A Publication of Cotton Electric Cooperative Inc.

A Touchstone Energy® Cooperative



"The Current - Informing Our Members Since 1957"

November 12, 2018 VOLUME 62 NUMBER 3



Call for essays launches annual contest

The annual Rural Electric Youth to the banquet, where they and their topic, "What do you find most interesting about electric cooperatives?" will be the key focus for all submissions.

Each year, students in Cotton Eleccompete in the preliminary rounds of the competition. The contest is open to all high school juniors in the Cot- ners will receive an all-expense-paid ton Electric service area. The students and their families do not have to be in June, they will join 1,500 students Cotton Electric members.

rounds and starts with the essay contest. Area juniors may submit an essay of approximately 600 words to Cotton Electric.

quarters in Walters.

The top 10 of those finalists advance zations.

preliminary essay contest. This year's tric. The finalists will be required to recite their essay in a speech-type format. As they speak before judges and will be determined.

tric's service territory are eligible to with the date and location to be announced.

> Cotton Electric Youth Tour wintrip to Washington, D.C. For a week Jan. 18, 2019. gressional delegation.

to the second round, which includes students will become more famila personal interview with the student. iar with the historical and political The question-and-answer meeting is environment of the nation's capital conducted at the cooperative head- through visits to monuments, government offices and cooperative organi-

Youth Tour is a week of hands-on Tour kicks off in November with a parents will be guests of Cotton Elec- learning for students. The experience gives high school students an opportunity to learn first-hand what it is like to be involved in politics, community banquet guests, the final four winners development and today's social issues.

> Information packets with contest The banquet is held in the spring, rules and regulations, entry forms, cooperative information and basic details of the contest will be distributed to area English teachers.

> > The deadline to submit an essay is

In addition to the information inand follow state-planned itineraries, cluded in the packets, students are The contest is broken into three including time with Oklahoma's con- encouraged to use other sources of information found at the local library The students will have an opportu- or from the internet. Preparing for the nity to learn about government, the Cotton Electric essay contest is a good cooperative form of business, and the way to help develop creative writing Writers of the top 25 essays move business of rural electrification. The skills that are important for all high school students, especially those planning to attend college.

> For more information regarding the essay contest, call Cotton Electric at 580-875-3351 or email Info@CottonElectric.com.

10 reasons to apply for Youth Tour

You could stay home next summer, or you could kick it off with a weeklong trip to Washington, D.C. On Youth Tour, you'll laugh until your face hurts, crane your neck at tall buildings, stand humbled by national memorials and get inspired by leaders. You'll love it so much that you'll weep when it's over. Need more convincing? Here are 10 reasons to apply for Youth Tour.

1. It's free.

Cotton Electric Cooperative and Oklahoma Association of Electric Cooperatives completely cover the cost of Youth Tour, including airfare, hotels, meals and attractions.

2. It's fun.

You spend days touring popular attractions in D.C., including memorials, monuments and museums. You'll go on a cruise on the Potomac River and see a show at Toby's Dinner Theater.

3. You get to travel.

You get to leave your summer job, siblings and routine behind for 7 days! No making your bed for a week!

4. You meet new people.

You'll make new friends from among the more than 1,500 teens from across the nation, including more than 70 from all over Oklahoma.

5. You get a classic American adventure. Washington, D.C., is rich in history and heritage. That's why Youth Tour was created more than 50 years ago, inspired by Lyndon B. Johnson, to give you the opportunity to discover "what the flag stands for and represents."

6. You learn a lot.

You are surrounded by venues that focus on science, art, history, space, American culture and so much more. You return home with a ton of newfound knowledge.

7. You can gain leadership experience.

Any Youth Tour participant can apply to be on the national Youth Leadership Council. One student selected from each state returns to D.C. in July for a leadership workshop.

8. You can make your voice heard.

You spend a day on Capitol Hill and meet with your elected officials. You get face time with some of the most powerful people in the nation and an opportunity to talk about what's important to you and your community.

9. You can put it on your résumé.

When you apply for college or a job, Youth Tour can help you stand out. The trip offers experiences that can shape your college application, essays and career path.

10. You connect with opportunity.

You get plugged into the electric co-op community and are in a great position to learn about scholarships, internships and jobs offered through this network.

From Texas Electric Cooperatives

8th-graders sought for 2019 Energy Camp

Eighth-graders interested in developing leadership skills, learning about electric cooperatives and energy delivery, and having some great summertime fun are encouraged to enter the annual Energy Camp youth writing contest.

To participate, students will be required to write a short paragraph, 50 words or less, on why they would like to attend Energy Camp. Students and their families must be Cotton Electric members.

Winners from Cotton Electric's service area will be selected from contest judges to attend the 2019 Youth Power Energy Camp held May 28-31 at Canyon Camp near Red Rock Canyon, southeast of Hinton.

At Energy Camp, which is sponsored by Oklahoma's electric cooperatives, students learn first-hand the world teachers soon. Students should ask for contest rules and of electric co-ops through demonstrations by electric crews. There will be opportunities to put on a lineman's work belt and gloves before climbing a pole and to see the



camp from 60 feet above in the basket of a utility truck. Plus, students will set up and run their own cooperative business. Activities will include nature hikes, games and other outings with students representing cooperatives from across Oklahoma.

Contest information will be distributed to area English entry forms, or contact Cotton Electric Cooperative at 580-875-3351 or by email at Info@CottonElectric.com.

The deadline for entry is March 4, 2019.

Power Cost Adjustment Calculated

The power cost adjustment now being applied to bills mailed after Nov. 1, 2018, is \$0.00712 per

On a member's average bill of 1250 kilowatt hours (kWh), this will amount to a charge of \$8.90 on the November bill.

	October 2016 Temperature Extremes								
	Day	High	Low	Avg.	Day	High	Low	Avg	
_	1	86	68	77	16	56	43	50	
1	2	88	68	78	17	67	49	58	
l	3	90	70	80	18	59	54	57	
•	4	90	70	80	19	63	51	57	
ľ	5	89	68	79	20	72	46	59	
	6	76	58	67	21	71	42	57	
	7	81	59	70	22	70	44	57	
	8	79	70	75	23	72	49	61	
2	9	71	57	64	24	55	47	51	
s	10	68	47	58	25	63	47	55	
-	11	68	48	58	26	78	43	61	
L	12	67	55	61	27	82	48	65	
2	13	59	51	55	28	76	49	63	
	14	64	39	52	29	82	48	65	
	15	51	37	44	30	74	52	63	
	Source:	srh.noaa.go	v/oun/		31	56	49	53	
Average Daily High: 72 Average Daily Low: 53									

Did You Know?

Cotton Electric offices will be closed Thursday and Friday, Nov. 22 and 23 for the Thanksgiving holiday. Emergency calls will be answered at 580-875-3351 or 800-522-3520.

The next issue of The Current should arrive in line at Cotton Electric mailboxes on Dec. 17, Current, 226 N. Broad-2018.

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 info@cottonelectric. com.

You can also drop us a way, Walters, OK 73572.

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More news at cottonelectric.com

From the CEO

Oklahoma linemen shine in Guatemala

The Thanksgiving season has renewed meaning for me this year as I reflect on a recent trip to witness the electrification of two small villages in northern



Jennifer Meason, CEO

Guatemala. It was a wonderful experience and I am extremely grateful to have seen first-hand the life-changing work of the Oklahoma Energy Trails Founda-

This year's project demonstrated true cooperation among cooperatives as we partnered with the Colorado Rural Electric Association and NRECA International, the philanthropic arm of the National Rural Electric Cooperative Association. Fifteen linemen volunteered three weeks of their time to bring power to Pie de Cerro and Tierra Blanca Salinas in the region of Ixcan near the Mexico border. Over one hundred families, two elementary schools, two health centers and five churches were electrified thanks to their hard work. The volunteers were assisted by a local municipal electric utility, Empresa Rural Municipal de Electricidad (EMRE) based in Playa Granda, who will maintain the powerlines and distribute power to the remote area.

