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"The Current - Informing Our Members Since 1957"

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NUMBER 11

# Local students return from a lifetime opportunity in Washington, D.C.

#### By Carli Eubank

Since the announcement of this year's Youth Tour winners in March, Cache High School junior Emmalee Fontenot and Geronimo High School junior Claire Roderigas had been anxiously waiting to attend the trip of a lifetime. Fontenot and Roderigas earned their spot on Youth Tour earlier this year after completing an essay contest and a live question-and-answer interview. Last month, the soonto-be seniors joined more than 60 other students representing electric cooperatives from across the state and country for the 2025 Youth Tour in Washington, D.C.

Organized by the 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 engagement with elected officials, such as Senator Markwayne Mullin who led a tour of the Capitol. The Capitol tour, among other site visits, was a highlight of the trip for Fontenot.

"I enjoyed how Senator Mullin made it a point to not only educate us on our nation's government, but he also taught us how he effectively keeps a work-life balance," Fontenot said.

Other Youth Tour highlights that stood out to Roderigas said. "Somehow, in the end, I was accept-Fontenot were visiting with an off-duty guard at ed and went on the trip of a lifetime where you will the Tomb of the Unknown Soldier, witnessing the come home with dozens of friends." cottonelectric.com/youth-programs.

Changing of the Guard ceremony, making new friends on the river boat dinner, and stepping outside of her comfort zone.

Roderigas' Youth Tour most memorable experiences included watching the "surreal" live performance of The Little Mermaid at Toby's Dine-In Theatre, visiting the prehistoric fossil exhibit at the Smithsonian Museum of Natural History, and experiencing the sombering moments while touring the United States Holocaust Memorial Museum.

"The most interesting part about the United States Holocaust Memorial Museum to me was not only what historical records were inside, but the silence that befell everyone before entering the museum," Roderigas said. "That experience evoked a lot of thought and reflection with me ever since I returned home."

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 lifelong friendships.

"I submitted my Youth Tour essay for an English writing assignment with a 'why not?' mindset,"



(Pictured left to right) Claire Roderigas from Geronimo High School and Emmalee Fontenot from Cache High School represented Cotton Electric for the 2025 Youth Tour. Photo courtesy of Oklahoma Association of Electric Cooperatives.

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

"I would encourage everyone to apply for Youth Tour because being selected is a lifetime opportunity where you experience things like no other," Fontenot said. "Take the risk and get yourself out there."

For more information about Cotton Electric's youth programs, call 580-875-3351 or visit www.



More than 60 high school students representing Oklahoma electric cooperatives attended the 2025 Youth Tour. 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, 2025, is \$0.01564 per kilowatt-hour (kWh).

On a member's average bill of 1,300 kWh, this will amount to a charge of \$20.33 on the July bill.

#### June 2025 Temperature Extremes

Day High Low Avg. Day High Low Avg. 88 68 78 16 92 66 79 82 95 17 93 84 68 75 2 91 77 94 70 82 63 18 71 72 83 80 61 19 94 77 20 93 74 84 88 65 79 21 93 75 90 68 84 80 92 92 67 22 76 84 93 23 93 76 8 69 81 85 91 24 94 73 66 79 84 10 87 66 77 25 92 73 83 11 82 66 74 26 95 70 83 79 87 70 27 91 73 82 12 13 85 68 77 28 94 73 84 14 95 73 84 29 97 74 86 86 74 30 95 69 82 15 61 Source: srh.noaa.gov/oun

Average Daily High: 91 Average Daily Low: 70

#### **Did You Know?**

Cotton Electric offices will be closed Monday, Sept. 1, in observance of Labor Day. Emergency calls will be answered at 580-875-3351 or 800-522-3520.

The next issue of The Current should arrive in mailboxes Aug. 15, 2025.

#### **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.



**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

# Our commitment beyond the line

The past few months have been a hectic time at Cotton Electric Cooperative. Spring and summer storms kept our employees extremely busy. Through the end of June, we have responded to 1,407 outages.

