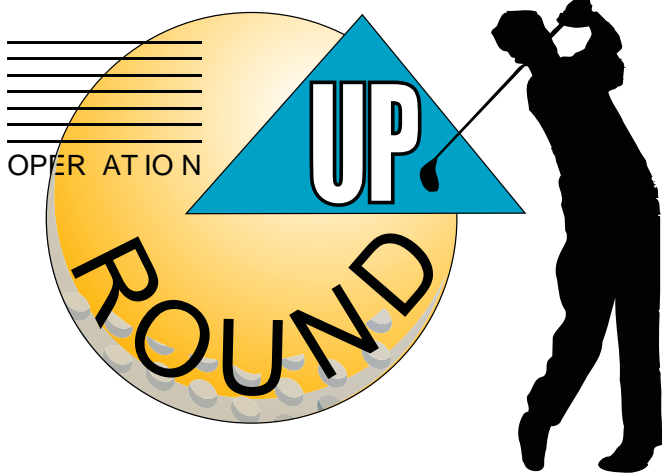
Registration for the four-person scramble will begin at 7:30 a.m. with a shotgun start at 8:30. The registration fee of \$600 per team will include range balls, cart, and a meal following the round.

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 11.

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.



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?

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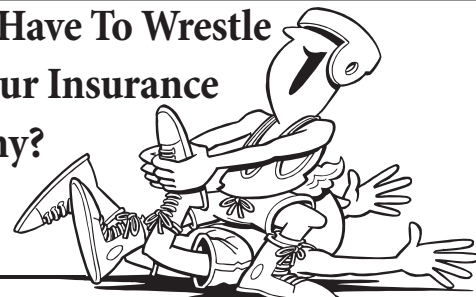
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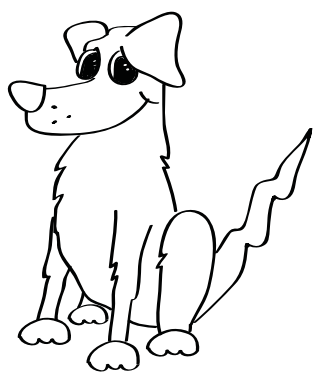
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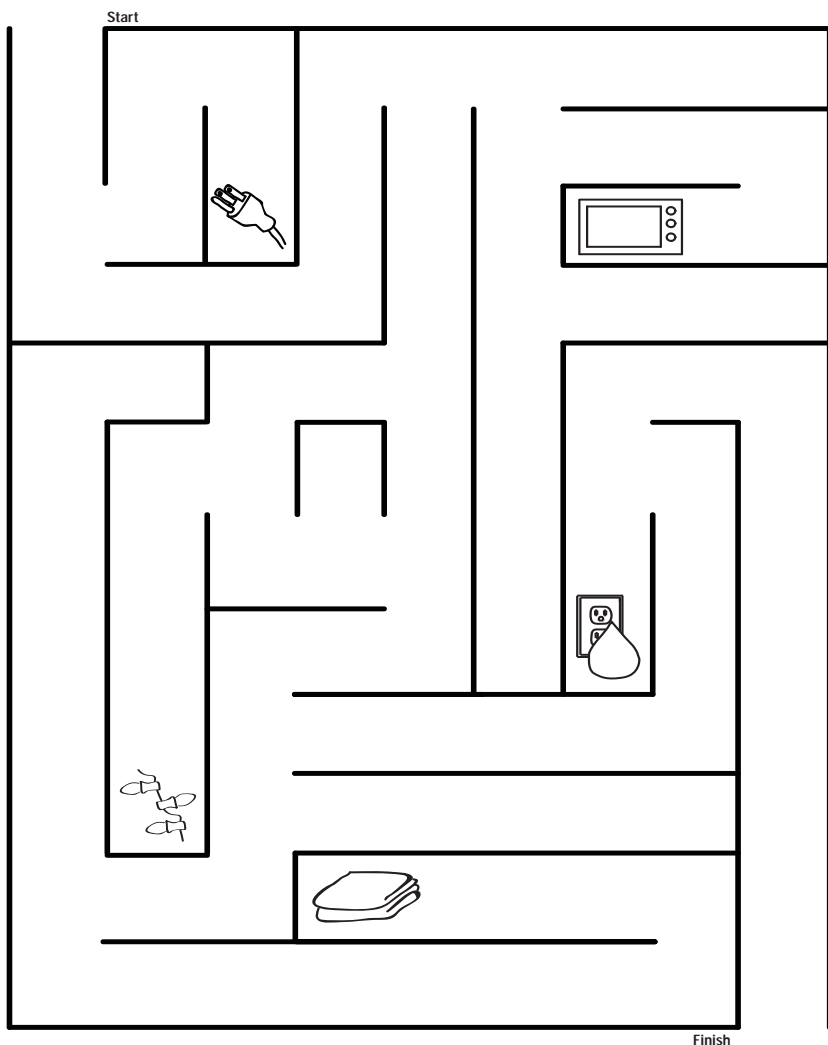
HELP SPARKY