I'm not typically at a loss for words

but upon our return I found it difficult to describe what we experienced. Guatemala is a beautiful country, with lush tropical plants and striking mountains, but the beauty of the Guatemalan landscape is a strong contrast to the harsh reality of poverty and life without electricity. The daily struggle to survive was evident throughout our trip and reminded me of how blessed we are.

As we walked through the villages, we observed multiple generations working together to carry drinking water, harvest corn by hand, and prepare meals over open fires. It is exhaustive work to meet the barest of needs but the Guatemalan people remained happy and joyful. The children were fascinated by the linemen and followed them throughout the village. There may have been a language barrier but the smiles among all of us communicated the excitement and emotions we all felt.

While we toured the village of Pie del Cerro, a local family invited us into their home so we could see how they immediately began to benefit from electricity. Each of the 110 homes received four lights and four electrical outlets. It was a joy to watch as they turned on the lights and watch the children dance to music played from a radio plugged into their outlet for the first time.

The experience of Inauguration Day, the celebration of the project's comple-



Fifteen linemen from Oklahoma and Colorado volunteered three weeks of their time to bring power to regions of Guatemala. Photo by Daniel Afcha.

tion, was something I'll always cherish. The team was humbled by the generosity shown to us and it was an honor to celebrate the historical day with the residents of Pie de Cerro and Tierra Blanca

Overall, the trip served as a reminder of Cotton Electric Cooperative's roots and the pioneer spirit that brought power to rural Oklahoma. We've made great advances over the past 80 years and I'm eager to see how the gift of electricity provides opportunities for increased productivity, education, and improved health for our friends in Guatemala.

The hashtag used throughout the project sums this trip up so succinctly. #It-StartsWithPower.

- To learn more about the project, visit https://energytrails.wordpress.com.
- Each family also received an Ecofiltro water filtration and purification sys-

tem. Manufactured in Guatemala, the filters will provide safe drinking water for two years.

• Oklahoma's electric cooperatives established a 501(c)3 not-for-profit, the Oklahoma Energy Trails Foundation, to support this cause. All contributions are tax-deductible. This is the third project sponsored by Oklahoma's electric cooperatives. The first project took place in 2016 with the electrification of two villages in the Amazonian area of Bolivia; the second project electrified a small village in rural Guatemala, near the border with Belize, and this year's project brought first-time access to electricity to two villages. Collectively, Oklahoma's electric cooperatives have made possible 536 first-time electric connections in five villages in Central America and South America.

Cotton Electric welcomes new Board Trustee

By Danielle Quickle

For the second consecutive year, Cotton Electric members have elected a new director to their Board of Trustees.

Clifford Dunham of Chattanooga was unanimously elected by the members of District 5 after Tim McCary announced he would not be seeking re-election.

Dunham works for Goodyear as a National Field Manager for Product Service covering a five-state area. He enjoys hunting, riding motorcycles and attending First Baptist Church in Chattanooga where he is serving as interim youth director while the church is searching for a replacement. He also serves the community by volunteering with the Chattanooga Volunteer Fire Department.

He has been a Cotton Electric member since 2005. He and his wife, Nikki, live west of the Chattanooga airport. Nikki is a high school teacher at Chattanooga Public Schools and has been teaching for 26 years. Together they have three daughters: Taylor, Harlee and Maci. Taylor is the owner and operator of Hometown Roots Salon in Chattanooga, Harlee is a pastry chef at Boulevard Steakhouse Café 501 in Edmond and Maci is a junior at Chattanooga High School. He and his family own a small farm where they raise beef cattle.

Dunham had been looking for another opportunity



Clifford Dunham will serve three years as the Board *Irustee for District 5*

Cotton Electric.

"I had a good friend tell me one time that good men ought to serve on boards," Dunham said. "So, I started looking at the boards that were available in my area and the one that I felt had the greatest impact on me and my family was Cotton Electric."

He immediately began to pray about this opportunity to be sure this was the path God had planned for

Prior to the election, Dunham sought counsel from to serve his community and found that chance with McCary and others in the community who he respect-

ed. He made countless phone calls and knocked on every door he could find trying to explain the importance of this election. It worked.

Nearly eight percent of the District 5 membership were in attendance at the district meeting in August.

"We were very pleased with how many people came to support and vote," Dunham said. "We weren't expecting it."

Since his election, Dunham has undergone extensive training to learn the ins and outs of the co-op as he prepares for his role of representing his district.

"I especially want to thank those who supported me during the election process," Dunham said. "I am going to work to the best of my ability to make sure each of the members in District 5 are properly represented."

Dunham attended his first board meeting in October. With the addition of three new Trustees in the last four years, there sits a combination of traditional and fresh ideas on the board.

Cooperatives are unique in that they are governed by the members who they serve. Nine Cotton Electric members that were elected by their neighbors serve on the board to make decisions that support Cotton Electric's mission 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.



Energy Efficiency Tip of the Month

Got holiday leftovers? When possible, use the microwave to reheat food. Microwaves use as much as 80 percent less energy than a standard oven.

Source: energy.gov



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.

September 2018 Operating Stats

	<u>2018</u>	<u>2017</u>
Total Amount Billed/Accrued	\$4,963,237	\$4,983,279
Cost of Purchased Power	3,263,516	3,228,931
Taxes	101,271	99,745
Total Operating Expense Per Mile	924	936
Average Farm and Residential Bill	131	134
Average Farm and Residential kWh	1,200	1,188
Total Meters Billed (farm, residential)	18,356	18,300
Miles Energized	5,165	5,167
Density Per Mile	3.55	3.54
New Service Connects YTD	224	197
Services Retired	82	119

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Community Spotlig

submit information by Dec. 5, by calling 580-875-4255 or send an email to The-Current@cottonelectric.com.

OCC sends gifts around the world

Operation Christmas Child is a project of Samaritan's Purse, an international relief organization. Gift-filled shoeboxes are sent to 150 countries around the world to delight children in need. In 2017, more than 11 million shoebox murder. gifts from all over the world were collected and distributed.

National Collection Week is always the 3rd week in November, so this year that is Nov. 12-19. Volunteers staff centers around the U.S. to give donors a convenient place to leave their gifts. Local drop-off sites are in Duncan, Lawton, and Elgin. The Duncan site is the north end of First United Methodist Church, 2300 Country Club Road.

For information about how to fill a box, how to host a party, and the hours for drop-off centers, visit Samaritans-Purse.org and explore the drop-down tab labeled What We Do.

For local information, call LaVonna Funkhouser at 580-467-2493.

Fall Classic returns to Duncan

the world," the Fall Classic returns Nov. Expo Center. The National Swine Registry sponsors the four days of sales and shows featuring exhibitors from across Lawton. Registration is free and ends on the country.

Schedule of events, entry forms and more information are available at NationalSwine.com.

Christmas Bazaar begins Nov. 16

Arts and crafts, baked goods, Christian articles, gifts and treasures are among the holiday items offered at the 6th annual Christmas Bazaar hosted by Assumption Catholic Church, 711 W. Hickory in Duncan. Christmas shoppers won't want to 5 p.m. on Nov. 18.

for dinning in or carryout that will accept credit and debit cards. Raffle tickets Mary's Catholic School. Kona Ice is lowwill be available for purchase each night er sugar with sugar free options and fortifor \$20 each or 6 for \$100 to win one fied with Vitamins C and D and antioxiof three cash prizes ranging from \$500 to \$2,000. The drawing will be held at 5 because they are gluten free, nut free, p.m. on Sunday. Winners do not need to dairy free and includes no high fructose be present.