Page 2

We know outages are never convenient, and we strive daily to minimize service interruptions through our maintenance and right of way clearing programs. However, despite our best efforts, storm damage can still occur to power lines, utility poles and substations. The cause of most power outages the past few months was due to high winds and lightning that affected both Cotton Electric Cooperative and our wholesale power supplier, Western Farmers Electric Cooperative.

When storms roll through our area, our first priority is to safely restore power to as many members as possible in the shortest amount of time. We encourage members to always report an outage so crews can accurately predict the source. Every phone line available is utilized to take your outage report calls, and we utilize Cooperative Response Center to answer overflow calls during major outages, as well as an automated system to take outage information.

Members can also enter their outages through the SmartHub app or by texting the word "OUT" to us directly at 580-875-3351. We encourage all of our members to make sure their contact information is up to date so the outage reporting process goes smoothly.

Once we're aware of an outage, we start by mobilizing our line crews and other critical staff to reported outages. Once crews are on-site and have surveyed the damage, we estimate the time it will take to restore power so you can plan accordingly, and we post updates as they are available on the Cooperative's Facebook page.

The larger-scale problems are handled first, like damage to transmission lines and substations that serve thousands of people. These problems must be corrected before we can focus on other areas where more localized damage may have occurred.

Next, crews check the main distribution lines that deliver power from the substations into neighborhoods and communities and make repairs that can



Jennifer Meason, CEO

restore power. After main line repairs are complete, we repair lines that serve individual homes and businesses.

We do our best to avoid power outages, but sometimes Mother Nature has other plans. When they occur, we appreciate the support and words of encouragement from you, our members, as we work to restore power.

For more information, visit www.cottonelectric.com/outagecenter or www.cottonelectric.com/smarthub.





Call our office at 580-875-3351 during business hours to speak to a member service representative

# **Energy Efficiency Tip of the Month**

During summer months, run large appliances that emit heat such as clothes dryers and dishwashers during the evening when the outdoor temperature is lower. Running heat-emitting appliances in the evening will reduce indoor heat gain during the day when outdoor temperatures are highest and ultimately keep your air conditioner from working harder than necessary.

Source: www.energy.gov

### May 2025 Operating Stats

	<u>2025</u>	<u>2024</u>
Total Amount Billed/Accrued	\$6,618,707	\$6,265,043
Cost of Purchased Power	4,583,327	4,100,164
Taxes	119,009	109,147
Total Operating Expense per Mile	1,220	1,180
Average Farm and Residential Bill	143	141
Average Farm and Residential kWh	1,008	1,081
Total Meters Billed (Farm, Residential	) 19,915	19,687
Miles Energized	5,284	5,271
Density per Mile	3.77	3.73
New Service Connects YTD	152	146
Services Retired	39	51

### Upcoming **Deadlines** for The Current

#### August

Ad Sales	Aug. 1
Classified	Aug. 1
Publish	Aug. 15

#### September

Ad Sales	Aug.	29
Classified	Aug.	29
Publish	Sept.	12



Published monthly at Walters, Oklahoma, by Cotton Electric Cooperative, Inc.

Jennifer Meason	CEO
Shane Bowers	Vice President
Zach Young	Director
Carli Eubank	. Communications Specialist

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# **Energy Efficiency**

Current News

### Energy-efficient outdoor lighting for summer evenings

nings perfect for barbecues, time with any occasion. There are also connectfriends, or quiet nights under the stars. ed devices, like string lights or special-Whatever the occasion, the need for ty bulbs that allow you to change the effective and energy-efficient outdoor options instantly through their phone lighting becomes essential. If you are app. looking to update or add to your outdoor lighting this summer, here are some tips to do so while also keeping your energy cost down.

