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The Current

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A Touchstone Energy® Cooperative 

“The Current - Informing Our Members Since 1957”

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Energy Camp powers potential for local youth

By Carli Eubank

Eighth graders representing electric cooperatives from across the state kicked off their summer break at Canyon Camp for a few days after Memorial Day for the 2024 Energy Camp. Representing Cotton Electric were Madysen Staggs of Duncan, Isabella McClung, Corbyn Stephens and Gracelynn Williams of Walters, and Cotton Electric Vegetation Management Worker Dillon Newby, who volunteered as a counselor.

Earlier this year, students were selected based on their leadership and teamwork qualities reflected in their essay submission explaining why he or she wanted to attend Energy Camp. Stephens shared that he was encouraged by his mother and science teacher to apply, and he looked forward to the leadership skills he could gain through the camp.

Organized by Oklahoma Association of Electric Cooperatives, the camp agenda was full of activities. The first day started with a few ice-breaker games, and then students learned about the electric cooperative business model, Cooperative Principles and life before electricity.

“I would share with students that every time you flip on a light switch or charge a phone, there are a ton of people and equipment that make it possible,” Newby said. “If not for electric cooperatives around the state, rural electrification wouldn’t be possible.”

The following days included learning about power line construction, hearing about different careers within the electric cooperative industry, climbing power poles, seeing a variety of electric vehicles, watching a live-line demonstration and much more.

One of the camp sessions included Cotton Electric Energy Efficiency Coordinator Heath Morgan, who shared his experiences volunteering with the 2023 Energy Trails project late last year when he and other volunteers wired nearly 200 structures in 38 Guatemalan villages.

Newby shared how he enjoyed seeing the students engage in the week’s activities and how he learned probably just as much as the kids did.

“Over the last year, God has encouraged me to step out of my comfort zone, and I had no idea what to expect when God laid it on my heart to volunteer for this camp, but it was a blessing. I think this is a great thing for kids to be part of,” Newby said. “Thank you to Cotton Electric for letting me be part of it. It’s nice to work for a place that has opportunities like this for children in their communities.”

Students also exercised the Democratic Member Control Cooperative Principle and how electric cooperatives are managed by nominating and participating in their own Board Member election for the



Cotton Electric was represented at the 2024 Energy Camp by Corbyn Stephens, Madysen Staggs, Gracelynn Williams, Isabella McClung and Cotton Electric Vegetation Management Worker Dillon Newby. Photo courtesy of Oklahoma Association of Electric Cooperatives.

camp. One of the elected Board Members for the week was Stephens.

“I was very surprised and excited when I was elected,” Stephens said. “My responsibilities with the position included voting on the general manager and writing the report of Energy Camp on the last day.”

During the afternoons, there was plenty of time for swimming, hiking and other outdoor games, and campers ended the final night of camp with pizza and a neon dance party. The next morning was

for thank-you notes and reflections before everyone traveled back to their hometown.

“Attending Energy Camp was really outside my comfort zone, and I was nervous to go,” Stephens said, “but it ended up being a very fun and exciting time that I will remember forever.”

For more information about Cotton Electric’s youth programs, call 580-875-3351 or visit www.cottonelectric.com/youth-programs.



Isabella McClung puts on lineworker gear before climbing up a power pole. Photo courtesy of Oklahoma Association of Electric Cooperatives.



Corbyn Stephens was elected to be on the camp’s Board of Directors. Photo courtesy of Oklahoma Association of Electric Cooperatives.

Power Cost Adjustment Calculated

The power cost adjustment now being applied to bills mailed after July 1, 2024, is \$0.00447 per kilowatt-hours (kWh).

On a member’s average bill of 1,300 kWh, this will amount to a charge of \$5.81 on the July bill.

June 2024 Temperature Extremes

Day	High	Low	Avg.	Day	High	Low	Avg.
1	89	67	78	16	96	66	81
2	75	65	70	17	95	75	85
3	82	67	75	18	92	76	84
4	97	70	84	19	91	73	82
5	92	67	80	20	92	71	82
6	97	64	81	21	95	76	86
7	96	70	83	22	98	71	85
8	99	72	86	23	104	71	88
9	93	71	82	24	101	73	87
10	85	70	78	25	102	78	90
11	81	67	74	26	107	80	94
12	91	63	77	27	99	79	89
13	96	68	82	28	105	79	92
14	97	71	84	29	103	79	91
15	96	68	82	30	103	81	92

Source: srh.noaa.gov/oun/

Average Daily High: 95 Average Daily Low: 72

Did You Know?

Have you downloaded the SmartHub app? With SmartHub, co-op members can check energy use, pay power bills and more! Download SmartHub in Google Play or the Apple Store.

The next issue of *The Current* should arrive in mailboxes Aug. 9, 2024.

Contact Us

Do you have a story idea for *The Current*, or do you need to place an ad? If so, let us know.

We can be reached at 580-875-3351 or by email at TheCurrent@cottonelectric.com.

You can also drop us a line at Cotton Electric Current, 226 N. Broadway, Walters, OK 73572.



COTTON
ELECTRIC CO-OP

Mission Statement

Our mission is to safely deliver reliable and affordable power, provide excellent member service, and improve the quality of life in the communities we serve.

From the CEO

Electricity provides powerful value

As we all look for ways to save money in this age of increasing inflation, I began to think about my occasional purchases and how much value it provided compared to the money I spent. For example, a morning latte recently cost me \$5 while a fast-food lunch with a burger, fries and a drink ran \$10. Repeating these purchases several times a week quickly adds up.

The average daily cost of electricity is about \$5, and the average monthly electric bill for members of Cotton Electric is \$150. You could power your entire home to brew coffee, cook meals, stream a series and run on a treadmill for less than the cost

of the latte I recently purchased. When comparing costs, electricity has remained relatively cost-stable even amidst rising inflation.

As a member-owned cooperative, Cotton Electric does everything in our power to ensure your costs stay reasonable and that electricity remains a great value for our members. It's not always easy, as there are several factors beyond inflation that impact the price of electricity—some within our control but most beyond it.

The cost of electricity can fluctuate due to supply and demand, infrastructure investment, maintenance and operational expenses.

Weather patterns also contribute, affecting both demand and generation capabilities, with extreme conditions leading to heightened energy use or disruptions. Government policies, such as subsidies for renewable energy or taxes and regulations on emissions, shape electricity costs as well. Your electric co-op considers all these aspects when adjusting rates, and because we're a cooperative, we consider the impact of those costs on our members as well.

As our community continues to rely on electricity for nearly everything in our homes, schools, and businesses, we need it to be reliable and affordable.



Jennifer Meason, CEO


If you haven't joined Voices for Cooperative Power, I invite you to sign up <https://voicesforcooperativepower.com/> to join us in speaking up for reliable and affordable electricity.

Cotton Electric will continue to keep you top of mind and work each day to ensure electricity remains the best value for your money.

DID YOU KNOW?

THE DAILY COST OF POWER IS ABOUT

\$5



WHERE DO YOU FIND VALUE?




\$10




\$5

POP QUIZ!


Of the following everyday goods, which has remained steadier in price over the last five years?



BREAD
5.6%




ELECTRICITY
4.9%




GASOLINE
6.1%


WAYS YOU CAN USE ELECTRICITY

that cost less than a to-go coffee







RUN FRIDGE
24 HOURS




FULLY CHARGE
CELL PHONE




WATCH 2 HOURS
OF TV




USE OVEN 4 HOURS



POWER LAPTOP
8 HOURS



DRY A LOAD
OF LAUNDRY



Energy Efficiency Tip of the Month

Electricity used to operate major appliances accounts for a significant portion of your home energy use.

Here's an easy way to lighten the load on your clothes dryer. Before you dry a load of damp clothing, toss in a clean, dry towel. The towel will absorb excess water, shortening the drying time. If your dryer does not include an autosense feature to determine drying time, remember to reduce the timer to about half of what you normally would. Remove the towel about 15 minutes after the cycle begins. Shorter drying times will extend the life of your dryer and save energy.