Guide Sparky safely through the maze, watch out for electrical hazards!



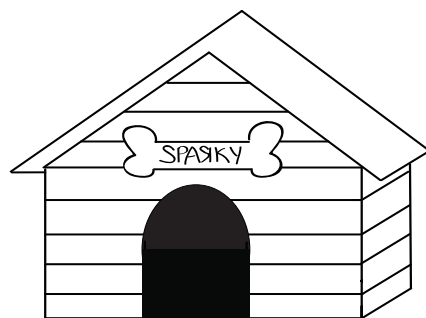
Sparky Needs Your Help to Stay Safe!

Sparky is sniffing around the house to see what's new and interesting before he takes a nap. Lead him safely to his favorite resting spot by keeping him away from electrical hazards.



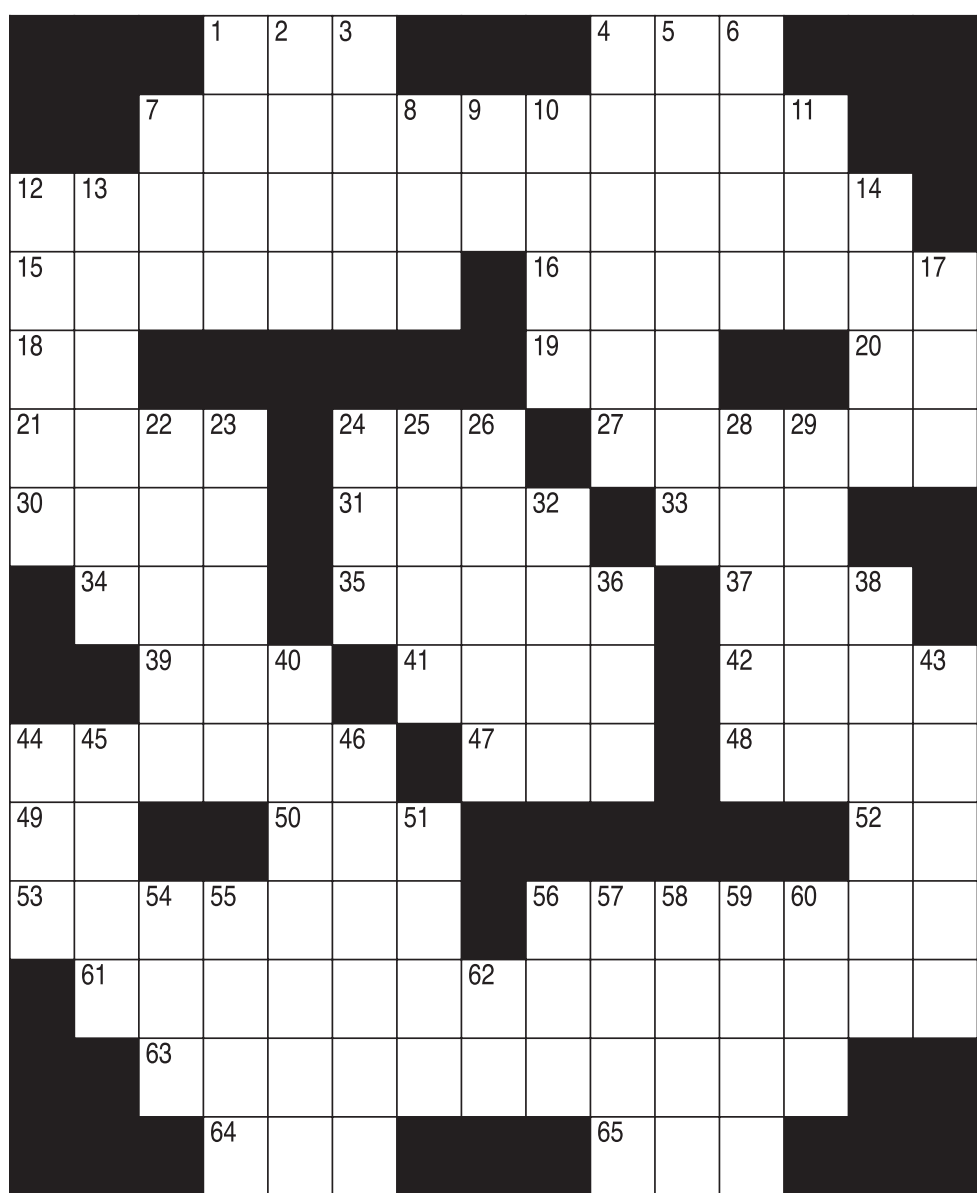
Help protect pets from electrical hazards.