#### Upgrade to LED lighting

Replacing your traditional incandescent or halogen outdoor bulbs with efficient LED lighting can reduce the amount of energy those lights consume by up to 80%. Not only are LED bulbs more efficient, but they also last up to 25 times longer, according to the U.S. Department of Energy. These lights have also become very versatile. There are bulb types or fixtures to upgrade any outdoor lighting solutions. Dim-

#### Harness solar power

Summer's long, sunny days make solar-powered lighting another ideal choice. These surprisingly affordable options charge batteries during the day using a small photovoltaic panel. They then illuminate your walkway, patio, or flowerbeds at night without any energy usage to pay for. These solar options come in many different designs and provide solutions for almost any outdoor application.

#### Use smart controls

To further reduce your energy usage, consider installing timers, motion ming capabilities and color options sensors or photocell controllers on lights around the property.

Summer brings with it warm eve- can help you set the perfect mood for outdoor lighting circuits. We have all turned those outdoor lights on for a gathering and accidentally left them on all night or forgot to turn those lights normally left on overnight off the next morning. Each one of the suggested devices provides you with a "set it and forget it" solution. Timers allow you to customize and automate your outdoor lighting schedules. Smart lighting controls elevate the experience by giving you remote access to those controls via apps or voice assistants. These could be a perfect solution for many outdoor areas.

> lights on when they detect movement. These are fantastic options for entryall night. These might include exterior lighting on your house or security



### Heath Morgan, **Energy Efficiency** Coordinator

These energy-efficient solutions can help you enjoy those summer evenings Motion sensors automatically turn without worrying about the impact it will have on your energy bill. By combining LEDs, solar and lighting conways or driveways. Finally, photocell trols, you can transform your yard, crecontrollers are a great option for the ating an inviting outdoor space to host lighting circuits you intend to leave on your gathering or just drawing some attention to that magnificent lawn.

For more information, visit www. cottonelectric.com/energy-efficiency.



Take advantage of the summer sun and consider installing solar-powered lighting in your outdoor spaces. Photo courtesy of MetroCreative.

### **Heating Degree Day and**

# Download

### **Cooling Degree Day Calendar**



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.



# **Smarthub** today!



Current News

# **Cotton Electric Charitable Foundation**



Lawton Food Bank was awarded a Cotton Electric Charitable Foundation (CECF) grant for a pallet truck scale. Pictured left to right: Lawton Food Bank Board Member Phillip Liles, Lawton Food Bank Board Member/Treasurer Angela Spradlin, Lawton Food Bank Executive Director (Outgoing) Mac Lechel, Cotton Electric Vice President of Administration Shane Bowers, and Lawton Food Bank Executive Director Alex Minter McCann. Photo by Carli Eubank.



The Duncan Senior Citizens Center was awarded a CECF grant for supplies for the cardio and technology classes. Pictured left to right: Cotton Electric Communications Specialist Carli Eubank, DSC Board Member Rita Spangler, DSC Board Member Sheila Robinson and DSC Executive Director Vencent Johnson. Photo by Danielle Quickle.



A CECF grant was awarded to Grandfield Multi Purpose Center for an air conditioner. Pictured left to right: Grandfield Multi Purpose Center cook Eduarda Cunningham, Grandfield Multi Purpose Center teen volunteer and cook Ayden Foster, Grandfield Multi Purpose Center project coordinator Tara Crane, Grandfield Multi Purpose Center Board President Craig Bolton, Cotton Electric CEO Jennifer Meason, and Cotton Electric Director of Marketing and Communications Zach Young. Photo by Carli Eubank.



The Walters Police Department was awarded a CECF grant for one hand jack sets and DeWalt portable jump starters. Pictured left to right: Walters Police Officer Bryan Janz, Walters Police Chief Tyler Smith, Cotton Electric CEO Jennifer Meason, and Cotton Electric Director of Marketing and Communications Zach Young. Photo by Carli Eubank.



A CECF grant was awarded to AMVETS Post 11 for building renovations. Pictured left to right: Post Commander Gayla Laufenberg; Provost Marshall Desiree Miller, 1st Vice President Robert Hall Sr., and Cotton Electric Communications Specialist Carli Eubank. Photo by Danielle Quickle.