Source: www.homesandgardens.com

May 2024 Operating Stats		
	2024	2023
Total Amount Billed/Accrued	\$6,265,043	\$6,038,445
Cost of Purchased Power	4,100,164	4,034,898
Taxes	109,147	106,792
Total Operating Expense per Mile	1,180	1,173
Average Farm and Residential Bill	141	130
Average Farm and Residential kWh	1,081	981
Total Meters Billed (Farm, Residential)	19,687	19,456
Miles Energized	5,271	5,260
Density per Mile	3.73	3.70
New Service Connects YTD	146	195
Services Retired	51	86

Upcoming Deadlines for The Current	
August	
Ad Sales	July 26
Classified	July 26
Publish	Aug. 9
September	
Ad Sales	Aug. 30
Classified	Aug. 30
Publish	Sept. 13

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Energy Efficiency

The power of smart home technologies

Smart home technologies are transforming how we live, making our homes more comfortable, convenient and energy efficient than ever before.

Smart home technologies are devices that communicate with each other to automate everyday tasks and functions around the home, like heating and cooling, lighting and security. In addition to convenience, smart technologies enable consumers to manage and monitor their energy consumption through device scheduling and control.

With just a tap on your phone or a voice command to your virtual assistant (like Alexa or Siri), you can conveniently control many aspects of your home environment. If you're new to the smart tech world, there are sever-

al cost-effective devices you can try as you explore ways to make your home smarter.

One of the best and most inexpensive places to start is with a smart bulb or plug. Smart LED bulbs allow you to control home lighting remotely through a smartphone app or voice commands. You can set schedules to automatically turn lights off or on, which can help you save energy and boost home security.

Smart plugs are another inexpensive way to give electronics and small appliances the smart home treatment. Smart plugs allow you to set schedules and remotely control power to lamps, small appliances and electronics, minimizing standby energy consumption and maximizing convenience. For example, you can sync the timing of your

bedside lamp, alarm, speakers and coffee maker to turn on at the same time each morning.

If Alexa or Siri is already part of your household, you can build on your existing "tech ecosystem" by adding a smart hub, like Amazon Echo or Apple HomePod. Voice assistants that are synced to smart devices like bulbs and plugs provide additional options for device management and allow family members to interact with the various devices through voice control rather than individual apps.

Home heating and cooling account for a significant portion of energy use, so one of the best investments you can make in smart tech is a smart thermostat. While traditional programmable thermostats can be set to your schedule and preferences, a smart thermostat



Heath Morgan,
Energy Efficiency
Coordinator

takes this one step further by learning and adjusting to your routine and building a schedule around it.

Smart security systems are popular options for homeowners looking for advanced security solutions that incorporate cameras, sensors and cloud-based video recordings. As with other smart technologies, smart security systems provide convenient, flexible ways to monitor homes (and businesses), giving you peace of mind even when you're away.

If you're considering smart tech for your home, start by defining your goals. Is saving energy your top priority, or are you aiming to improve home security? Smart home technologies provide great convenience—but remember, they are internet-connected devices. That means you'll need a stable Wi-Fi connection to ensure devices are working properly, and you'll need strong passwords for your router and individual devices.

Whether you're looking to automate every aspect of your home or simply want to try a device or two, smart technologies have the power to transform your living space into a home where comfort and convenience reign supreme.

TIPS FOR INTEGRATING SMART HOME TECH

If you're new to smart home technologies, keep the following tips in mind as you explore home automation options.

- 1. Define goals.** Determine the areas in your home you want to make smart, like lighting, security and entertainment systems.
- 2. Choose compatible devices.** A smart hub can make integration easier with a central device to control multiple smart technologies.
- 3. Check Wi-Fi strength.** Smart home technologies require a stable internet connection to function properly, so consider factors like router placement and signal strength.
- 4. Prioritize security.** Set strong, unique passwords for your Wi-Fi network, set devices to update automatically and limit personal data collection.

Heating Degree Day and Cooling Degree Day Calendar

JUNE

HDD	YEAR	CDD
0	2024	528
0	2023	431
0	2022	484

Degree days measure how cold or warm a location is by comparing the average of the high and low (mean) of the outdoor temperatures recorded in that location to the standard U.S. temperature, which is 65 F. The assumption is that we don't need heating or cooling to be comfortable when this is the outdoor temperature.

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COTTON
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Cotton Electric Charitable Foundation

CECF announces second-quarter grant recipients

Pennies, nickels, dimes and quarters – set enough of them aside on a regular basis, and the coins add up to dollars. That’s how Operation Round Up (ORU) works.

Most Cotton Electric members participate in ORU, in which power bills are rounded up to the nearest dollar. The amount rounded up can be as little as 1 cent and is never more than 99 cents. On average, each participating member contributes about \$6 each year.

The funds are pooled and administered by the Cotton Electric Charitable Foundation (CECF), a Board of Directors who meets quarterly to consider grant applications from individuals and organizations in the area. The Board consists of Jennifer Meason, the co-op’s CEO; Shan Files, president of the co-op’s Board of Trustees; and three representatives from the Cotton Electric service area: Cindy Zelbst, Polly Krasser and Carter Waid.

The Board met in June to review several grant applications. Grants totaling \$21,670.40 will be distributed to eight of the applicants. Second-quarter grant recipients include: Christian Helping Hands of Comanche, Hastings VFD, City of Indianoma, Pecan Creek VFD, Vizavance, Inc., Waurika Senior Citizens Center, Inc., Waurika VFD, and Wichita Mountains Prevention Network.

Third-quarter CECF applications are due Aug. 13, 2024. The Board of Directors for CECF will meet again in Aug. 27 to review applications for the quarter.

CECF grant guidelines and applications can be downloaded and completed online at www.cottonelectric.com/grant-applications. Applications can also be submitted by email to zyoung@cottonelectric.com or by mail to 226 N. Broadway, Walters, OK 73572.

Christian Helping Hands of Comanche
\$3,000 for the installation of a freezer

Hastings VFD
\$4,409 for an engine

City of Indianoma
\$3,000 for a commercial ice maker for community center

Pecan Creek VFD
\$4,494.40 for a water tank


Vizavance, Inc.
\$1,000 for a spot vision screening camera

Waurika Senior Citizens Center, Inc.
\$2,500 for flooring

Waurika VFD
\$2,267 for a generator


Wichita Mountains Prevention Network
\$1,000 for support of their Youth Conference


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As your local cooperative, we care about the communities we serve. One of the ways we strive to support our local members and businesses is through Touchstone Energy’s Co-op Connections program.

Co-op Connections is a nationwide program that helps strengthen relationships between local businesses and community members. Whether you’re a small-business owner looking to expand your customer base or a member seeking discounts, Co-op Connections is available for you.

Benefits for members

The Co-op Connections program membership is free to you simply for being a member of Cotton Electric. Whether you’re looking to save on health and wellness, travel and recreation or everyday purchases, Co-op Connections is filled with exclusive discounts.

One of the biggest benefits of using your Co-op Connections card is saving on medications and other health services, such as dental, vision, hearing, lab testing, flu shots, MRI and CT scans, chiropractic and diabetic. Members may also receive financial help during Medicare coverage gaps, otherwise known as the donut hole. For a list of the more than 60,000 participating pharmacies, visit www.connections.coop.

When members show their Co-op Connections card to participating businesses, discounts on products and

services are available to you at your fingertips, making it easier to support the community while saving money.

Benefits for businesses

Co-op Connections is also available and beneficial for local businesses. Participating in this savings program expands your business’s visibility among cooperative members, increases long-term customer loyalty, supports community engagement, allows participation in cost-effective marketing and boosts brand recognition.

Interested in becoming a participating business? Give us a call at 580-875-3351 to sign up today.

Why join today?

Whether you’re a member eager to save on everyday expenses or a business owner looking to attract loyal customers, participating in the Co-op Connections program helps support and contribute to the local economy and community growth while enjoying benefits that enhance your quality of life.

Don’t have your Co-op Connections card? No problem. They are available to all members and can be downloaded in the app, printed online, or picked up at Cotton Electric offices in Walters or Duncan. Members can also visit www.connections.coop or www.cottonelectric.com/co-op-connections to discover how you can be part of this free, money-saving opportunity.

EAT. SHOP. ENJOY.