- Do not let pets find a cozy warm spot near electronics to stay warm. This is not safe!
- If your pet shows an interest in electronic cords, tell your parents so that they can move the cords where they cannot be reached.
- Water and electricity are a dangerous mix! Check to make sure appliances and electronics near sinks, bathtubs, and pools are safely away where playful pets can't knock them in.
- Never let a pet sleep on top of an electric blanket.
- Pay extra attention to pet safety during the holidays. Your pets may confuse lights and decorations for new toys!



ACROSS

1. Small lump
4. Helps little firms
7. A way of performing
12. Lawyers
15. Stirred up
16. Believed in
18. The Bay State (abbr.)
19. Makes computers
20. Sodium
21. As fast as can be done (abbr.)
24. Institute legal proceedings against
27. More compact
30. Ethiopian river
31. Quantitative fact
33. No (Scottish)
34. A concession of no great value
35. Tony-winning actress Daisy
37. More (Spanish)
39. Russian space station
41. Helicopter
42. At the peak
44. Makes ecstatically happy
47. Excellent
48. Material body
49. The Golden State (abbr.)
50. A unit of plane angle
52. Argon
53. Fancy
56. Fried mixture of meat and spices
61. How green plants use sunlight
63. Without wills
64. Unhappy
65. Meat from a pig's leg



4. Trapped
5. Used for road surfacing
6. Cuckoos
7. Prefix "away from"
8. Seth McFarlane comedy
9. Not out
10. "The Simpsons" bus driver
11. Popular HBO drama (abbr.)
12. Acclaimed Indian physicist
13. Removes
14. One-name NBA player
17. Revolutionary women
22. Smell
23. Ground-dwelling songbird
24. Midway between south and southeast
25. American state
26. Keen
28. Khoikhoi peoples
29. Int'l defense organization
32. Samoan money
36. A sign of assent
38. One from Somalia
40. Boat race
43. Trims
44. French coins
45. Indigenous Scandinavian
46. Flew alone
51. Loch where a "monster" lives
54. Japanese title
55. Pros and ___
56. Present in all living cells
57. Something to scratch
58. Branch of Islam
59. Appear
60. Former CIA
62. Yukon Territory

DOWN

1. Mentor
2. Lyric poems
3. A dry cold north wind in Switzerland

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Real Property consists of a Beautiful 3 Bedroom Brick Home (Approximately 1,757 Square Feet) with a Great Room with Fireplace and Built-in Book Cases, Kitchen (Tile Counters and Raised Panel Cabinetry) with Dining Area, Utility Room and 2 Full Baths. Note: Master Bedroom has a 2 Sink Vanity, a Jetted Tub, Separate Acrylic Shower and 2 Walk-in Closets. The Interior of Home has been freshly Painted.
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Auctioneer's Note: This is a Beautiful Home in a great neighborhood. Please see to Appreciate! The Real Property 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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Upgrade your summer grilling game

The days are getting longer and hotter and you're itching to head outside to kick off grilling season.