CHARITABLE FOUNDATION 21 5-27-25 CHARITABLE FOUNDATION 21 5-27-25 CHARITABLE FOUNDATION 22 5-27-25 CHARITABLE FOUNDATION 25 5-27-27-25 CHARITABLE FOUNDATION 25 5-27-27-25
The Operation Round Up Grant Cotton Steetric Members

Christians Concerned received a CECF grant for a fully powered pallet stacker. Pictured left to right: Christians Concerned Executive Director Kevin Lawrence and Cotton Electric Communications Specialist Carli Eubank. Photo by Danielle Quickle.





# Strengthening communities with Co-op Connections

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?

If you are 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. You can also visit www.connections.coop. com or www.cottonelectric.com/ co-op-connections to discover how you can be part of this free, money-saving opportunity.





### FOR MORE INFOR

CALL 580-875-3351 OR DOWNLOAD THE CO-OP CONNECTIONS APP.





Scan Me To View Co-op **Connections Website! Or** Visit connections.coop!

# **UNCOMFORTABLE?**

Does your home have any of these symptoms?

- Rooms that get too hot or too cold?
- High utility bills?
- Thermostat wars with your spouse?
- High humidity in summer?
- House just never seems comfortable?
- There doesn't seem to be enough airflow?
- **Dust buildup within 2 days of dusting?**
- **D** 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?

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

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

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



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### You have an estate plan - whether you know it or not

tion is: Did you create it, or



Think estate planning is deciding who gets what should be distributed after

When someone pass- your wishes and making jointly held property may

1. A Will - This document tinues (if you have one) and divorce, death of a spouse your values and priorities. outlines how your assets your wishes are honored. or the birth of a child.

clude four key components: are paid, your business con- events such as marriage, leave a legacy that reflects

**3.** Health Care Directive

One common myth is your estate plan should Think estate planning is deciding who gets what should be distributed after of the planning is deciding who gets what should be distributed after of the planning is deciding who gets what should be distributed after of the planning is deciding who gets what should be distributed after of the planning is deciding who gets what should be distributed after of the planning is deciding who gets what should be distributed after of the planning is deciding who gets what should be distributed after of the planning is deciding who gets what should be distributed after of the planning is deciding who gets what should be distributed after of the planning is deciding who gets what should be distributed after of the planning is deciding who gets what should be distributed after of the planning is deciding who gets what should be distributed after of the planning is deciding who gets what should be distributed after of the planning is deciding who gets what should be distributed after of the planning is deciding who gets what should be distributed after of the planning is deciding who have a should be distributed after of the planning is decided after elderly? Think again. If you cess may not reflect your ecutor to oversee the process will, this document spells But wills only take effect view your documents ev-own anything — a home, a wishes. That's why tak- in probate court. It can also out your preferences for after death; they don't help ery few years or after macar, a savings account, even ing control of your assets designate guardians for mi- medical treatment if you're if you're alive but unable jor life events. It's often a a pet — you already have an through a personal estate nor children. Keep in mind unable to speak for your- to make decisions. Another good idea to seek help with estate plan. The only ques- plan should be a top priority. that a will doesn't cover ev- self. It can also designate misconception is that es- such reviews. Your finan-At its core, estate plan- erything — certain transfer someone to make health tate planning is only for the cial advisor or attorney can will your state do it for you? ning is about clarifying on death (TOD) accounts and care decisions for you. wealthy. In truth, planning guide you through the pro-4. Beneficiary Designa- is about more than money cess, ensuring your plan fits es away without an estate things easier for your heirs. bypass your will entirely. tions – Accounts like 401(k) — it's about making things your unique circumstances. plan, state laws take over, It ensures your assets are **2.** Power of Attorney – If s, IRAs, and life insurance easier for the people you In the end, estate planning distributed according to you become incapacitated, policies transfer directly to love during difficult times. isn't just about planning for

your preferences, desig- you'll want someone you the people you name, re- An effective estate plan what happens when you are nates who will make deci- trust to be able to make de- gardless of what your will can prevent costly legal gone. It's about feeling consions on your behalf if you cisions on your behalf. A says. It's essential to re- battles, reduce confusion fident, knowing that what can't and provides guidance durable power of attorney view these beneficiary des- and give your loved ones matters most — your family, for your care in a medi- designates such a person, ignations regularly, espe- a clear roadmap to fol- your purpose, your legacy cal crisis. Most plans in- helping to ensure your bills cially after significant life low. It also allows you to - is protected.