Gathering features poets, speakers

Bring blankets and lawn chairs to sit back and enjoy an evening of cowboy poetry during the fourth annual Cowboy Poetry Gathering. Cowboy poets and performers will come together from 5 to 9 p.m. Nov. 16 at the Chisholm Trail est acts in the live concert series. Heritage Center in Duncan.

be poetry, music and an open mic session. Area cowboy poets, or those considering the idea, are invited to share words of wit and tunes of trail life on the Chisholm Trail.

Hosted by Ron Secoy of Central High and Jay Snider of Cyril, the event's featured speakers include Robert Beene, Smokey Culver, Daryl Knight and Curtis Krigbaum.

Magic Lantern screens 1981 classic

Magic Lantern Film Society of Cameron University screens DVD presentations of classic films each month in the CETES Conference Center, Room A. Most screenings begin at 7:30 p.m.

The Nov. 16 offering will be "The Post-

If you would like your community man Always Rings Twice," a 1981 drama event listed in the December issue, please directed by Bob Rafelson. Itinerant troublemaker Frank Chambers has a meal at a roadside restaurant and meets devastating femme fatale Cora Papadakis. As it turns out, Cora is married to the restaurant's owner, Nick. Happy to have a visitor, Papadakis offers Chambers a job. Chambers stays on and begins to help himself to whatever he likes - including Cora. The two dive headlong into a torrid romance and begin to plot the perfect

> There is no admission charge, but donations are accepted. For information about the society, or to see a schedule and synopsis of films, visit Cameron. edu/magiclantern.

Duncan's holiday stroll is Nov. 17

Duncan residents are encouraged to kick off the holiday shopping season locally during the annual Holiday Stroll from 5 to 8 p.m. Nov. 17.

Main Street Duncan merchants will offer special discounts during this snackand-shop event. Santa Claus will stroll through downtown stores for pictures, carolers will line the sidewalks, and food trucks will fill the downtown streets.

Gobble Wobble is Thanksgiving Day

Start the Thanksgiving holiday with a Touted as the "largest swine show in brisk walk or run in the one-mile Poult Bolt at 8 a.m. or the 5K Gobble Wobble 14-17 to the Stephens County Fair & at 8:15 a.m. Nov. 22. Participants will gather in front of the Museum of the Great Plains in Elmer Thomas Park in Nov. 20.

> The event is also a food drive. Walkers and runners are encouraged to bring canned goods, boxed meals, cereals and pasta to be donated to the Lawton Food Bank. Information available at Gobble-WobbleLawton.com.

Kona Ice fundraiser in Lawton

Kona Ice Truck will be serving shaved ice all year and flavored hot chocolate in the winter months from 3-4:15 p.m. evto miss this event from 4 to 8 p.m. Nov. ery fourth Thursday of the month until 16, 10 a.m. to 7 p.m. Nov. 17 and 11 a.m. May 2019 at 704 W Gore Blvd in Lawton. Io work around the holidays, the There will be a concession available truck will be open Nov. 29 and Dec 13.

> Twenty percent of proceeds go to St. dants. Options are also allergy-friendly corn syrup.

> For more information visit the Kona Ice Fundraiser Facebook page.

CTAC presents Goldberg

Brandon Goldberg is the second in the 2018-19 CTAC Live concert series. At age 11, the headliner is one of the young-

Goldberg has been playing piano since Following a meet and greet, there will he was 3 years old and soon realized he could play any song he heard. He started by playing the songs he was learning in pre-school on his family's piano at home. He began taking piano lessons for classical music, but his love and passion for jazz, and the creativity it allows, quickly took over. Now, Brandon enjoys composing his own music as well as listening to his favorite artists. His talent has been featured on NBC's "Little Big Shots," which showcases young talent with host Steve Harvey.

> Performance is set for 7:30 p.m. Nov. 30 in the Simmons Center. Tickets are available at the door or through the ChisholmTrailArts.com website.

More Community Spotlight on Page 5

Upcoming Deadlines for The Current

December

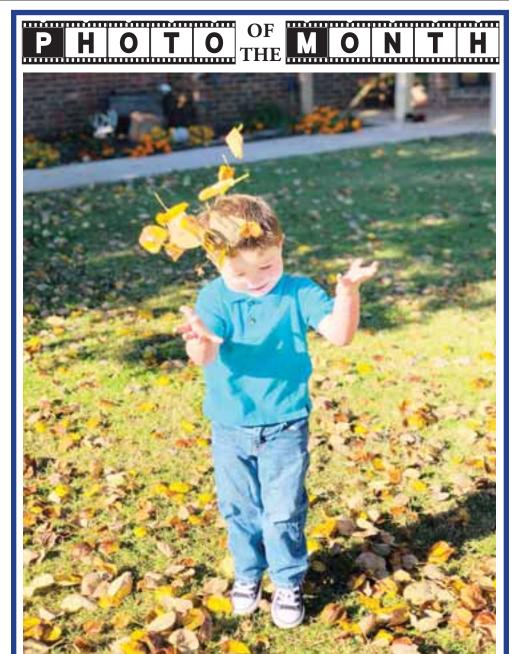
Ad Sales Nov. 30 Classified Dec. 5 Publish Date Dec. 17

January

Deadlines for 2019 to be announced in the next issue.

February

Deadlines for 2019 to be announced in the next issue.



Cotton Electric member Leigh Ann Womack submitted this photo of her grandson, Braxon, playing in some Fall Colors. Braxon just turned 3 and loves being outdoors at Nana's house, especially when the leaves are falling.

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

Candy Cane Chase is Nov. 18

Candy Cane Chase, one-mile fun run, 2 p.m. day of the event. and the 24th annual Frost Ya Fanny 5K Register at the RaceRoster.com or until group.

Awards will be presented to first- and race start at 5:45, 6 and 6:30 p.m. respecsecond-place overall male and female tively Nov. 18 in Elmer Thomas Park. and to the top three finishers in each age











Check with your English teacher or counselor for details, or call us at 580-875-3351



Cotton Electric seeks addresses for returned capital credit checks

cently to people and businesses listed here.

A retirement of capital credits demonstrates addresses. how a not-for-profit electric cooperative works. Annually, money over and above the finding the people listed here. If you see a cost of operations and other necessary expens- name on the list that you recognize and if you es and reserves is declared margins. When the have information about a current address, board of trustees determines that a portion of please call 580-875-3351 or email info@cotthose margins can be refunded, members who tonelectric.com. contributed to those margins receive a share.

check was mailed to the latest known valid **MEMBER'S IDENTITY.**

Bradshaw, Michael

Breakfield, Jason L

Brewer, Ernest L

Bradley, Leesa J

Brand, Bob L

Branstetter, P

G&T and CEC capital credit checks address for the member. Checks addressed to amounting to \$1,533,917.89 were issued remembers listed here were returned to the cooperative because of incorrect or insufficient

Cotton Electric Cooperative needs help

TO CLAIM A CAPITAL CREDIT A share of the capital credits was allocated **CHECK**, **WE REQUIRE A SOCIAL SE**among active and inactive members and a CURITY NUMBER TO VERIFY THE

Harwell, Irene

Abercrombie, Charles Abney, Doyle L Acevedo, Andrew Acrey, Ralston Acrey, Sherry A Acrey, William T Adams, Lonnie Adams, Steven L Adamson, Deborah L Aldridge, Charles W Alexander, Don Allen, Billie Allen, Morris Allen, Richard J Alsobrook, Earl Amore, Courtney C Anderson, Corv Anderson, Hubert Anderson, Melissa M Andreas V, Harold Appleton, Olen C Archibald, Bruce A Arellano, Johnny M Arnette, Diana J Arnold, Brandon Arnold, Karoline