After a few weeks of eating the same boring burgers and hot dogs, you're looking for something a little more exciting (and so are your guests).

These recipes can help take your grilling skills to the next level and make your next party something to brag about

When people come over for Buffalo chicken, they expect authentic flavor. Give the people what they want by making Buffalo chicken sandwiches with Frank's

RedHot Buffalo Wings Sauce.

Frank's RedHot was the secret ingredient used in the original Buffalo wings recipe in 1964.

For maximum flavor, each Buffalo chicken sandwich gets a quarter of the bottle of sauce to bring in just the right blend of flavor and heat.

Take it to the next level by marinating the chicken in the sauce for at least 30 minutes so it can absorb the unmistakable Buffalo flavor that will send any party into overdrive.

Add the tangy blue cheese and cool, crisp lettuce and

tomato and you've got the perfect bite for a hot summer day.

Now that you've proved your grilling chops to most of the party crew, it's time to kick it up a notch.

Every party's got a few tough critics, so it's key to make something impressive and delicious that appeals to a different palate.

Enter: Sweet Chili Ribs recipe on the next page.

For more grilling tips and recipes to spice up your Memorial Day cookout, visit frankshredhot.com/recipes.



Frank's RedHot Buffalo chicken sandwich

- 4 boneless, skinless chicken breast halves (if thick, cut horizon tally into two even pieces)
- 1 bottle (12 oz) Frank's RedHot Buffalo Wings Sauce, divided
- 1/4 cup blue cheese or ranch dressing
- 4 hard rolls, split
- 1/4 cup blue cheese crumbles, lettuce leaves (optional), tomato slices (optional) red onion rings (optional)

Marinate chicken in 6 ounces Buffalo wings sauce for 30 minutes, or up to 3 hours.

Mix remainder of Buffalo wings sauce and dressing together. Keep refrigerated until ready to use.

Grill chicken 12 minutes, turning once, or until no longer pink in center.

Place 2 tablespoons of mixed sauce on each roll half.

Place chicken on top of roll half and top with 1 tablespoon blue cheese crumbles.

Add lettuce, tomato and onion rings, if desired. Top with second roll half. Repeat for remaining sandwiches.

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*Restrictions apply

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Frank's Sweet Chili ribs

- 2 full racks pork spareribs, trimmed (about 6 lbs)
- 2 tablespoons fresh ginger, minced
- 3 cloves garlic, minced
- 1 bottle (12 oz) Frank's RedHot Sweet Chili Sauce, divided

Heat grill to 250 F and prepare for indirect cooking. Spread ribs with ginger and garlic. Place ribs on rib rack or in foil pan. Cook on covered grill 2 hours.

Spread 6 ounces sweet chili sauce evenly over ribs then cook another hour, until tender.

Baste ribs with remaining sweet chili sauce during last 15 minutes of cooking.

If desired, at end of cooking time grill ribs over direct heat to char slightly.

Recipes have been shared courtesy of Family Features and Frank's RedHot sauces.

Losing muscle occurs earlier than you think

Experts agree that somewhere between age 30 and 40, you begin to lose muscle mass and function. It is a natural part of the aging process.

After age 50, the loss accelerates, and by age 80, you could lose as much as 50 percent of your muscle mass if you do not intervene.

Loss of muscle mass can lead to serious health consequences. Adequate protein, calories and regular resistance exercise can help slow down muscle loss and prevent serious health consequences.

Muscle is important for structure and metabolism.

It provides stability, strength and balance. It helps regulate blood sugars, stores protein and glycogen (storage form of glucose, for energy) and synthesizes and stores the amino acid glutamine, which is a fuel source for cells.

It plays a key role in maintaining a healthy weight. It increases the effectiveness of treatments for chronic disease such as cancer.