As your life changes, Edward Jones, Member SIPC



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### Manage your account and choose to pay for power your way

At Cotton Electric, providing multiple payment options is one of the ways we strive to provide excellent member service to you. By choosing a payment method that's best for you, you can pay for your power, your way.

When making a payment, be sure to have your Cotton Electric account number handy, which can be found at the top left of your bill, just under your address. If you have multiple accounts, all numbers are required. See below to find which payment option works best for you to manage your account:

#### By Mail

Use the return envelope that comes with your monthly power bill to submit your payment by mail. We do not accept cash by mail, so make sure to include a check or money order and the bottom portion of the bill.

#### In-person

We accept cash, checks, money orders and credit cards at our headquarters, 226 N. Broadway in Walters, and at our Duncan office, 1101 W. Oak. Business hours at both offices are 8 a.m. to 5 p.m. Monday through Friday, except holidays. Credit card payments can be made inside the front lobbies at either office or the outside kiosk at the Duncan office. Credit cards will not be accepted for payment on commercial accounts.

#### By Phone

Call 1-855-940-3923 to make a payment over the phone, by using a series of menu choices in an automated system. The system requires your Cotton Electric account number and credit/debit card or banking account numbers. SmartHub electronic check / credit card

Members can sign up for online or mobile device account access and pay via electronic check or with Visa, MasterCard or Discover credit cards any time of day with no additional charge. Credit cards will not be accepted for payment on commercial accounts. First-time setup requires your Cotton Electric account number.

Members can pay bills, review energy usage and manage their account from anywhere with SmartHub. Members must have a valid email account on file with the cooperative to access accounts online or through the app. Visit www.cottonelectric. com/smarthub to learn more and download the free SmartHub app for your Apple or Android devices.

#### Monthly bank draft

Monthly bank drafts require an Authorization Agreement for Automatic Debit form and a voided, unsigned check. Forms are available at both offices or can be mailed to you. Once it is filled out and returned, it takes a few days to arrange for your checking account to be drafted 10 days after your billing date each month. Members are also able to sign up for this program on their own through Smarthub under the Auto-Pay Program.

#### Moneygram

Moneygram transactions are handled at Walmart and CVS stores anywhere in the United States. There is a fee for this transaction and requires cash or a debit card. When using this payment option, use billing code 7933.

#### Average Monthly Payment

Qualifying members for our Average Monthly Payment (AMP) plan must have a 12-month billing history, with no more than two late payments in that 12-month period, and an account in current status. If more than two late payments are made when on this program, the account will be removed from AMP.

The average of the previous 12 months is reflected in a monthly bill, and the amount each month may vary due to fluctuations in fuel costs, variations in usage and the Power Cost Adjustment. With AMP, instead of high and low bills as seasons change, bill amounts will tend to be similar to the same amount each month.

Any of the payment methods listed above can be used when paying on accounts using the AMP plan. Please contact our Member Service department at 580-875-3351 to make sure that you qualify for this plan.

#### **MyChoice**

MyChoice is a prepay energy solution that gives our members the power of choice for paying for electricity how and when you choose with no security deposits or late fees. Purchasing electricity before you use it allows you to pay how much you want, when you want. Members will not receive a monthly statement. Your energy use and balance are calculated daily and can be tracked by mobile devices using SmartHub or online at www.cottonelectric.com/viewpay-my-bill.

For more information, stop by our offices, call 580-875-3351 or visit www.cottonelectric.com/ viewpay-my-bill.