Artre, James D Atchley, Frank Avants, Karley M Babbitt, Douglas R Baca, David Bailey, Mary L Baker, Michelle L Ball, Marsha A Ballou, Douglas W Balthrop, Ashley D Balthrope, William Bandy, John G Barber, David P Barger, Ronnie Barker, Lauren Barnett, Clinton Barnes, Allen D Barnes, Jerry B Barnes, Loyd R Barrett, LesLie G Barron, James T Bass, James Baumgarner, Tina Baugus, Iom Beard, Terry Bearden, Charles Beasley, James D Beene, Carl B Befort, Sean Belfield, Mary Bench, Laura N Bennett, Adam D Bennett, Lee Benson, Charles Benson, Michael Bentley, D Bentley, Deloris Benton, Loyal Bergquist, Dorcas Berry, Chris Berzas, Corey Berzas, Lisa R Bewley, Verlin Bevers, Gladys Bezner, Robert Z Biddy, T D Billing, Randy S Bingham, Merle Bingham, Tamara Birst, Elizabeth Bisbee, M Bishop, Bob Bishop, Kim O Bitanga, Ricardo R Bivens, Joseph L Black, Eddie W Black, James A Blankenship, Ernest Blanton, Karla R BLomberg, Christine Boatman, DW Boehm, Kyle D

Boelter, Kristie

Boers, Wayne

Bohanan, C A

Boley, Daniel H

Booth, John W

Booth, Ronnie

Bortell, Debra

Borque, Donald F

Bowman, Bryan C

Bowen, Hershel

Bowen, Kristy L

Bowen, Tara D

Bowers, Alberta M

Boydstun, Jimmy G

Bowles, Howard

Braden, Nila

Bradley, Kim L

Bogle, Joel

Boles, R D

Brezinka, Ross Bridges, Chad Bridgman, Hope Brinegar, Perry J Briscoe, Sammy Briscoe, Valerie J Brister, Johnnie Britain, Dorothy L Britton, Sheila A Brock, Jacob R Bronson, Myrtle Brooks, Carl W Brooks, Don Brooks, Terry L Brown, Helen M Brown, James H Brown, Ronald T Bruce, Frank Bruce, Ilene Bruce, Weldon Bruns, Pauline Buchanan, Rebecca L Burch, Terry Burke, B Burke, Rick Burleson, Frank Burton, Andrew L Burton, Francis E Busby, Teresa Butler, Brian D Butler, Brett

Bybee, Marion P Byers, Gary E Byrd, Harvey G C Cable, Rose Cain, Seldon Callhan, Tonya Campbell, Grace G Campbell, Matthew Cantrell, Kathy A Capron, Jessica L Capshaw, LE Cardey, Karen Careathers, Rose M Carrol, Jo A Carroll, Gladys Cardwell, Randy Carter, Doris Carter, Lillie M Cartwright, Lana Casteel, Scott L Castillo, Carlos Castlebury, Doris E Castro, Jack F Cates, Richard Caudell, Alann Cerney, Kathryn Cervantes, Kevin A Chaffins, Charles O Chambers, Charles M Chambers, Ronald M Chaney, Robert L Chappell, Derryl K Charton, Charles E Chatham, Verdell Chebahtah, Melanie Chibitty, Mead Childress, Paul A Christian, Theresa D Claborn, Marion Claborn, R D Clark, Michele R Cleland, Zachary W Clemandot, Stacy Clements, Derrick R Cleveland, Clint Clifton, Jeff L Cline, A Cluck, Neil T

Cochran, Ginny

Cockrell, Shanda

Cockrell, Steven D

Cody, Jonathon H

Cogburn, Sandra

Collier, James A

Collins, Arvil W

Colvin, Louie V

Combs, Nolan

Combs, O

Condit, Lynn

Cook, Gregory S

Cook, William L

Cooper, Sandy D

Copeland, Barry

Coulter, William

Cox, Clyde D

Collinsworth, Jeannee

Collins, Curtis

Coffey, Ben

Coffey, Suart

Cole, Dale B

Cochran, Kay

Cocke, J

Cox, J C Cox, Jesse R Cox, Rachel J Craft, Terry K Cramton, Clayton M Crawford, Galvin B Cravcraft, Brandan Crims, Christina A Croom, Melody Cross, A Crow, Charles L Crow, W Crump, Jesse J Cunningham, Bonnie Cunningham, Donald D Cunningham, John H Cunningham Jr., John N D Dalton, Rubye Daney, Johnny W Daugherty, Louie Davis, Amanda K Davis, Carl L Davis, Jim

Cox, David A

Cox, Gerald

Cox, Earl

Davis, Johnny J Davis, Karen S Davis, Kenneth Davis, Lelia B Davis, Miki Davis, Pamela D Davis, Wantha L Davis, William E Deasy, Marius B Deaver, Clyde W Decker, Roy E Deblois, Jennifer Delaney, Margie C Dell, Dustin M Dempsey, A Denewith, Frank m Dennis, John i Dennis, Lena D Desentz, Paul C Dentici, Keegan X Devine, George M Dewitt, Joseph W Dews. Charles C Diaz, Jessica Diaz, Luis Dixon, Donovan Dixon, Jana Dodson V, George Dodson, Loyd Donaghe, Charles Dodd, Reta B Dooley, Burl Dorety, William Dotson, David A Douglas, Kenneth Douthit, Gretchen Dowdell, Patricia Downing, Jawn P Doye, Fred Draper, Lou Dreith, Lucas Drewery, Carolyne D Driskell, Michael P Drobil, Frank Drummond, Theo G Dugger, Leo H Dunga, Roy Dupree, Jacquelyn D

Dyer, Delisa Ε Early, Ray D Edmond, Alexander M Edmunds, Elliot Edwards, Clifford Edwards, Randy R Eiser, Tom Eldridge, Rose M Elliott, Robert G Ellis, Billy R Elschlager, Debi L Ely, Randell Ely, W Emery, Gladys G England, James Estes, A Estes, Tiffnay N Esteves, Carmen Evans, Charles Evans, Linda Evans, Stephanie

Durham, Ron

Dutcher, Bob

F Fain, Robert L Fanning, Odell Farber, Clifford Farley, C Farmer, Cindi J Farmer, Melissa P Farmer, Willie V Fehring, B

Evans, William A

Fenton, Larry J Ferguson, Wayne Ferreira, Ken Fica, Monty R Fider, Alistar O Firestone, Carl Finn, Jerry D Fiscus, Jamie Fisher, Shirel Fizer, Leslie A Flanigan, Wayne Fletcher, J Ford, Norman Fore, Clark W Foster, Amanda J Foster, Billie J Foster, Michael B Fowler, Don Fowler, Sandy Franklin, Theodore P Friesen, Mike Fritsch, W Frizzell, Tim E Fry, Floyd W Fry, W Fuller, B

Fulsom, Paul J Funkhouser, E B G Gahr, Roy D Gallagher, Patrick Gammill, W Gandy, Rick Garrett, Gala Garrison Jr, James Gattis, James H Gazaway, Nicole Gee, Christopher W Geis, Mary K George, Beverly A Gerald, Naomi C Gerardo, Abel E Gipson, Billie J Gillian, Roy Gilligan, Sean Giovingo- Cox, Marisa L Gittings, Paul Glass, Kenneth G Glover, Billy J Glover, DA Gnagey, Misty A Goehring, Dusty J Gott, Kelly Goggans, Christopher C Golden, Allen S Gomez, Alcario Gondolf, Tim Goode, Darrin Gordon, A Gordon, Charles Gordon, Joseph D Gorman, Charketta V Gosizk, Edward Gotcher, Jim R Gothard, H Gonzales, Shelby D Graham, Barbara E Graham, David A Grams, Christian T Granger, Patricia A