When muscle loss associated with aging begins to affect health, you have a



Kim Bandelier, MPH, RD, LD

Food For THOUGHT

medical condition known as sarcopenia. A simple questionnaire has been developed by researchers to assess sarcopenia. It is called SARC-F.

"S" stands for strength - do you have trouble lifting and carrying 10 pounds? "A" stands for assistance with walking - do you have trouble walking across a

room? "R" stands for Rise from a Chair - do you have trouble transferring from a chair or bed? "C" stands for Climb - do you have trouble climbing a flight of 10 stairs? "F" stands for Falls - how many times have you fallen in the last year?

Each answer receives a score (none = 0, some = 1, a lot/unable = 2), and a score of 4 or more indicates the presence of sarcopenia.

Researchers are still working on solutions to slowing down the effects of sarcopenia. Currently, adequate nutrition (protein and calories) and resistance training are the most important factors to address.

Although it is never too late to start, it is much easier to establish healthy eating and regular physical activity between ages 30 and 50.

After age 65, protein intakes tend to decrease, and that is opposite of what research indicates should happen.

Older adults need more protein, not less, but they also need to continue resistance training, and that can also become a challenge. The combination of

adequate protein and resistance is most effective at staving off muscle loss at any age.

Resistance training is defined as any activity that makes your muscles work against resistance or force.

It can be weights or your own body weight. If you have any type of chronic disease or physical disability, you need to check with your doctor before starting a new exercise routine.

In simplest terms, if you are between the ages of 30 and 50, make sure you are cleared for exercise by your physician and get into a routine that includes strength training. In addition, make sure you get protein at every meal.

If you are older, review the SARC-F tool with your physician, and create a plan to address nutrition and exercise gaps.

Ask for a referral to a registered dietitian nutritionist for nutrition guidance and physical therapists/exercise physiologists for age-appropriate exercise plans.

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Flexible insulated hose

The flexible insulated hose stretches from the roof of the house down into the furnace bringing air from outside through the fresh air duct.



Fresh air duct

A fresh air duct allows air from outside the house to enter the furnace where it is conditioned by the coil to add air circulation throughout the home.

Manufactured homes not designed for OK weather

By Danielle Quickle

Manufactured homes are designed and constructed for moderately tempered areas so they can be livable in most places across the United States at an affordable price. For these reasons, manufactured homes may not be as energy efficient in southwest Oklahoma as they would be in a different region.

Occupants of manufactured homes with an electric furnace may want to consider sealing off their fresh air duct. Here is why:

Heating and cooling systems account for nearly half of energy use in homes. Manufactured homes use a gas or electric furnace to supply the home with heating and cooling.

Located within an electric furnace is a fresh air duct, which looks like a hole in the side of the furnace. It brings fresh air from outside through a flexible insulated hose for air circulation throughout the home.

The air from outside passes directly through the coil,

which conditions the air so that it can be brought into the home through the supply air vents.

Because manufactured homes are designed for moderately tempered areas, the fresh air duct can be more problematic than beneficial considering Oklahoma weather. During the peak of summer, the fresh air duct is bringing in hot, dry or humid unconditioned air that is running directly through the evaporator coil.

Same goes for the dead of winter. Frigid unconditioned air is brought into the heating system. This not only makes the system work harder, it can diminish its efficiency. Dust, dirt and grime in the air passing through cling to the coil and decrease the life expectancy of the furnace.

The American Society of Heating, Refrigeration, and Air-Conditioning Engineers (ASHRAE) standard is to have 7.5 cubic feet per minute (CFM) per person of fresh air circulation and 3 CFM per 100 square feet. A family of four living in a 1,500-square-foot manufac-

tured home is required to have 75 CFM of fresh air circulation. Air infiltration from windows, pipes and open doors provides 75 CFM of fresh air on their own.

Meaning, the fresh air duct in electric furnaces is not needed to reach adequate amounts of fresh air and is only making the furnace work harder than it has to and can add up to hundreds of dollars to a utility bill. In most Oklahoma cases, the solution to this issue is to seal the fresh air duct.