## Cooperative announces filing period for 2025 District Meetings

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 4, 7 and 9, 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 en-

sure that all candidates are eligible to be a candidate and remain a Trustee prior to the election.

Filing deadlines for each district are as follows:

- District 4: Filing deadline is Aug. 5. District Meeting date is Sept. 4.
- District 7: Filing deadline is July 28. District Meeting date is Aug. 26.
- District 9: Filing deadline is July 29. District Meeting date is Aug. 28.

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

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

# **STORM PREPAREDNESS CHECKLIST:**

# 

# **D**ATTERIES





GENERAC



## Before you jump in, learn more about Electric Shock Drowning

#### Just what is electric shock drowning, or ESD?

An unfamiliar term to many, ESD means that someone is being exposed to stray electrical current in water, usually from faulty wiring — a danger you cannot see or detect just by looking. Many people have never heard of ESD or don't even know it's a possibility when swimming, wading, boating or hot-tubbing.

While we are not suggesting that stray electricity lurks in every body of water, it is important to be aware water can become electrified and that electric shock drowning can occur.

Dangerous water that has electrical current running through it can paralyze muscles, leaving a swimmer unable to move or stay afloat. Stray electricity could be found in the water:

• Near a dock that uses electricity (usually in fresh water as opposed to salt water).

- Near a marina (never swim there).
- Surrounding a boat capable of generating electricity.

• In a pool or hot tub (electricity often runs the lights and motors).

• In a wading pool, kiddie pool, lazy river or water amusement feature that uses electricity.

This is not an exhaustive list; in fact, currents could leak into any water source with electricity running to it (for example, a lighted fountain).

Depending on the magnitude of the current, sometimes a person can detect stray electricity in the water by the sensations they feel, such as prickly or tingly sensations. If that happens, pull your legs up close to your body and swim away from the source of electricity. Yell to someone on land or the dock to cut the power. Again, do not swim toward the electrical source.

If you suspect someone is experiencing electrical shock while in the water, do not jump in to help. Instead, call 911, throw a life ring or lifesaver and, if you can, shut off the power source.

For more information, visit www.cottonelectric.com/safety or www.safeelectricity.org.

# **YOUR FIGHT** IS OUR FIGHT!

We embrace new and innovative treatments that emerge each year in the fight against cancer! Our doctors and nurses are cancer specialists. Our staff is highly trained to support you as a patient. You will not fight alone.

We encourage you to get routine cancer screenings. Early detection improves outcomes and saves lives.



## If you feel a SHOCK, swim AWAY from the DOCK!



#### If you are in the water and feel electric current:

- **SHOUT** to let others know.
- **2 TUCK** your legs up to make yourself smaller.
- **3** Try to go out AWAY from anything that could be energized.



**4 Do NOT** head to boat or dock ladders to get out.



#### CELEBRATE THE COWBOY LEGACY WITH US!

Live music, children's art project, Chickasaw beading demo, and John Cook with Blue Moon Mosaics art exhibit!

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# How extreme summer temps impact reliability

When outdoor temperatures soar, our electricity use increases. That's because our air conditioners are running longer and more often to counteract sweltering outdoor temperatures. Factor in that we all tend to use electricity at the same times—in the morning and early evenings-and that equals a lot of strain on our electric grid.

At Cotton Electric, we work closely with Western Farmers Electric Cooperative, our local generation and transmission (G&T) cooperative in resource and infrastructure planning to ensure you have the power you need whenever you flip a switch, but the electric grid is much larger than your local co-op and G&T.

In summer months, when even more electricity is being used simultaneously across the country, it is possible for electricity demand to exceed supply, especially if a prolonged heat wave occurs. If this happens, which is rare, the grid operator for our region of the country may call on consumers to actively reages to relieve pressure on the grid. Your cooperative will always keep you informed about situations like this.

We work proactively with our G&T to create a resilient portion of the grid and ensure electric reliability in extreme weather, including regular system maintenance, grid modernization efforts and disaster response planning; but it takes everyone to keep the grid reliable.