FOR MORE INFORMATION:
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- ☐ 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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Going on vacation? Simple steps to make it cybersecure

The summer season is upon us, and soon millions of people will be traveling all over the world. If you are going on vacation, here are some travel tips to help keep you cyber savvy and safe.

Mobile devices

Avoid overpacking and only bring the mobile devices you need when going on vacation. By mobile devices, we mean devices including laptops, tablets, smartphones, smart watches, eReaders, and portable gaming devices. The fewer devices you bring, the fewer devices that can be lost or stolen. In fact, did you know that you are far more likely to lose a mobile device than you are to have it stolen? Quite

often just keeping track of your devices can be your biggest challenge. Create a habit that whenever you leave a hotel room, restaurant, taxicab, train, or airplane, do a quick device check and make sure you have all of your devices. Don't forget to have friends or family traveling with you to double check for their devices, too - especially children who may leave a device behind on a seat or in a restaurant.

As for the devices you do bring, make sure you update the operating system and apps before you leave so that they are running the latest versions. Often the simplest way to do this is to enable automatic updating on

the device. This ensures that your devices have any vulnerabilities patched and are running the latest security features. Keep the screen lock enabled, and if possible, ensure you have some way to remotely track your devices if they are lost. In addition, you may want to enable the option to remotely wipe the device. That way if a device is lost or stolen, you can remotely track and/or wipe all your sensitive data and accounts from the device. Finally, do a backup of any devices you take with you so that if one is lost or stolen, you can easily recover your data.

Wi-Fi connections

When traveling, you may want to connect to a public Wi-Fi network. Examples of public Wi-Fi networks include the free Wi-Fi networks at the airport, coffee shops, or at restaurants. Keep in mind, you often have no idea who configured a given Wi-Fi network, who is monitoring it or how, and who else is connected to it. Instead of connecting to a public Wi-Fi network, when possible, use the personal hotspot feature of your smartphone to connect your personal devices to the internet. This way you know you have a trusted Wi-Fi connection.

Another tip to reduce the amount of data you use on your vacation is to download what you need at home before you leave for your trip. This can include downloading versions of maps to easily navigate your destination offline in your preferred navigation app or downloading any digital entertain-

ment beforehand such as audiobooks, eBooks, games, or movies.

Public computers

Never use public computers such as those in hotel lobbies or at coffee shops to log into any accounts or access sensitive information. You don't know who used that computer before you, and they may have infected that computer accidentally or deliberately with malware, such as a keystroke logger. Stick to your own devices that you control and trust.

Social media

We all love to update others about our adventures through social media, but you don't know who will be reading all of your posts. Avoid oversharing while on vacation as much as possible and consider waiting to share your adventures until you're home from your trip. Also, don't post pictures of boarding passes, drivers licenses, or passports, as this can lead to identity theft.

Customs and local laws

Check the laws of the country you are visiting; your legal rights vary from one country to another. Content which may be tolerated at home may be illegal in another country. Know before you go.

Vacation should be a time for relaxing, exploring, and having fun. These simple steps will help ensure you do so safely and securely.

Source: www.sans.org



Following these tips can keep you and your family cybersecure while enjoying your vacation. Phot courtesy of Metro Creative.

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I want to encourage everyone to get out and vote August 27th for the person that will do the best job as Cotton County District #1 Commissioner.

To prepare, if I should win, I have been attending the Commissioner's Board Meetings and I'm checking out the roads. If elected I plan on pursuing grants to help improve our roads and our county in general. I also want to work on creating a more efficient way to maintain our roads. I believe that by working together we can make Cotton County the best it can be. I would appreciate your vote.

David Edgmon
FOR
**Cotton County Commissioner
District #1**

Paid for by David Edgmon



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New format, same effective tool

A tool familiar to many Cotton Electric members recently received a new look, but it has the same features that benefit members. From viewing your energy usage to making a payment, SmartHub gives you plenty of ways for you to control and manage your account at your fingertips.

Monitor energy consumption

Everyone's usage is different, and the My Usage tab provides access to information about how your energy usage trends over time. Members can view detailed reports that compare month-to-month power use or summaries of a year's worth of kWh use. Energy-use thresholds can be set to notify members when they are using more energy than they would like and help them keep energy bills as low as possible.

Another feature in My Usage is a comparison of daily energy consumption to average temperature. This bar graph is overlaid with high, low and/or average temperatures, illustrating the increase in electricity use during extremely hot or cold weather.

Update account information

Ensuring account information and payment methods are updated and correct allows Cotton Electric employees to serve our members more efficiently and accurately during outages, account questions or other inquiries.

Many Cotton Electric members have E911 addresses. Some members have dropped landlines for cell phones, which may have different numbers, and some may have new email addresses. SmartHub is a convenient way to update your account information at anytime.

Manage payments and notifications

SmartHub accepts payments via electronic check or with Visa, MasterCard or Discover credit cards anytime of day. Most payments will post to an account within 15 minutes. Credit cards will not be accepted for payment on commercial accounts.

Scheduling payments is a feature similar to bank

draft, but is not automatic. Each month when a power bill arrives a member can schedule a one-time payment to be made on a date of his or her choosing. Cotton Electric employees cannot see scheduled payments, so if you have scheduled a payment after the disconnect date, please call us to confirm if the time of payment is acceptable.

Members can also schedule reminder emails to be sent when their paper bill has been mailed.

Monitor account balance and review payment history

Members using our MyChoice prepay method can keep track of their balance and schedule alerts for low balances. Downloading the SmartHub app is not mandatory for members enrolled in MyChoice, but it is recommended.


With the Payment History feature, members can view their current bill or any of their previous ones to compare payments throughout the years. If members choose to go paperless with billing, previous bills can still be downloaded.

Report an outage

During large outages, co-op phone lines can get busy. Reporting a complete loss of power through SmartHub is a quick and easy way to help our crews restore power more efficiently and safely. Because it sends your account number with the report, your SmartHub should not be used to report a neighbor's power outage. Use the Comments section to include a good callback number and related information about what was heard or seen before the power went out. Members can also follow outage restoration progress on the outage map.

Members can also contact the co-op through SmartHub to ask nonemergency questions. However, if you have a time sensitive issue, please give us a call. Specific information requires an account number, but SmartHub automatically sends that with the email.

SmartHub also allows members to receive notifications through email or text messaging about coop-



5

Tips & tricks when using SmartHub

Monitor energy consumption

Update account information

Make and schedule payments and notifications

Monitor account balance and review payment history

Contact us or report an outage

erative business and events, such as youth program updates and Beat the Peak alerts.

Members can sign up or access their SmartHub account on a computer at www.cottonelectric.com/smarthub or mobile device by downloading the app from the Apple Store or Google Play. For questions or more information, call 580-875-3351.



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New EPA power plant rules threaten grid reliability

On April 25, the Environmental Protection Agency (EPA) released four major new regulations for the electric industry, including a much-anticipated rule to cut emissions from power plants, a sweeping move that will aggravate reliability concerns for electric cooperatives and other utilities nationwide.

“The path outlined by the EPA is unlawful, unrealistic and unachievable,” said Jim Matheson, CEO of the National Rural Electric Cooperative Association. “It undermines electric reliability and poses grave consequences for an already stressed electric grid.”

The power plant rule constrains existing coal and new natural gas plants by requiring them to install carbon capture and storage (CCS) technology that is not yet reliable or commercially available.

“The new EPA rules ignore our nation’s ongoing electric reliability challenges and are the wrong approach at a critical time for our nation’s energy future,” Matheson said.

The power plant rule will force the early closure of electricity generation sources that are available 24/7 and will also impede the construction of new natural gas plants. The timing of these sweeping new rules is particularly troubling as electric utilities face a surge in demand for electricity from factors like transportation electrification and the rapid expansion of data centers to support artificial intelligence, e-commerce and cryptocurrency.

Under the new rule, existing coal-fired power plants that plan to operate past the start of 2039 must install CCS to capture 90% of emissions by 2032. The rule also requires new natural gas plants that operate more than 40% of the time to install CCS and capture 90% of their carbon emissions by 2032. These standards, and their reliance on unproven CCS technology, will undermine electric reliability.