Graves, Marie A

Gray, Angela

Gray, George

Gray, Robert

Green, Perry

Greenlee, Lisa L

Griffith, Justin M

Griffith, Seleana

Grooms, Juanita

Grothjan, Naomi M

Groves, Melynda

Grecinger, David A

Green, Meghan R

Gunter, W Guthrie, Lawson D Gutierrez, Peggy Н Haggard, F Hall, Clifton D Hall, James A Hall, Zachary X Hallstrom, Michael Hamill, Paul Hamlett- Wilcox, Ashley M Hampton, Justin L Haney, N C Hanson, Janine M Harding, Julietta B Hardzog, Chad Hargis, Christopher Harland, Zachary M Harmon Jr., Robert W Harper, Shirley Harris, James W Harris, Michael E Harris, Paul E Harris, R Harris, Seth

Harrison, Vinson M

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McMeans, Leslie C

McMurty, James

McPherson, J E

Κ Kalchik, Denver D Karty, Jacquelin K Kaywaykla, Bill Keck, P Keener, Debra Keith, Jimmy D Kelley, Marilyn A Kelly, Cassidy Kelly, Kevin Kelsey, D Kemp, D Kendall, Howey Kennedy, Mitch Kennedy, Ronald G Kern, Ola Kesterson, John Ketch, A Kift, Brian L Kilbourn, Trista A Killgore, Jeanette P Killsfirst, Kristopher B King, Michelle Kinnaird, Howard C Kinnaird, J Kirkham, Everett L Klinekole, Lavonna S Kohler, Janet K

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Meade, Becky

Medcalf, Jack

Murray, Crystal M Myers, Terry C N Nalley, Brian Nalley, Catherine D Natividad, Bobby Naylor, Ronald Niederjohn, Henry Nelson, Linda R Neria, Ramon G Neugebauer, Bob Neugebauer, Lisa Newell, Melissa M Newman, Beverly B Newman, James D Nicholson, Vardaneil Nix, Anthony Nixon, Paul Noble, Anthony Noel, Preston Nolan, A L Norris, M Norton Nancy N Norton, Odis O Nuehring, Jennifer D Nuncio III, Pablo

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Sago, Paul E

Salazar, San J

Sanchez, Ricky

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Murphy, T

0 Oberender, Wendell T Oliphant, L Oliver, Bertha Opperman, Tiffany C Owens, Robert C

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Price, Jim Price, Tandy Pritchard, Robert D Prickett, David W Pruett, Gabe Puckett, Gary G Pullen, Tracy L

Rather, Donald R

Ratliff, James E

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Sanders, Darrell A Sanford, Elsie G Sankey, Anna J Sauer, Jason Schale, Timothy Scheetz, Paul Scherler, Susan Schroeder, Megan S Schulte, Julius Scifres, Joey D Scott, Jeremy Scott, Pam Scott, Ricky Scott Ronnie Seabolt V, Reggie Sears, Waunema L Seigler, Christopher Seigler, Lloyd Selcer, Heath Sellers, Carolyn L Sellers, John L Sessums, Annie Sessums, Jessica S Sessums, Justin Settles, Tarina Sexton, Lindell Seymour, Elmer Shaffer, Micheal B Sharrar, Thomas M Shelley, Codyda Cody D Shelton, Janet S Shepherd, Christina Sherrill, Gary W Shipley, Leland R Shipley, Pam J Shipman, Linda Shorter, Roy Shubert, Edward Shuck, Ronna Shultz, S Shrier, W Shropshire, Vickie S Siegel, Eric L Simmons, Danny B Simpson, Don L Simpson, Michael D Singletary, James R Singleton, Nickie Sitz, Dayton H Skeen, David W Smith, Charles C Smith, Christopher Smith, Darrell R Smith Jr, James R

Smith, Jean A

Smith, Joseph

Smith, Misti D

Smith, Rose M

Spicer, Wima J

Soloman, Dondi D

Sparkman, Mary M

Spencer, Bobby E

Spraggins, Jason E

Squyres, Misty D

Staats, Samuel S

Stanley, Dennis C

Staton, Eddie L

Stephen, Michael

Spikes, Hershel

Smith, Ollie

Smith, W E

Joy, Lynda R

Jung, Melissa

Juarez, Trinidad M

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T Tafoya, Billie R Tahmahkera, Keesha D Taimanglo Jr, Frederico R Talley, C Tanzi, Juli

Taunah, Leon Taylor, Charles M Taylor, Christopher Taylor, Dewayne Taylor, Doyle Taylor, Faye A Taylor, Shon Taylor, Terry W Taylor, Ty Teakell, Justin Teel, Jessica F Teeter, Jared Thacker, Tina Thoe, Kimberly A Thomas, Claude H Thomas, Edgar Thomas, James Thomas, John Thomas, Rod Thompson, Brenda Thompson, Cassie N Thompson, Everett W Thompson, Jamie Thompson, Kayla L Thompson, Lavera Thornton, Melissa A Tierney, Daniel S Timmins, Frank H Tims, A Tims, Larry K Tiner, Terry Tinsley, Matthew Tinsley, Sherrie K Tivis, Sheri S Toahty, Gladice R

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U Ullum, Victoria J Underwood, Justine K Unroe, Brian Upchurch, AW

Vallery, Kristina G Vanbebber, Buster Vanderlois, Donald J Vandevender, Danny Vanschepen, Lela Varner, Roland Vaughn, Frank Velez, Kristy Vickery, Richard E Vinson, Larry Vorpahl, Edgar Vowell, R

W Wahkahquah, Lucy Walker, Annette F Walker, Robert R

Walker, Ronnie L Wallace, Perry R Wallace, Rebecca J Walton, H Ware, Wesley A Wares, Frank W Warkentin, Ted Wasson, Bradley Waters, Alfred E Watkins, Jerry L Watkins, Susan Weatherford, T Weatherford, Vernell Weatherly, James R Weaver, Danny Weaver, R Weir, Candice N Weiss, Mason S Webb, Wilkes Wells, Mark A Wells, Wallace R Wesner, Lew R West, Ron L Westcott, Edward Weston, Jeff Whetstone, Robert G

Whicker, Harold J

White, Ross E

White, Vivian A

Whitley, Walter

Whitemore, C

Whittington, Victor

Wibking, Melody V

Wilcoxson, Frank

Wilkerson, Tammy

Whitlock Sr, Robert T

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Murphy Energy Corporation QC Energy Resources R J A Enterprises R & L Equipment Co Red River Oil Co Roger's Quality Automotive Shear Madness Salon Shooting Star Oil Co Smoke House Southwest Royalty Sperling School Spur Operating Co Velma Feed & Supply Waller's Machine Shop Webb & Mote MFG Co Westwind Petroleum Wetherell Excay & Trkng Wible Limited Liabbility Co

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Wilson, Kimberly A

Don's Tank Trucks

Willson, M Wilson, Ginger G Wilson, Kristine Wilson, Roger E Wilson, Therman M Winham, Joseph D Winkler, James D Willmon, Lori M Wininger, Laura N Winters, H Wisdom, Lew Witham, David B Wolf, J Wolf, Jennifer A

Wolfe, Adam G Womack, Cody A Wood, Barrie Wood, Cheryl Wood, Henry A Woodall, Rick Woods, Dina L Woods, Freedy B Woolf, Patty B Worthington III, Robert L Wright, Charles K Wright, Joan Wright, Judith R Wright, Patience K

Wyatt, Charles D Wynn, Paul

Yadon, Bryon T Yarbrough, C D Young, Jim B Youngblood, L

Z

Zemke, Gardner Zerzavy, Chris T Zimmerman, Reggie Ziolkowski Jr, Chester T Zumwalt, Misti

Community Spotlight

Wichita Falls hosts annual cattle conference

Tolison, Freda L

The Annual Cattle Trails Cow-Calf Conference -Driving Your Cattle to Profit is set for 8 a.m. to 2:15 p.m. Dec. 6 at the Wichita Livestock Sales Co, 4006 US 281 #100 in Wichita Falls.