With our spring tune-up rebate deadline quickly approaching, now is the time to see if sealing the fresh air duct is a cost and energy effective option.

Cotton Electric recommends that members consult with their tune-up provider or our Energy Efficiency Coordinator before making changes to their electric furnace.

To schedule a free energy audit with Heath Morgan, our energy efficiency coordinator, call our office at 580-875-3351 or 800-522-3520.

2018 SUMMER SATURDAYS Special Events



June 2nd **Blackberry Day**

June 16th **Market to Menu**

June 23rd **Black Eyed Pea Day**

July 28th **Watermelon Day**

August 18th **Salsa Day**

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FarmersMarketWichitaFalls.com

Payette recognized by Oklahoma Agriculture

As part of a continuing series of stories, Renee Payette of Sterling is being recognized as a Significant Woman in Oklahoma Agriculture.



This project is a collaborative program between the Oklahoma Department of Agriculture, Food & Forestry and Oklahoma State University to recognize and honor the impact of countless women across all 77 counties of the state, from all aspects and areas of the agricultural industry.

The honorees were nominated by their peers and selected by a committee of industry professionals.

Comanche County farmers know the familiar face of Renee Payette. Each time they report their crops or apply for government agricultural programs, they visit Payette at the local Farm Service Agency.

Payette who has worked at the agency since 1988, was initially hired as a temporary employee but was quickly hired on full time as a program technician. Thirty years later, she still loves her job.

"I've been here long enough now I know most the farmers in the county," she said.

"The ones I didn't know before I started, I've learned to know them. I've got some good farmers I work with. I enjoy doing it."

Payette says her sole job is to serve producers.

"I just work with my farmers every day," she said. "I try to take care of them, and I hope they know I do."

Payette comes from a long line of agriculturalists. She grew up in Sterling on her family's farm and has lived there nearly her whole life.

Her parents, David and Janice Payette, were always involved in agriculture. However, raising cattle was their main operation.

Payette's brother, Glenn Payette, is three years and five months older than her, so she followed in his foot-

steps and joined 4-H.

"Everything he did, I had to follow along and do myself," she said. "He showed sheep, so I showed sheep. When he was showing hogs, well I showed hogs."

Payette showed cattle as well and won Breed Champion Hereford Steer at the Oklahoma City show, now known as the Oklahoma Youth Expo, her senior year of high school.

Her agricultural involvement did not stop after her time in 4-H. She graduated from Cameron University in 1986 with two degrees – agricultural education and animal science – and was involved in numerous agricultural organizations throughout college.

Aside from her career and raising cattle, Payette is involved with numerous agricultural organizations.

She's been on the Lawton Fort Sill Chamber of Commerce Agriculture Committee for nearly 30 years and was asked by the CEO of the chamber to chair the committee in 2008.

"I was kind of leery about it, but he said, 'Oh, it's only for a couple of years, and then we'll rotate it out.' Well, that was in 2008, and I haven't been rotated out yet," Payette laughed.

On this committee, Payette helps with longhorn and buffalo sales and local livestock shows. She received her Honorary State FFA Degree in 2011 for her commitment to Oklahoma's youth and was given the Wayne Gilley Ambassador Award for her efforts in planning and managing agricultural events.

She's a member of the Oklahoma Cattlemen's Association, the secretary treasurer of the Tri-County Cattlemen's Association, and the state and benefits chair for her employee's organization.

Payette, who's thankful for "phones with calendars and alarms," says she sometimes gets too much on her plate. She doesn't say no easily.

"I always feel like I don't live a very exciting life," she said. "I just go to work and go home, but then I look at my calendar on my phone, and I'm like oh my gosh I

have something to do every day this week."

Each time Payette would come home from a meeting, her dad would joke and ask her, "What did you volunteer for now?"

Payette said her volunteer work is truly rewarding.

"You jump in and do the work," she said. "It's just what you do to give back to the community. I think that's something a lot of people don't realize – how fulfilling it is to do that. I like going and being around the kids. They've got big smiles on their faces. I just like seeing the kids have a good time."