Electric cooperatives understand the need to keep the lights on at a cost local families and businesses can afford. Clean energy technologies must be balanced with generation sources that are always available to ensure a reliable electric grid.

Your electric cooperative and other cooperatives deliver power to 42 million Americans. Our top priority is to meet our members’ energy needs, and we must have reliable electricity available to do that.

Source: www.cooperative.com

Cooperative announces 2024 District Meeting filing periods

The business and affairs of Cotton Electric Cooperative are managed by a Board of nine Trustees representing geographical districts within the service territory. The Board establishes the overall policies of the cooperative and each Trustee is a co-op member who represents the district in which he or she lives.

The cooperative’s bylaws stipulate that District Meetings are to be held in three of the nine voting districts annually. Meetings are scheduled for Districts 1, 3 and 5, and members will receive mailed notices that will include information about the time, date and location of the meetings they should attend.

The cooperative’s District Meeting procedures regarding Trustee elections have been updated. Any member desiring to run for the office of Trustee from the district of his or her residence must complete and file a Board Candidacy Packet at least 30 days prior to the District Meeting. The information will be reviewed by the Cooperative’s General Counsel. The process is designed to ensure that all candidates are eligible to be a candidate and remain a Trustee prior to the election.

More information about the upcoming District Meetings will be posted on cottonelectric.com 60 days prior to the Annual Meeting and will also be published in the August issue of *The Current*.

Filing deadlines for each district are as follows:

- District 1: Filing deadline is July 30. District Meeting date is Aug. 29
- District 3: Filing deadline is Aug. 6. District Meeting date is Sept. 6.
- District 5: Filing deadline is Aug. 9. District Meeting date is Sept. 9.

Members can learn more about the Trustee election process at <https://www.cottonelectric.com/board-candidacy-information>. Questions should be directed to the Cooperative’s CEO, Jennifer Meason, at 580-875-3351.



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Grilling: A delicious and energy-friendly option for cooking

Grilling and America go together like hot dogs, baseball and apple pie. There’s nothing like a sizzling grill on a summer day. But guess what? Grilling not only satisfies our cravings for great food but also helps preserve the environment. So, let’s fire up the grill and save energy!

The cost of staying cool
As refreshing as it is to feel the cool breeze of an air conditioner (AC) on a hot summer day, its energy consumption can be hefty. Depending on the model, it can consume as much energy as a marathon runner (and run almost non-stop), using anywhere from

0.48 to 5.14 kWh per hour. That is enough to make anyone break a sweat.
Did you know that millions of people add to their AC’s energy consumption without realizing it? How? By opening the oven door while cooking. According to the book “Bakewise” by Shirley O. Corriher, an oven can lose up to 150 degrees within 30 seconds. Where does all that heat go? You guessed it — right into your home. Plus, even with the door closed, your oven still radiates heat into your home since it has nowhere else to go.

The solution: grilling
If you are looking to maintain a cool vibe and lower your AC’s energy consumption, head outside to the grill.
Rather than generating heat indoors, the heat is dispersed outside, reducing strain on the AC, which ultimately lowers utility bills. Additionally, you will be chowing down in no time like a true grill master, as grills reach a toasty 375 degrees in just 5 minutes. Compare that to the oven’s sluggish 20-minute warm-up, and you’ll be laughing all the way to the butcher shop.

- Tips for safe grilling**
Make sure your next BBQ extravaganza is a sizzling success without any burns or mishaps. Here are some safety tips to follow:
- Take it outside. Only use grills in the great outdoors.
 - Keep your grill at least 10 feet from any buildings or structures.
 - Make sure your grill is on a flat, steady surface.
 - Stay close. Never leave your grill unattended while preheating, cooking or cooling down.
 - Dress for success. Avoid loose or long clothing that can catch fire.
 - Keep a water spray bottle beside your grill to tackle any little flames that flare up quickly.
 - Keep your cool with a fire extinguisher nearby, just in case.

- will eliminate any remaining grease or food debris.
- Scrub it clean: In a bowl, mix warm water with soap and dip a wire brush into the mixture. Scrub the grates to remove any carbon buildup.
 - Let it cool: Allow the grill to cool down completely before storing it. Now your grill is ready for your next barbecue feast.
 - Regular maintenance: In between uses, preheat your grill and then scrape it off with a wire-bristled brush before adding food.

Happy grill, happy life
In addition to keeping it clean, it is also important to regularly check the propane tank and replace it if necessary. Inspect the hoses and connections for any leaks or damage. Make sure the burners are free of debris and functioning properly. Finally, covering your grill when not in use can help protect it from the elements and prolong its lifespan.
Menu options are truly endless when it comes to grilling. Grab your apron, fire up the grill and get ready to impress your friends and family with your grilling skills while saving energy.

HEAT UP THE GRILL

TO SAVE ENERGY THIS SUMMER

Nothing screams summer more than firing up the grill.

The good news is that using your grill in the great outdoors helps lower your energy bill. If you cook outside, less energy is needed to cool your kitchen.

- Nearly 70% of Americans own a grill.
- The Fourth of July is the most popular holiday for outdoor cooking.
- The hamburger is the favorite item to grill.
- The all-American hot dog gets the most votes from kids.
- More men grill than women.
- Grilling and barbecuing are not the same thing.
- Grilling means cooking over a fire, hot and fast.
- Barbecuing means cooking slowly over indirect heat.



Source: Breo Box

Safe Electricity.org


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- Marlow Kwik Lube**
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Co-op Life

Local students selected for inspiring trip to Washington, D.C.

By Carli Eubank

Since the announcement of this year’s Youth Tour winners in March, Marlow High School juniors Katelyn Cullum and Briley Stoll have been anxiously waiting to attend a trip of a lifetime. Cullum and Stoll earned their spot on Youth Tour earlier this year after completing an essay contest, a live question-and-answer interview and a video speech. This past month, the soon-to-be seniors joined more than 60 other students representing electric cooperatives from across the state and country for the 2024 Youth Tour in Washington, D.C.

Nerves, excitement and other mixed emotions were felt leading up to Youth Tour for the students. Stoll shared how she was really worried about going in the beginning, but she knew she would have fun in the long run.

“I chose to apply for this trip because I love history, and what better way to learn our nation’s history than tour the history that made our country,” Cullum said.

Organized by Oklahoma Association of Electric Cooperatives, the agenda for Youth Tour is packed with tours of monuments, memorials and museums, group networking and leadership opportunities and engaging with elected officials, such as Senator James Lankford and Senator Markwayne Mullin who led a tour of the Capitol. The Capitol tour, among other sites, was a highlight of the trip for Cullum and Stoll.

“One of my top experiences on Youth Tour was visiting Arlington National Cemetery,” Cullum said. “It’s a place that really tugs at the heart, and it gave me chills to walk through and see the evenly distributed headstones. It’s amazing to see how many lives fought for this country.”

The beginning of Youth Tour starts with a group of students who are strangers to one another, with the exception of a few whose paths may have crossed in the past. But by the end of the trip, the memories and connections between students grow into life-long friendships.

“My favorite moment on the trip was definitely the boat cruise,” Stoll said. “It was still early in the trip, and it helped everyone get out of their comfort zone. With the dinner and everyone dancing, it made for a fun evening and really relaxed everyone.”

While the days in D.C. are packed with tours and presentations, students also have opportunities to develop leadership skills.

“Youth Tour influenced me in many ways, but the best thing I learned was that it’s ok to step outside your comfort zone because when you do, you learn about and meet some amazing people,” Stoll said.

Stoll has several experiences from the trip that stand out to her, but one of her biggest takeaways was how quickly people connected and the friendships she made “that will last a lifetime.”

“I encourage students to apply for Youth Tour because of the experiences you will gain from it,” Cullum said. “I would like to thank Cotton Electric for this amazing opportunity, and I’m forever grateful for this incredible gift of experiencing history in person. I loved Washington, D.C., and because of this trip, I’ve learned to appreciate our country more than I ever have before.”

For more information about Cotton Electric’s youth programs, call 580-875-3351 or visit www.cottonelectric.com/youth-programs.