The conference is a joint effort between the Texas A&M AgriLife Extension Service and the Oklahoma Cooperative Extension Service. For purposes of meal planning, pre-registration is encouraged. To pre-register, contact your local Extension county office in Texas or Oklahoma, or Allison Ha at 940-552-9941, ext. 225 or email Allison.ha@ag.tamu.edu.

Registration is \$25 and includes educational materials, a noon meal and refreshments. Make checks payable to Wilbarger Project Fund.

Audiences expected will be cattle operators from the Texas Rolling Plains, North Texas and Southern Oklahoma. The conference alternates between the two states where two of the more famous cattle trails, The Chisholm and Great Western, crossed.

Elgin hosts Ugly Sweater run

Come out in your ugliest Christmas sweater and run/ walk in the 2nd Annual Ugly Christmas Sweater 5K as part of the Let Your Light Shine Elgin Christmas Celebration. The un-timed race in which participants run, jog or walk in their ugliest Christmas sweaters, sets off at 6 p.m. Dec. 15 from Mighty Owl Avenue in Elgin.

Proceeds go to the Elgin Chamber of Commerce's project to sponsor local families during the holiday season and to support the Winter Wishes program in the school.

Bull Bash set for Jan. 5

Jett Solutions presents the third annual action-

Bill Robinson Cell: (580)450-3077

packed Bull Bash Jan. 5, 2019, at the Stephens County urday. Admission is \$5 and includes free coffee and soft ties through ESA Sigma Nu Marlow Chapter philan- call the center at 580-255-6902. thropic projects.

Advance tickets can be purchased in Marlow at Tangles Salon and Frontier Feed, and in Duncan at Crutcher's Western Wear.

For information, call Monica Baker at 580-721-0491.

WMQG quilt show set for Feb. 2019

Wichita Mountains Quilt Guild is hosting the Home Sweet Home Quilt Show from 9 a.m. to 5 p.m. Feb. 8 and 9 a.m. to 3 p.m. Feb. 9 at the Great Plains Coliseum in Lawton.

Quilters can enter in 33 categories and become eligible to win a variety of awards including Best of Show. Participants may enter one item per category. Entry fee for members is \$10 per item, non-members can enter their first item for \$20 with each additional item for

Entry forms must be filled out and submitted by Jan. 14, 2019 and entries must be delivered by Feb. 4, 2019.

Admission is \$8 at the door and \$7 in advance. Children under 12 enter for free and a group discount of 10 or more is available.

Tickets can be purchased from Guild Members, at Quilt N Bee in Cache or online.

For online ticket purchases, entry forms and guidelines and information, visit the Wichita Mountains Quilt Guild's website at wmqg.net.

Senior center hosts weekly dances

Duncan Senior Citizens Center presents country and western dances from 7 to 9:30 p.m. every Tuesday and Saturday. Tuesdays feature Bill Dewbre and Old Country. Buzz Carter and the Shadow Riders play every Sat-

Fair & Expo Center. Proceeds benefit local communidarinks. Donations are appreciated. For information,

Weekly kids' activities in Central High

Central High presents Story Time from 10-10:30 a.m. every Wednesday while school is in session at the high school library.

Participants will read a story, sing songs and do an activity. Children who have not yet started school are welcome if accompanied by parent or caregiver.

For more information, call 580-685-2929 Ext. 6.

Chapter of the Blind meets monthly

Duncan Chapter of the Blind meets at 1:30 p.m. on the third Saturday of each month at New Hope Baptist Church, 200 S. 42nd Street.

This is an opportunity for those who are visually impaired or blind and their caregivers to learn about the availability of services and equipment such as white cane training and large lighted magnifiers. The group also provides information about free access to an extensive library of audio books.

For information about the group or to arrange free transportation to the monthly meeting, call 580-786-8041 or 427-2933.

Food pantry opens 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.



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VM progresses in fourth quarter

proactive effort to ensure quality power delivery. Aggressive and preventive vegetation management is a ing the growing season. good value to the co-op's members from a service and an economic perspective. Keeping trees away from these areas: power lines is also a matter of safety.

ment coordinator for Cotton Electric, oversees an in-house crew and several contract crews in the yearround effort to clear trees and pre- che County.

make every effort to contact land move into an area. In some cases, they will leave bright-colored door ing their way toward Highway 53. hangers either at the house or tied to a gate post.

Plan to leave a message," he said, noting that he is likely to be out on the job.

Management (VM) program is a formulated herbicide that will prevent tree growth while protecting men on VM clearing where needed grasses. Spraying is done only dur-

year, clearing crews are working in

Bacco Tree Service of Claremore Scott Crew, vegetation manage- is completing re-trim work on lines extending west from the Paradise substation. The lines are north and west of Lake Ellsworth in Coman-

They are also working on lines ex-He said all tree-clearing crews tending from the Hulen substation. They started south of U.S. Highway and home owners in person as they 70 in the Cache Creek area and are livered to members nearest the day's currently south of Highway 7 work-

hot spot work in the Walters and "Please call the number on the Geronimo areas and will be starthanger or call me at 580-875-4224. ing work in the Duncan Lakes area

The VM department is assessing turn to the area at regularly sched- areas will begin this fall. As always, chips.

Cotton Electric's Vegetation uled intervals to apply a specially Cotton's vegetation management crews will work with district linethroughout the service area.

> Scott Crew said his crews are al-During the fourth quarter of the ways 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 VM crew can deliver stumps and other debris too large to chip or mulch.

Chips and large debris will be dework location. Work crews will deliver wood chips only to members Family Tree Service is completing 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

Leave a message at 580-875-4224 the condition of lines serving the to have your name added to the list After trees are cleared, crews re- Duncan Lake areas. Action in those of members willing to take wood



Marketing team recognized

Easy as pie!

Each year, marketing department employees in electric cooperatives throughout the state take another look at the work they've done. They select the best examples of their communication pieces, and submit them for comparison and competition with their peers.

The 2018 newsletter contest sponsored by Oklahoma Association of Electric Cooperatives solicited entries from Oklahoma cooperatives in several categories. Cotton Electric earned an Award of Excellence for best overall content in the large cooperative division for the December 2017 issue of The Current.

The issue featured an easy-as-pie explanation of capital credits, a look at the first year of production at the solar facility near Devol, employee milestones, cybersecurity tips, an explanation of the parts of a power bill, charitable foundation grant recipient listing, and winning recipes from a local 4-H cook off.



ation collected from the U.S. Department of Energy

Register environmentally sensitive areas

Cotton Electric's Vegetation Management team and vineyards, and habitats for species at risk such as works year-round to ensure power quality by maintaining vegetation growth around power lines. Part of this effort is returning to vegetation after it has home to species which are nationally or locally sigbeen trimmed or cut down and applying herbicide that prevents regrowth.

This herbicide is safe for grass and other plants; however, it may not be safe for environmentally sensitive areas. Cotton Electric is asking members to register their environmentally sensitive areas so our Vegetation Management crew knows where to spray.

have special environmental attributes worthy of retention or special care. These areas are critical to the maintenance of productive and diverse plant and sensitive area will show up on the Oklahoma Dewildlife populations.

easily disturbed by human activities such as orchards not to treat with herbicide.