When Payette's father passed away in 2016, she and her brother stepped up to take over the farm. During the week, her brother takes care of the livestock, and she's the "gopher," often picking up feed and parts.

Payette said she is thankful she never "got very far away from Sterling."

"I'm glad I was there when my dad got sick," she said. "I was able to be there to take care of him. Since he's passed away, I can be there to help my mom and my brother."

Payette said she wouldn't want to live anywhere else and believes there's truly no place like home.

"It makes you glad when you go home in the evening and get to go outside in the peace and quiet and get to see the cattle," she said. "It just makes you appreciate what you've got."

Source: OK Dept. of Agriculture, Food and Forestry.



Renee Payette of Sterling is being recognized as a Significant Woman in Oklahoma Agriculture.

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Electrical safety before and after the storm

Continued from Page 1

Power Lines

If you see a downed power line, move at least 10 feet away from the line and anything touching it. The human body is a ready conductor of electricity.

The proper way to move away from the line is to shuffle away with small steps, keeping your feet together and on the ground at all times.

This will minimize the potential for a strong electric shock. Electricity wants to move from a high voltage zone to a low voltage zone – and it could do that through your body.

If you see someone who is in direct or indirect contact with a downed power line, do not touch the person or you could become the next victim.

Call 911 instead. Do not attempt to move a downed power line or anything in contact with the line by using another object such as a broom or stick. Even non-conductive materials like wood or cloth, if slightly wet, can conduct electricity that will electrocute you.

Do not drive over downed power lines. If you are in your car and it is in contact with the downed line, stay in your car. Tell others to stay away from your vehicle.

If you must leave your car because it's on fire, jump out of the vehicle with both feet together and avoid contact with the live car and the ground at the same time.

This way you avoid being the path of electricity from the car to the earth. Shuffle away from the car.

Flooded Areas

Use extreme care when stepping into flooded areas. Submerged outlets or electrical cords can energize water, posing a lethal trap.

Downed power lines or submerged outlets from adjacent homes could energize the water. Use extreme caution when entering any flooded area.

Electrical items, such as circuit break-



Stay away from downed power lines. These poles north of the Walters substation were damaged during the May 2 storms that swept through Cotton Electric's service territory.

ers, fuses, ground fault circuit interrupters (GFCIs), receptacles, plugs and switches, can malfunction when water and silt get inside.

Discard them if they have been submerged. Have a licensed qualified professional replace them.

Do not use electrical appliances that have been wet until they have been examined by a qualified service repair dealer.

Water can damage the motors in electrical appliances, such as furnaces, freezers, refrigerators, washing machines and dryers.

The National Electrical Manufacturers Association (NEMA) has produced a brochure, Guidelines for Handling Water Damaged Electrical Equipment, for use by suppliers, installers, inspectors and users of electrical products to provide advice on the safe handling of electrical equipment that has been exposed to water.

The NEMA brochure may be downloaded for free at nema.org/stds/water-damaged.cfm.

Portable Generators

ESFI strongly recommends that a licensed electrician install home generators to ensure they meet all local electrical codes. Also make sure your generator is properly grounded in accordance with the manufacturer's instructions.

Do not connect generators directly to household wiring unless an appropriate transfer switch has been installed by a licensed, qualified electrician.

Without the proper transfer switch, power provided by the generator can "backfeed" along the power lines, creating a significant electrocution hazard for anyone coming in contact with the lines, including linemen making necessary repairs.

Never operate a generator inside your home or in any other enclosed – or even partially enclosed – area. Generators very quickly produce carbon monoxide, which can easily enter your home.

Place the generator on a dry surface under an open, canopy-like structure. Do not operate the generator in wet condi-

tions or where there is standing water.

Preliminary research from the Centers for Disease Control and Prevention (CDC) and the National Institute of Standards and Technology (NIST) indicates that even 15 feet from the home is too close to operate a generator safely.

Remember your neighbors, too. Keep your generator a safe distance away from their homes as well.


Post-Evacuation

First and foremost, do not return home until instructed by the appropriate local authorities. Return home during daylight hours, especially if power has not been restored.