Marlow High School soon-to-be seniors Briley Stoll (left) and Katelyn Cullum (right) were the finalists for the 2024 Cotton Electric Youth Tour Essay Contest. Photo courtesy of Oklahoma Association of Electric Cooperatives.



Katelyn Cullum (center) and other Oklahoma Youth Tour delegates visit the Franklin Delano Roosevelt Memorial. Photo courtesy of Oklahoma Association of Electric Cooperatives.



Senator Markwayne Mullin led Oklahoma Youth Tour students on an evening tour of the Capitol. Photo courtesy of Oklahoma Association of Electric Cooperatives.



Briley Stoll (front, right) and other Oklahoma Youth Tour delegates on the dinner boat cruise. Photo courtesy of Oklahoma Association of Electric Cooperatives.



2024 Oklahoma Youth Tour group on the steps of the Capitol with Senator James Lankford. Photo courtesy of Oklahoma Association of Electric Cooperatives.



Community Spotlight

If you would like your community event listed in the August issue, please submit information by calling 580-875-3351, or send an email to TheCurrent@CottonElectric.com by July 26. Only events occurring after Aug. 19 will be published in the next issue.

Editor's Note: We recommend checking for cancellations with local sources before attending any event.

Comanche Nation Homecoming Powwow returns to Walters

See the tradition of the Comanche Tribe come to life before your eyes and enjoy a full weekend of American Indian activities and events at this year's Comanche Nation Homecoming Powwow in Walters. Grab a seat along the sidelines of the powwow grounds to see the amazing spectacle of traditional Native American dancers in full regalia. Intertribal dancing and contests will be held throughout the weekend. Food and merchandise vendors will also be available. The event is scheduled for July 19-21 at Sultan Park, 129 E. Colorado St., Walters. For more information, call 580-492-3240.

Military community appreciation event

Enjoy a day of free entrance and activities at Lake Elmer Thomas Recreation Area (LETRA) in honor of Military Appreciation Day. Activities include paintball, kayaking, mini golf, waterslides, cornhole, archery, live music, and more. Lunch will be provided by the Patriot Club from 11 a.m. to 1 p.m., featuring hot dogs, hamburgers, chips, cookies, and water while sup-

plies last. The event is scheduled from 9 a.m. to 2 p.m. Saturday, July 13, at LETRA. For more information, visit www.Sill.ArmyMWR.com or search for the Facebook event page.

A cowboy celebration

Join the Chisholm Trail Heritage Center at their 14th annual National Day of the Cowboy celebration. Free events include live music, special guests, art projects, demonstrations and more. The celebration begins at 10 a.m. July 27 at the Chisholm Trail Heritage Center, 2150 Chisholm Trail Pkwy. in Duncan. For more information, call 580-252-6692.

Food pantry open once monthly

Walters Community Food Pantry is open from 8 a.m. to 11 a.m. on the second Saturday 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 and proof of Cotton County residency. Monetary donations may be sent to Food Pantry, c/o Paul Metcalfe, 211 E. Colorado St., Walters, OK 73572. For information, call Roger Noland at 580-591-6826.

Blessings Boutique open monthly

Marlow First United Methodist Church opens its Blessings Boutique from 11 a.m. to 2 p.m. every first and third Tuesday of the month. Clothing donation drop-off days are Tuesdays, or donors can call the church at 580-658-2765 to make other arrangements.

PHOTO OF THE MONTH



Amelia McDonald and her family enjoy their summer vacation in Florida at Miramar Beach. Photo courtesy of Jennifer McDonald.

Enter your "best shot" in our Photo of the Month contest. The theme for August is On the Road! 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.

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A tale of wax and water



Kim Bandelier, MPH, RD, LD

Food For THOUGHT

Cucumbers are a summer vegetable easily grown in Oklahoma. They are a healthy addition to meals and snacks as they contain very few calories, a variety of vitamins and minerals, and contribute to feelings of fullness thanks to being over 90% water.

One large cucumber (8.25 inches long or over 2 cups chopped/sliced) with the peel provides 45 calories, 2 grams protein, 11 grams carbohydrates (including 1.5 grams of fiber and 5 grams of sugar), and a variety of vitamins and minerals, notably 442 milligrams (mg) of potassium (between 2,600-3,400 mg recommended intake per day), 49 micrograms of Vitamin K (120 micrograms recommended intake per day), and 316 International Units of Vitamin A (2,300-

3,000 IU per day recommended intake), according to the USDA FoodData Central website.

Cucumbers naturally have a waxy protective layer. When picked from the vine and washed, that layer is mostly removed. To preserve freshness during distribution, an edible wax coating is often applied. The type of wax coating varies, but all are regulated by the U.S. Food and Drug Administration and are safe for human consumption. Wax coating prevents shrinkage and spoilage and provides a protective barrier against unwanted microbes and blemishes.

If you want to avoid the edible wax coating, your options are to peel the cucumber (resulting in a slight decrease in overall nutritive value), grow your own, or purchase as close to vine removal as possible (for example, farmers markets, local produce basket programs).

Cucumbers are best enjoyed fresh, alone or combined with a healthy dip or herb/spice seasoning, chopped or sliced and added to salads and sandwiches, or pickled quickly with vinegar, onions, and dill. There are many varieties of cucumbers with varying flavor intensities. There are even “burpless” cucumbers which have been bred to contain less cucurbitacin, a biochemical that can cause burping. With so many varieties, it is worth searching for one you can enjoy before completely avoiding cucumbers.



Photo courtesy of Unsplash

Essential summer supplies

(Family Features) As outdoor activities beckon during the summer months – from backyard entertaining and days spent at the beach to cross-country travel – ensure you’re prepared to make the most of your warm-weather fun.

Whether stored in a deck box, stowed in your carry-on or carefully packed in your vehicle’s trunk, consider these summer must-haves to ensure you’re prepared for everything the season has to offer.

Clothing and Footwear

Having the right clothing and footwear is essential for staying comfortable and stylish during the summer months. Make sure to have a variety of lightweight and breathable clothing options available, as well as accessories, such as:

- Shorts
- Tank tops
- Sundresses
- Swimsuits
- Sandals or flip-flops
- Sneakers
- Wide-brimmed hat
- Sunglasses
- Jacket or sweater
- Hair accessories

Sun Protection

Protecting your skin from the sun’s harmful rays is crucial, especially when spending extended periods outdoors. In addition to seeking shade during the hottest parts of the day and wearing lightweight, breathable clothing that covers your skin, consider these must-haves to protect yourself from the sun:

- Sunscreen with an SPF of 30 or higher
- Lip balm with SPF
- Wide-brimmed hat
- Sunglasses with UV protection

Hydration and Snacks

Staying hydrated is essential during summer heat. Consider bringing a cooler bag or insulated backpack to carry cool drinks and snacks including:

- Water (and a refillable water bottle)
- Electrolyte-rich sports drinks
- Fruit (such as watermelon, apples, pears or bananas)
- Cheese sticks
- Granola bars
- Trail mix
- Pretzels
- Crackers and tuna
- Vegetables (such as celery or carrot sticks)

Outdoor Entertainment


Make the most of your summer adventures with some outdoor entertainment gear:

- Tent
- Sleeping bag
- Camping stove
- Life jackets
- Umbrella
- Beach towels
- Goggles
- Portable speaker
- Binoculars
- Frisbee
- Sports equipment (volleyball, soccer ball, baseball and gloves)
- Deck of cards
- Board games

First Aid and Emergency Kit

Safety should always be a priority, especially during outdoor activities. Pack a well-stocked first aid and emergency kit that includes:

- Band-aids
 - Antiseptic wipes
 - Pain relievers
 - Prescription medications
 - Aloe vera
 - Insect repellent
 - Flashlight (and extra batteries)
 - Whistle
 - Small mirror
 - List of emergency contacts and relevant medical information
 - Portable chargers or power banks
- Find more advice to make summer safe and enjoyable at eLivingtoday.com.