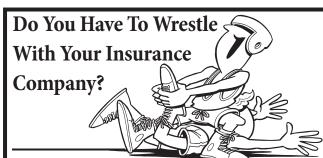
bee colonies.

Some of these environmentally sensitive areas are nificant. They range in size from small patches to extensive landscape features, and can include rare and common habitats, plants and animals.

To register any environmentally sensitive areas, go to ODA.State.OK.US. Under quick links, select Sensitive Crop Viewer and go to the Environmentally Sensitive Area Registry. The Oklahoma De-Environmentally sensitive areas are places that partment of Agriculture will register only qualified environmentally sensitive areas.

Once you have registered, your environmentally partment of Agriculture map, and our Vegetation Examples include rare ecosystems, areas that are Management team can add the area to a list of zones





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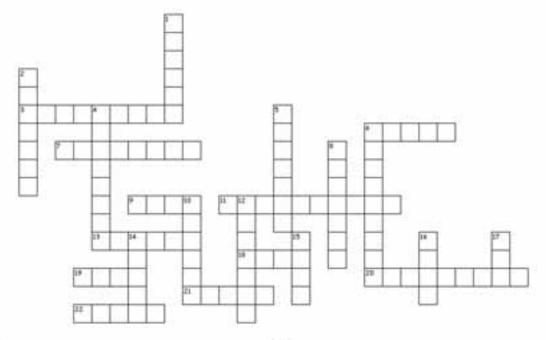
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Across 3. Use extension cords on a _ _basis - not as permanent household wiring

- 6. Run lamp ____ along walls and behind furniture so they're safely out of the way.
- 7. Screw light bulbs in securely. Loose bulbs may _____ and cause a
- 9. Before you dig. _ your local underground utility locator service to avoid damage and injuries.
- 11. Prevent electrical shocks and fires by using safety-tested
- 13. If you see a _____ or sagging power line, stay far away, warm others to stay away and call the utility company.
- 18. Make sure outlets in the kitchen, bathroom, laundry, workshop, basement and garage have_ 19. Unplug _____-producing appliances like irons and toasters when
- not in use. 20. Don't remove the _____ pin to make a three-prong fit a two
- prong outlet. Make certain extension cords are _____ to handle the lamp, tool
- or appliance you are using. 22. Have your home's wiring checked regularly, at least every 10

6. thunder 10. ladder 12. plugged 14. water 15. fire 16. plug 17. ten Acroes: 3. temporavy 6. cords 7. overheat 9. call 11. appliances 13. downed 18. GFCI 19. heat 20. grounding 21. rated 22. years 13. downed 18. CFCI 19. heat 20. grounding 21. rated 22. years 10. so overhead 5. monthly 6. carpeting

Down

- covers or special outlets if you have young children in the home.
- 2. All sockets should have ground fault circuit interrupters
- (GFCIs). Use a portable GFCI if those outlets don't have them. 4. Flickering, blinking and dimming lights can be a sign of home
- Test ground-fault circuit interrupters (GFCIs) Keep cords out of walkways. Don't cover cords with _
- rugs. The cords could overheat.
- B. Go indoors when Never place tall items like a __ or antenna new a power line.
- 12. Never reach into water for a ___ _-in appliance. Unplug it first. 14. Keep appliances away from
- Overloaded outlets and extension cords can overheat. increasing the risk for _ _ Limit the number of appliances
- plugged into each outlet. Pull by the ______, not the cord when unplugging appliances. 17. Keep all objects at least _____ feet away from overhead lines.

Electricity.org

12

ACROSS

- 1. Type of toast
- 6. Peter Griffin's daughter 13
- 9. A group
- 13. Ancient Greek unit of weight
- 14. Small amounts
- 15. Ready and ___
- 16. Right
- 17. Asian antelope
- 18. Cambodian monetary unit
- 19. Type of leather
- 21. Secret clique
- 22. Cabbage and cole are
- 23. Burmese ethnic group
- 24. Empire State
- 25. Be in debt 28. Italian monk's title
- 29. Asian plants
- 31. Everyone has one
- 33. One who can't sleep
- 36. "Glengarry, Glen Ross" playwright
- 38. Shock therapy 39. Cavalry sword
- 41. A must-have
- 44. Type of fabric
- 45. French composer
- 46. A type of pen 48. Snout
- 49. One of the six noble gases
- 51. Married woman
- 52. Register formally (Brit.)
- 54. Greek sorceress
- 56. Depository library
- 60. A tightknit group
- 61. Ancient units of measurement
- 62. He was Batman
- 63. Dry or withered
- 64. Margosa tree
- 65. Tables (Span.)
- 66. Large jug 67. Make a mistake

- - 14 15 18 16 17 20 21 22 23 24 28 29 30 25 26 27 31 33 32 35 36 37 38 39 40 42 43 44 41 46 48 47 50 51 52 53 49 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68
 - 68. Puerto Rican genre of 14. People from Taiwan music "La__'

DOWN

- 1. Insect drawn to flame
- 2. A Spanish river
- 3. Reduce (Brit. sp.)

- 4. Wish well
- 5. Robots are an example
- 6. Young women 7. The tip
- 8. Young women's association
- 9. One who is suspicious
- 10. A child's apron
- 11. Not dirty
- 12. Fightin' Irish football coach

- 17. Harry Belafonte's
- daughter
- 20. Santa's helper 21. Cereal plants
- 23. Respectful address
- 25. Unit of electrical
- resistance 26. Used to managing
- without 27. Type of chair
- 29. London footballers
- 30. Vaccine developer
- 32. 10 meters
- 34. Type of story; __ fi
- 35. Covering on birds' beaks
- 37. Small freshwater fish 40. Confederate soldier

- 42. Female sibling 43. Belgian city
- 47. An electrically charged atom 49. A way to entertain
- 50. Regenerate 52. Highly flammable

liquid

- 53. Mark
- 55. Not good
- 56. Eloquent Roman orator
- 57. Absence of difffficulty
- 58. Kazakhstan district 59. Plateau
- 61. Midway between northeast and east 65. Military policeman



CTHC hosts Cowboy Poetry Gathering

By Danielle Quickle

"If we don't talk about history then there is no way to keep the spirit of it alive in the next generation," Chisholm Trail Heritage Center (CTHC) Directory Stacy Cramer Moore said regarding the purpose of the Cowboy Poetry Gathering.

One of only two open-mic cowboy poetry events in the state, the Cowboy Poetry Gathering contest is celebrating its fourth consecutive year from 5-9 p.m. Nov. 16 at the Chisholm Trail Heritage Center.

Poets come from all over the country to perform their pieces through song, music or spoken word. Last year, participants ranged from high school students to senior

The event begins with a meet and greet with the headliner artists. This year's gathering features Robert Been, Smokey Culver, Daryl Knight and Curtis Krigbaum. Each artist will fill a 20-minute time slot with open-mic sessions for the public between each performer.

Attendees can sign up to perform one or two pieces during the open-mic sessions. People of all ages are welcome to perform any family friendly content.

"This part of the gathering is really fun," Moore said. "The open-mic sessions allow for diversity and different genres."

The gathering serves as CTHC's largest fundraising event of the year. Admission is free with a suggested donation of \$20.

"If you want to come out but don't have \$20, then please come," Moore said. "But if you enjoy it and would like to support the continuation of the poetry gathering, then that \$20 helps a lot."

Ron Secoy has served on the CTHC board since January of this year and is the one who first proposed that the center host its own Cowboy Poetry Gathering.

"In 2015, there were no cowboy poetry gatherings in the state of Oklahoma," Secoy said. "I wanted to start one, and the CTHC seemed to be the perfect place to



do that."