If you smell gas, leave the premises and notify emergency authorities immediately. Do not turn on lights, light matches, or engage in any activity that could create a spark. After you return home, you should still take precautions to protect yourself from electrical hazards posed by downed power lines, flooded areas, and water-damaged appliances and electrical equipment.

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COUNTY-WIDE MEETING
May 15, 2018 at 6:00 pm
Cotton County Expo Building, west of Walters
Hosted by District #1 County-Commissioner, Edward Eschiti. This meeting is to inform citizens & answer questions.
• Toni Hasenbeck, State House Representative Candidate
• Pam Varner OSU Extension Director to discuss the upcoming OSU sales tax renewal proposition
• Eric Price to discuss E911 Proppres.
Commissioner Eschiti will also be serving Indian Tacos to attendees; first come first serve basis.

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Community Spotlight

Aquarium hosts June summer camp

Medicine Park Aquarium and Natural Sciences Center will be hosting their first week-long summer camp from 10 a.m. to 4 p.m. each day June 4-8 in Medicine Park.

Students ages 8-14 are invited to join the camp while spots are still available. There is a \$130 camp fee that includes lunch.

Ticket purchases can be made at mpmnsevents.org. For more information, contact Colleen at colleen@mpmns.org.

DLT presents spring show

Duncan Little Theatre presents "Crimes of the Heart" 7:30 p.m. each night June 7-10 at the Simmons Center in Duncan.

The tragicomedy tells the story of the Magrath sisters, Meg, Babe and Lenny, who reunite at Granddaddy's home in Hazlehurst, Miss., after Babe shoots her abusive husband.

The sisters were raised in a dysfunctional family with a penchant for ugly predicaments. Each has endured her share of hardship and misery. Past resentments bubble to the surface as the sisters are forced to deal with assorted relatives and past relationships while coping with Babe's latest incident.

Each sister is forced to face the consequences of the "crimes of the heart" she has committed.

Tickets are available online at duncanlittletheatre.com, the Simmons Center events office, or at the box office window prior to the performance if available.

Horse Club hosting June trail ride

Duncan Lake Horse Club is planning Fun Trail Ride on June 9 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 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. Fees are

payable with a credit card at kiosk on site.

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.

For more information about the ride, call Brenda at 580-475-7190 or visit duncanlakehorseclub.com

LCT offers 'Next to Normal'

Lawton Community Theatre continues the 2017-18 season with the musical "Next to Normal."

This rock musical, with book and lyrics by Brian Yorkey and music by Tom Kitt, is a story about a mother who struggles with worsening bipolar disorder and illness and how it affects her family.

This musical also addresses such issues as grieving a loss, suicide, drug abuse, ethics in modern psychiatry and the underbelly of suburban life.

Performances are set for 8 p.m. June 15-24. Ticket information is available at www.LCT-OK.org.

CTAC hosts fourth ArtWalk

Returning for a fourth year, ArtWalk Duncan, a fine-arts and food festival, will be June 22 and 23 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@chisholmtrailarts.com.

The day of the event, artists' booths will open from 11 a.m. to 3 p.m.

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

To find out more about artist booths, sponsorships, or the event, visit www.ChisholmTrailArts.com or call 580-252-4160.

Camp winners announced

Seven lucky eighth-graders from across the Cotton Electric service area will be headed to Youth Power Energy Camp May 29 through June 1. 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 Emily Cargill of Cache; CJ McNally of Chattanooga; Kasi Kelly and Cooper Vaughn, both of Comanche; Sierra Spencer of Elgin; and Tanya Nguyen and Spencer Crain, both of 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.

Annual Duncan parade in June

Duncan's annual Founder's Day Parade will commence from 10-11 a.m. June 23 in downtown Duncan. The parade is in conjunction with the City of Duncan's Founder's Day activities.

Traditionally an exclusive tractor parade, the organization has expanded the procession to consist of floats, classic cars and more.

Spectators are encouraged to enjoy the parade on Walnut Avenue and Main Street anywhere from 7th to 12th street.

The parade is free to enter and attend. Registration and information can be found at mainstreetduncan.net/events.

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