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ELGIN RODEO

Redeem at its Best

FRIDAY & SATURDAY NIGHT

AUGUST 16 & 17 - 2024

Gates open at 6:00PM
Rodeo Starts 8:00PM Nightly

SPECTATORS

Tickets:

Advance

- Adult \$8
- Child 5-14 \$4

At the Gate

- Adult \$10
- Child 5-14 \$5
- Under 5 Free

Cash Only

CONTESTANTS

Event Entry
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2024 ENTRY FEES	
EVENT	ENTRY FEE
BULL RIDING	\$ 75.00
RANCH BRONC RIDING	\$ 75.00
TIE DOWN ROPING	\$ 75.00
BREAKAWAY ROPING	\$ 60.00
DOUBLE MUGGING	\$ 70.00
TEAM ROPING	\$ 90.00
OPEN BARREL RACING	\$ 60.00
JR BARREL RACING (14 & Under)	\$ 40.00
PEE WEE BARRELS (6 & Under)	\$ 20.00
MUTTON BUSTING (5 Years Old & Under - 50lb & Under)	\$ 15.00

- Books will open for Call-ins the Tuesday and Wednesday before the rodeo from 6 - 10 PM
- Call-ins are for rough stock events only
- Timed events enter at the rodeo BEFORE 7 PM, nightly

ELGIN RODEO

Location

2 miles south of HWY 17 on Keeney Rd
at the intersection of Keeney & Miller RD

Added Money & Buckles for Every Event

Saddle for all-around

Concessions by Elgin Fire Department

Advance Tickets & T-Shirts can be purchased at Hardzog Gifts



Cheese egg and casserole: A brunch staple

On lazy weekend mornings or when entertaining a crowd, it may be more fitting to serve brunch rather than breakfast or lunch. Brunch enables guests or family members to sleep in a little later. Plus the filling combination of menu items can keep people satisfied until dinner later on in the evening.

The recipes for “Farmhouse Skillet” from “Lord Honey Traditional Southern Recipes with a Country Bling Twist” (Pelican Publishing) by Chef Jason Smith, puts together a blend of savory ingredients into an egg casserole that can be a winner on any brunch table.

Farmhouse Skillet

Serves 8-10

- 1 pound bacon, diced
- 2 cups cubed cooked ham
- 1/2 pound breakfast sausage, cooked and crumbled
- 1 small purple onion, diced
- 1/2 red bell pepper, diced
- 1/2 yellow bell pepper diced
- 10 eggs, beaten
- 1/2 cup heavy cream
- 1 20-ounce package frozen shredded hash browns, or tater tots, thawed
- Salt and ground black pepper to taste
- 1 cup shredded Monterey Jack cheese

Directions:

Preheat oven to 350 F.

In a very large cast-iron skillet (12-inch or larger), over medium heat, cook the bacon until crispy. Then add the ham and sausage and stir.

Add the onions and peppers, and sauté for 5 minutes, always stirring.

In a small bowl, whisk the eggs and heavy cream.

Stir the hash browns into the skillet, and add salt and pepper to taste. Cook for 5 to 8 minutes, until hash browns start to brown. Remove from heat. Add the egg mixture, top with cheese, and bake for 20 to 25 minutes or until bubbly and cheese is melted.



1. Preheat oven to 350 F if using a glass pan or dark metal pan, or 375 F for a light metal pan. Lightly grease or spray a 13 x 9-inch baking pan and set aside.
2. In a medium bowl, whisk together 1 cup of sugar, 3 cups of flour, baking powder, salt and cinnamon. Using a pastry cutter, blend in the butter until the mixture resembles coarse sand. Add the lightly beaten egg and mix until the dough starts to hold together, but is still crumbly. Gently press a little more than half the dough into the prepared pan. (Optional: Use a food processor to process these ingredients.)
3. In a large mixing bowl, whisk together the sugar, cornstarch and cinnamon. Add the diced peaches and toss to combine. Drizzle the lemon juice over the peaches and toss to coat. Pour the peach mixture over the crust and spread evenly.
4. Using your hands, press together handfuls of the remaining crumb topping to create clumps. Scatter the clumps and remaining crumbled topping over the fruit layer, leaving some peaches showing through.
5. If using a glass pan, bake at 350 F for 50 to 55 minutes or until lightly browned. If using a metal pan, bake at 375 F for 40 to 45 minutes. Cool completely, then chill before cutting and icing.
6. Whisk together the powdered sugar, almond extract and milk. Drizzle on the bars just before serving.

These dessert bars are peachy keen

Summer is a time of year when people can enjoy their pick of fresh fruit at farm stands, supermarkets and other retailers. Many fruit trees, plants and bushes are ready for harvest in the spring and summer, meaning there’s no limit to the number of delicious recipes one can whip up with these sweet offerings.

Peaches are a favorite ingredient in many different types of desserts, from cobblers to pies. But in this recipe for “Fresh Peach Crumble Bar,” peaches are presented as a cross between a cake and cookie. Enjoy this recipe, courtesy of Saving Room for Dessert, as adapted from AllRecipes.com.

Fresh Peach Crumble Bars

Yield 20

- Crust/Crumb topping:**
- 1 cup granulated sugar
 - 3 cups all-purpose flour
 - 1 teaspoon baking powder
 - 1/2 teaspoon salt
 - 1/4 teaspoon ground cinnamon
 - 1 cup unsalted butter cold, cut into cubes
 - 1 large egg, lightly beaten
- Peach layer:**
- 1/2 cup granulated sugar
 - 1 tablespoon cornstarch
 - 1/4 teaspoon ground cinnamon
 - 5 large peaches, peeled and diced
 - 1 teaspoon fresh lemon juice
- Icing:**
- 1 cup powdered sugar
 - 1/4 teaspoon almond extract
 - 1 tablespoon milk (more or less for desired consistency)

Slurping on Sunshine

(Culinary.net) Try this Sunshine Smoothie for something cool and refreshing during the sunny seasons. This recipe will have nearly everyone feeling re-energized and ready for more warm weather. It’s a perfect afternoon pick-me-up after a long day of yard work, sunbathing or swing-set climbing. It can cool you down and has a fruity flavor that is almost irresistible.

Find more seasonal recipes and ideas at Culinary.net.

Sunshine Smoothie

Servings: 2-4

- 2 cups orange juice
 - 2 cups grapefruit juice
 - 2 bananas, peeled and cut into chunks
 - 1 cup vanilla yogurt
 - 1 teaspoon vanilla extract
- In blender, blend orange juice, grapefruit juice, banana chunks, yogurt and vanilla extract until smooth. Serve immediately.
- Note: If smoothie is too tart, reduce to 1 cup grapefruit juice.



Sourdough from Scratch: 4 variations of friendship breads

(Family Features) What better way to celebrate friendship and camaraderie than with comforting foods all can enjoy. Sourdoughs and friendship breads may go in and out of fashion, but you can make them a staple of your inner circle with recipes that are easier than they appear.

Consider this Sourdough Starter, a 7-day process that may seem lengthy at first glance but requires just a few minutes in the kitchen each day. Without breaking the bank, this made-from-scratch solution includes just two ingredients – unbleached flower and warm water – so you can whip up favorites like Plain Sourdough, Everything Loaf, Cinnamon Brown Sugar Loaf and Chocolate Loaf.

Some are tempted to give up on a weeklong recipe, but if you can keep a houseplant alive, you can finish this simple starter and reap its delicious rewards. Find more homemade favorites at Culinary.net.



Plain Sourdough | *Recipe courtesy of “Cookin’ Savvy”*

Medium bowl
Warm water
Sourdough starter
Salt
Unbleached all-purpose flour
Silicone spoon
Sharp knife

In medium bowl, combine 330 grams warm water, 90 grams sourdough starter and 10 grams salt. Stir well then add 525 grams flour. Using silicone spoon, mix dough to sticky ball. Let rest, covered, about 45 minutes.

Pull dough from bottom and stretch to top of dough ball. Repeat around entirety of dough ball a few times then cover. Repeat process four times then

cover and let sit at room temperature at least 6 hours but no more than 14 hours. Dough should double.

Sprinkle flour on counter then spread dough flat on floured surface. Fold dough from sides then turn and roll into ball. Place on parchment paper and put back in bowl 1 hour.

Heat oven to 500 F with uncovered Dutch oven inside.