Secoy has been writing cowboy poetry since 2008. He was first inspired by nationally known cowboy poet, Jay Snider. Secoy and Snider co-host the event each year to keep the entertainment flowing.

published several poems and travels all over the country com. to perform his poetry.

"Cowboy poetry is beneficial in today's society in that it helps to keep the oral history of days gone by," Snider said. "It captures the traditions of the cowboy in an era that helped forge a way of life in rural America."

In conjunction with the Cowboy Poetry Gathering, CTHC is hosting its first Performance Cowboy Poetry Contest. The contest will take place the afternoon before the Cowboy Poetry Gathering at the Duncan Pub-

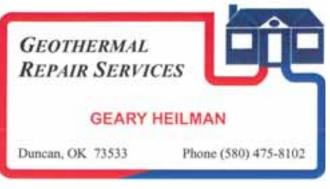
lic Library building. Cash prizes and belt buckles will be awarded to the winners as well as a prominent spot at the Cowboy Poetry Gathering. The contest is open to all ages. Registration is \$25 and is open until noon on Nov. 16. Registration and information about the Snider was born and raised in Oklahoma. He has contest can be found by visiting OnTheChisholmTrail.

> CTHC is one of the local participants in Cotton Electric's Co-op Connections program. It is a Top 10 Western Museum in the country and has just be renamed a Best of America Attraction. Members can show their Co-op Connections card at the door and receive \$1 off the center's entry fee. CTHC is open 363 days a year with a combination of beloved favorites and refreshingly new exhibits, there is always something the whole family can enjoy.



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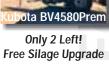
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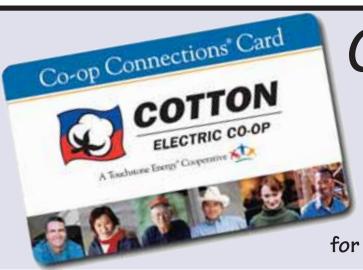
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From left, Shaylie Fletcher with her skull cupcakes and Brianna Arellano with fall cupcakes



From left, Jayci Fenhaus with her animal cupcakes, Sage Tinsley with her Halloween cupcakes, and Linlee Brummett with unicorn cupcakes.

Cotton County 4-H hosts cupcake wars

Cotton County 4-H hosted one of its were selected for judging. Cupcakes were cal 4-H'ers were challenged to decorate they wanted in 30 minutes or less.

made cupcakes and their tools for decoof their cupcakes but only their top three kitchen.

contest, they had to ice and decorate each efits of the competition go beyond the new fun events on the horizon."

"Youth participating in this competi- pants in two separate categories. Firsttastiest competitions yet on Oct. 25. Lo- judged on creativity and decorating style. tion learned more than just how to ice and second-place were awarded to Brian-Bakers were asked about their theme, a cupcake. They learned time manage- na Arellano and Shaylie Fletcher in the three cupcakes with any style or theme decorating techniques, where they ment, organization skills, resiliency, and Intermediate Cupcake War Designers would serve their creations and what goal setting," Davis said. "This is a great division. First-, second- and third-place Each participant could bring six home- they would change about their cupcakes. example of how 4-H is changing with were awarded to Sage Tinsley, Linlee Cotton County OSU Extension Edu- times and finding new ways for youth to Brummett and Jayci Fenhaus in the Berating to the competition. During the cator Kimbreley Davis believed the ben-learn life skills. We look forward to other ginner Cupcake War Designers division.

Top prizes were awarded to partici-

Source: Cotton County 4-H

Frozen options maintain healthy eating targets

As the growing season comes to a close, the dietary recommendations of eating fruits and vegetables doesn't change but it does become more challenging. Fresh fruits and vegetables are not the only way to meet your daily intake requirement. There are healthy options that are canned or frozen. A study published in

THOUGHT

Kim Bandelier, MPH, RD, LD

the journal Nutrition by Storey and Anderson uncovered that people who include frozen fruits and vegetables in their diet actually end up consuming more fruits and vegetables in total than those who eat fewer frozen fruits and vegetables.

So why are frozen fruits and vegetables less favorable?

There is a perception that frozen fruits and vegetables contain fewer nutrients than fresh. Research has shown that frozen fruits and vegetables are higher in most nutrients. Advancements in preparation of frozen fruits and vegetables have significantly minimized the nutrients that are lost.

In a study done by Bouzari and colleagues and published in the Journal of Agriculture and Food Chemistry, researchers found that the nutrient lowest in frozen vegetables when compared to fresh was beta-carotene, which is a precursor to Vitamin A. Vitamin A can be found in animal products and a wide variety of leafy greens and orange vegetables. As long as you consume a variety of vegetables, a deficiency is unlikely.

Canned fruits and vegetables are also associated with a higher intake of total fruits and vegetables and a higher diet quality. Choose low sodium canned vegeta-

bles when possible, otherwise rinsing helps reduce the overall sodium content. Choose canned fruits in "own juice" or fruit juice to decrease the added sugars.

Frozen and canned fruits and vegetables can save you time. They are already cleaned and cut into the sizes that you need for recipes. They can be stored for 6 months for frozen foods or longer for canned foods. They can be cooked quickly using the stove or microwave. They are generally cheaper than their fresh counterparts.

As the winter months approach, don't shy away from frozen and canned fruit and vegetable options. They are better than not eating enough fruits and vegetables, especially during a season filled with sweet temptations.

Use frozen and canned fruits and vegetables to maintain your healthy eating targets during the winter season. You will be thankful come springtime that you gave them a chance.



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per serving)

- 2 tablespoons fresh rosemary, chopped
- 4 teaspoons fresh garlic, minced, divided
- 1 tablespoon lemon zest, grated
- 3/4 cup Holland House Marsala Cooking Wine, divided
 - 2 tablespoons extravirgin olive oil 2 racks of lamb
 - (approximately 3-4 pounds), trimmed and cleaned

Marsala Mushroom Sauce: 1 tablespoon butter

- 1 pound fresh baby bella or cremini mushrooms, cleaned
- 2 tablespoons fresh shallots, thinly sliced
- 1/2 cup beef stock 1 teaspoon Dijon
 - mustard salt, to taste pepper, to taste
- 1 tablespoon fresh parsley, chopped

In large bowl, combine rosemary, 3 teaspoons garlic, lemon zest.

1/4 cup cooking wine and olive oil.

Add racks of lamb, meat-side up, and cover bowl. Marinate 6-24 hours.

After marinating, heat oven to 400 F.

Transfer racks of lamb to heated, oven-proof saute pan on stovetop and sear each side 2 minutes until golden brown.

Transfer oven-proof saute pan with lamb to heated oven and cook approximately 10 minutes, or until lamb reaches

135 F in center. Remove pan from oven and take lamb out of pan to rest. To make Marsala Mushroom

Sauce: In same pan, melt butter over medium heat; add mushrooms and saute.

Add shallots and remaining garlic, cooking until fragrant. Deglaze with remaining cooking wine.

Add beef stock and whisk in Dijon mustard.

Season with salt and pepper, to taste, and cook 2 minutes to reduce and thicken.

Carve racks of lamb by cutting between ribs. Serve drizzled with Marsala Mushroom Sauce. Garnish with parsley.



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Chisholm Trail Cowboy Poetry Gathering and Cowboy Poetry Contests

Youth, written entries, deadline: Nov. 1

All Ages - Performance Event: Noon-4pm Nov. 16 Gathering 5-9pm Friday, Nov. 16

> Writing From Historical Objects, a free writing workshop 1:30—4:30pm Sunday, Oct. 21

See website for details: Www.onthechisholmtrail.com