Using sharp knife, score dough then place parchment paper and dough in Dutch oven. Cover with lid and bake 20 minutes then remove lid and lower temperature to 475 F for 25 minutes. Internal temperature should reach 195-205 F. Let rest at least 1 hour before cutting and serving.



Everything Loaf | *Recipe courtesy of “Cookin’ Savvy”*

Medium bowl
Warm water
Sourdough starter
Salt
Unbleached all-purpose flour
Silicone spoon
Everything bagel seasoning
Sharp knife

In medium bowl, combine 330 grams warm water, 90 grams sourdough starter and 10 grams salt. Stir well then add 525 grams flour. Using silicone spoon, mix dough to sticky ball. Let rest, covered, about 45 minutes.

Pull dough from bottom and stretch to top of dough ball. Repeat around entirety of dough ball a few times then cover. Repeat process four times then

cover and let sit at room temperature at least 6 hours but no more than 14 hours. Dough should double.

Sprinkle flour on counter then spread dough flat on floured surface. Sprinkle with everything bagel seasoning. Fold dough from sides then turn and roll into ball. Place on parchment paper and put back in bowl 1 hour.

Heat oven to 500 F with uncovered Dutch oven inside.

Using sharp knife, score dough then place parchment paper and dough in Dutch oven. Cover with lid and bake 20 minutes then remove lid and lower temperature to 475 F for 25 minutes. Internal temperature should reach 195-205 F. Let rest at least 1 hour before sprinkling with everything bagel seasoning, cutting and serving.



Sourdough Starter | *Recipe courtesy of “Cookin’ Savvy”*

Total time: 7 days

Digital kitchen scale
Unbleached all-purpose flour
Warm water
Glass bowl
Silicone spoon
Mason jar

Day 1: In glass bowl, stir 50 grams flour and 50 grams warm water. Let sit at room temperature, covered.

Day 2: Add 50 grams flour and 50 grams warm water to bowl. Stir and let sit at room temperature, covered.

Day 3: Discard half the starter. Add 100 grams flour and 100 grams warm water. Stir and let sit at room temperature, covered.

Day 4: Discard half the starter. Add 150 grams flour and 150 grams warm water. Stir and let sit at room temperature, covered.

Day 5: Discard half the starter then pour remaining starter into Mason jar. Add 150 grams flour and 150 grams

warm water. Stir and let sit at room temperature, covered.

Day 6: Discard half the starter. Add 200 grams flour and 200 grams warm water. Stir and let sit at room temperature, covered.

Day 7: Place warm water in bowl and add spoonful of starter to water. If it floats, it’s ready to make bread. If it sinks, repeat Day 6 instructions. If not floating by Day 10, throw out and start over.

Tips: If making bread every day, starter will need fed every day. If not making bread every day, starter can stay at room temperature and be fed every other day. If starter can’t be fed, it can be safely stored in refrigerator up to 10 days, covered, without feeding.

To measure correctly, place empty bowl on scale then clear to zero before each measurement.



Cinnamon Brown Sugar Loaf | *Recipe courtesy of “Cookin’ Savvy”*

Medium bowl
Warm water
Sourdough starter
Salt
Unbleached all-purpose flour
Silicone spoon
Softened butter
Brown sugar
Cinnamon
Sharp knife

In medium bowl, combine 330 grams warm water, 90 grams sourdough starter and 10 grams salt. Stir well then add 525 grams flour. Using silicone spoon, mix dough to sticky ball. Let rest, covered, about 45 minutes.

Pull dough from bottom and stretch to top of dough ball. Repeat around entirety of dough ball a few times then cover. Repeat process four times then cover and let sit at room temperature

at least 6 hours but no more than 14 hours. Dough should double.

In bowl, mix 4 tablespoons butter, 1/2 cup brown sugar and 2 tablespoons cinnamon.

Sprinkle flour on counter then spread dough flat on floured surface. Spread cinnamon mixture on dough. Fold dough from sides, pinching to keep cinnamon inside, then turn and roll into ball. Place on parchment paper and put back in bowl 1 hour.

Heat oven to 475 F with uncovered Dutch oven inside.

Using sharp knife, score dough then place parchment paper and dough in Dutch oven lined with aluminum foil. Cover with lid and bake 20 minutes then remove lid and lower temperature to 450 F for 25 minutes. Internal temperature should reach 195-205 F. Let rest at least 1 hour before cutting and serving.

Chocolate Loaf | *Recipe courtesy of “Cookin’ Savvy”*

Medium bowl
Warm water
Sourdough starter
Salt
Unbleached all-purpose flour
Cocoa powder
Sugar
Silicone spoon
Milk chocolate chips
Sharp knife

In medium bowl, combine 350 grams warm water, 150 grams sourdough starter and 10 grams salt. Stir well then add 500 grams flour, 50 grams cocoa powder and 50 grams sugar. Using silicone spoon, mix dough to sticky ball. Let rest, covered, about 45 minutes.

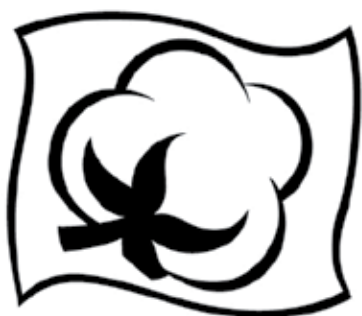
Pull dough from bottom and stretch to top of dough ball. Repeat around

entirety of dough ball a few times, adding 1 1/2 cups milk chocolate chips during process, then cover. Repeat process four times then cover and let sit at room temperature at least 6 hours but no more than 14 hours. Dough should double.

Sprinkle flour on counter then spread dough flat on floured surface. Fold dough from sides then turn and roll into ball. Place on parchment paper and put back in bowl 1 hour.

Heat oven to 450 F with uncovered Dutch oven inside.

Using sharp knife, score dough then place parchment paper and dough in Dutch oven. Cover with lid and bake 40 minutes. Internal temperature should reach 195-205 F. Let rest at least 1 hour before cutting and serving.

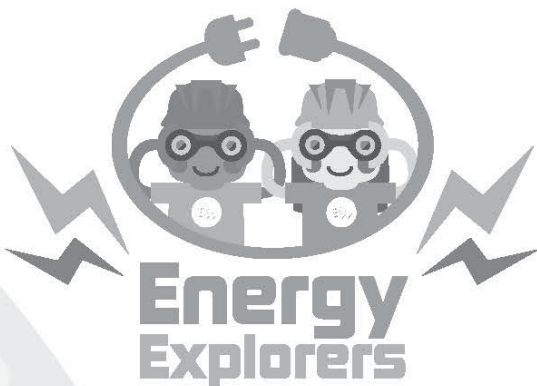


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NATIONAL GRILLING MONTH WORD SEARCH

July is National Grilling Month! Can you find all the words associated with grilling in the puzzle below? Use the word bank as a guide.



B H C D F T N U Z R B J R Q G
O A U F O N H R K Q S H E F V
M A R N X U J O R W Z N M B L
W M G B F B X L F P O K M V Z
X S J A E Z K M O R F S U B T
E S R P N Q I V P H P R S H V
X C D L L F U A L A C B K P J
V K J N A E B E T M E V K V X
J X O Y E K D U T B C H N I J
W N P T B I L C P U T Y T Y F
N C C N J A R O C R C G C D A
Y T W V C Z A F W G M E W B M
O D G R I L L A R E O U X W I
U L T K U S Q N V R S Q U B L
L E T K S O Q R G O D T O H Y

WORD BANK

Hamburger
Spatula
Hot Dog
Friends
Summer
Apron
Grill
Barbeque
Family
Tongs

Cooking outdoors is a fun way to spend time with friends and family! By cooking outside, you can save energy indoors and keep your home cooler.

PUBLIC AUCTION

Saturday, July 13, 2024
10:00 A.M.

177502 North 2710 Road
Walters, Oklahoma

Living Estate of Conrad Bryant
(See Directions Below)

Gary Criswell Auction Service & Real Estate, Inc. has been commissioned by the Living Estate of Conrad Bryant to offer at Public Auction his Personal Property situated at 177502 North 2710 Road, Walters, Oklahoma.

Tractors: Kubota Tractor L-2501 (133 Hours) with a LA 525 Front End Loader, 2 Farmall 'H' Tractors, a Farmall 'Super H' Tractor and a Farmall 'Super C' Tractor; SATURN VI- Brush Hog (72"), Flail-Finish Mower-77" (like new), a Box Blade with Rippers (77"), Tractor Tires 11" x 38", 12" x 38", 13.6" x 38" and 14.9" x 38"; A Yamaha-Bruin-4 Wheeler and a Trailer with Dual Axles and a wooden floor (16').

Aviation: Ultra Light Plane with a Phantom 1-503 Engine, Wills Wing-Hand Glider (XC-155), Glider with a Phantom 1-503 Engine and a Variety of Ultra Light Plane Engines and Engine Parts.

Farm Implements-old: 2 Bottom Trip Plow, a 2 Row Planter (3 Point Hookup), a Hammer Mill with Accessories and a Variety of Farmall Parts (Hoods, Fuel Tanks and Steering Rods, etc.).

Miscellaneous: LINCOLN AC 225 Arc Welder (With Hood), 500 Gallon Fuel Storage Tank, TORO-Lawnmower, BALTIMATIC- Hopper/Seeder, Variety of T-Post (75), Variety of Rolls of Barb Wire, Hydraulic Press and a Variety of Aluminum Ladders (All Sizes) and Lawn Tools and Garden Tools.

Consignment: 2012 Ford Taurus SEL 4 Door with a V-6 Engine, Keyless Entry, All Power, Leather Seats, White Interior, Good Rubber (26,928 Miles).

Consignment: 2005 Dodge Dakota SLT Pickup (Sports Package), 4.7 Liter Engine, 2 Wheel Drive, Color Black (205,000 Miles).

Directions: From South Highway 81 and Bois D'Arc go West 5 miles to Empire Road (2770 Road); Go South on 2770 Road to Fuller Road (1770 Road); Go West on 1770 Road 6 Miles to 2710 Road; Go South ½ Mile on 2710 Road to the Auction Site.

Terms of Sale: Personal Property-Cash, Personal or Company Check and Credit Card accepted. Valid I.D. Required. Buyers must provide Company a copy of Sales Tax Permit if Tax Exempt (**No Buyers Premium**).

Preview of Sale: Will be held Friday Afternoon, July 12, 2024 from 1:00 PM to 6:00 PM. Announcements made Day of Auction Supersede all other Advertisements. Please Plan to Attend this Public Auction.

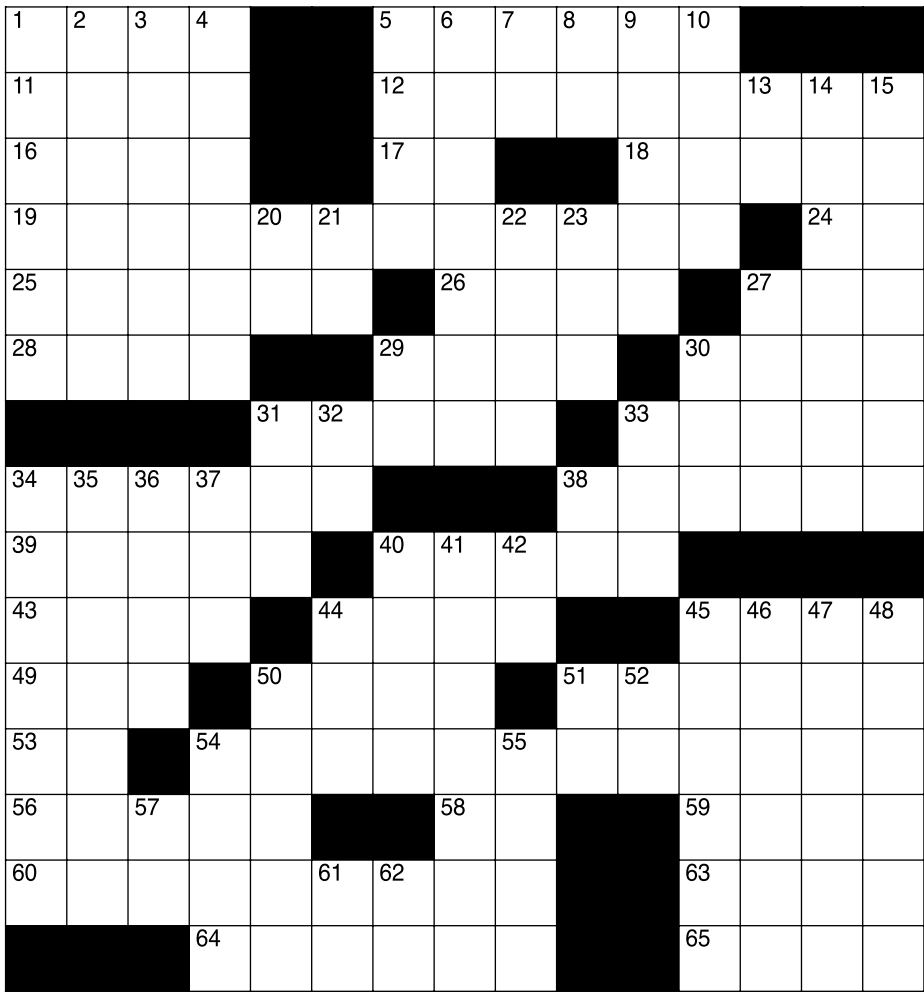
Auctioneer's Note: This is a Great Sale with an Ultra Light Air Plane, Gliders, Kubota Tractor with Front End Loader (Like New), Yamaha-Bruin-4 Wheeler, a Variety of Farmall Tractors, Trailer with Dual Axles (16'), a Variety of Farmall Parts and a Large Variety of Hand Tools and Shop Tools. Please go to auctionzip.com, Enter Auctioneer ID #35817 to View Pictures. Please Plan to Attend this Public Auction.

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ACROSS

1. Average damage per system (abbr.)
5. Lustful woodland gods (Greek mythology)
11. Colombian Town
12. Sour
16. A way to stuff
17. Former AL MVP Vaughn
18. Carried or transported
19. Cannot even fathom
24. Hammer is one
25. A way to separate
26. Not moving
27. Women's service organization (abbr.)
28. German river
29. Quantitative fact
30. A person's head
31. Process that produces ammonia

33. French modernist painter
34. Too much noise
38. Agree to a demand
39. One a line at right angles to a ship's length
40. Employees
43. Ribosomal ribonucleic acid
44. Component of hemoglobin
45. Quick and skillful in movement
49. Passing trend
50. Part of the eye
51. One who acclaims
53. Deadly amount (abbr.)
54. Taste property
56. Genus of mosquitoes
58. Blood type



59. A group of countries in special alliance
60. Institute legal proceedings against
63. Shade of a color
64. Spoke
65. Work units

DOWN

1. Charge with a crime
2. Mended with yarn
3. North Atlantic flatfish
4. Boil at low temperature
5. Lapps of northern Scandinavia
6. Poisonous plant
7. Atomic #22
8. 36 inches
9. Monetary unit of Russia
10. Type of gin

13. An alternative
14. Alone
15. A way to ooze
20. Publicity
21. American firm
22. Jewish calendar month
23. Popular sandwich
27. Comedian Cook
29. The NFL's big game (abbr.)
30. Political action committee
31. Make a low, steady sound
32. Legendary sportscaster Michaels
33. One thousand cubic feet (abbr.)
34. Designed to keep ears warm
35. One who scrapes
36. Tear into two or more pieces

37. Supervises flying
38. Flying arm of the U.S. military (abbr.)
40. District in Peru
41. One died leaving a will
42. Morning
44. The world of the dead
45. Widen
46. Drink containing medicine
47. Celebrating
48. Secret encounters
50. A type of tag
51. Halfback
52. Modern tech
54. Monetary unit
55. Resigned to one's sleeping chamber
57. Execute or perform
61. "The Golden State"
62. "The Beehive State" (abbr.)



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Parting Shot



2024 Youth Tour delegates visited George Washington’s Mount Vernon, the historic home of George and Martha Washington. Photo courtesy of Oklahoma Association of Electric Cooperatives.

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