To help keep the air conditioner running for you, your family and neighbors, here are a few things you can do to relieve pressure on the grid during times of extreme summer heat:

• Select the highest comfortable thermostat setting and turn it up several degrees whenever possible. Your cooling system must run longer to make up the difference between the thermostat temp and the outdoor temp.

o Pro tip: Seal air leaks around windows and ex-

### 5 WAYS to Reduce **Use During Extreme Heat**

During periods of extreme heat, the demand for electricity can skyrocket, placing additional strain on the grid. By working together to lower our electricity use, we can reduce pressure on the grid.

Here are five effective ways to lower use at home.



#### 1. Raise your thermostat setting a few degrees higher than usual. Every degree can reduce cooling energy consumption.

- 2. Cook with smaller appliances to save energy and reduce heat gain in the kitchen.
- 3. Keep blinds, curtains and shades closed during the hottest part of the day to block direct sunlight.
- 4. Use fans to circulate air, which can make you feel cooler without needing to lower the thermostat.
- Shift activities that require a lot of energy consumption to off-peak hours when demand is lower.

duce their energy use or initiate rolling power out- terior doors with caulk and weatherstripping. Air leaks and drafts force your cooling system to work harder than necessary.

> • Run major appliances such as dishwashers, ovens and dryers during off-peak hours when the demand for electricity is lower.

> o Pro tip: Start the dishwasher before you go to bed.

> • Use ceiling fans to make yourself feel a few degrees cooler. Remember, ceiling fans cool people (not rooms), so turn them off in unoccupied rooms.

> o Pro tip: During summer months, set ceiling fan blades to rotate counterclockwise, which pushes cool air down for a windchill effect.

> • Close blinds, curtains and shades during the hottest part of the day to block unwanted heat gain from sunlight.

> o Pro tip: Consider blackout curtains with thermal backing or reflective lining to block heat and light.

> • Use smaller appliances, such as slow cookers, air fryers and toaster ovens to cook meals.

> o Pro tip: Studies have shown that air fryers use about half the amount of electricity than a full-sized oven. Air fryers are smaller and use focused heat, which results in faster cooking times, less heat output and lower energy use.

> As we face the challenges posed by soaring summer temperatures, understanding the impact on energy demand is crucial for maintaining a reliable power supply. By adopting energy conservation practices during periods of extreme heat, not only can you save money on your electric bills, but you can also contribute to the resilience of the grid, keeping our local community cool and connected.

> For more information, visit www.cottonelectric. com/about or www.cottonelectric.com/energy-efficiency.



Page 8



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# A costly text message

Emma had just left the grocery store, arms full of bags, when her phone buzzed with a text message from her daughter.

"Mom, I lost my phone! I'm using a friend's. I need money for a new one. Please send \$800 right away—I'll explain later!"

Her heart skipped a beat. Her daughter, Angie, was away at college, and she knew how important her phone was for school, work, and staying in touch. The thought of her stranded without a phone made her anxious. She quickly replied,

"Are you okay? What happened?"

A response came almost immediately.

"I'm fine, but I can't talk. Borrowing a friend's phone. Can you send the money now? I need to get a replacement ASAP. I'll call you tonight. Love you!"

Emma hesitated for a moment. Something felt off, but her worry overruled her doubts. She pulled up her banking app and transferred the \$800 to the phone number provided in the text message. She didn't even question why it wasn't going directly to her daughter's account—maybe Angie couldn't access it without her phone. Later that evening, she called Angie's real number, expecting to hear relief in her voice. Instead, she answered normally.

"Hey, Mom! What's up?" Emma froze.

"Did you get the money?" Angie sounded confused.

"What money?"

what money:

Emma's stomach dropped. She opened the text messages again, reading them with fresh eyes. The urgent tone, the lack of specifics, the insistence on immediate payment—it all suddenly screamed scam. A scammer pretended to be her daughter, knowing that a panicked mother wouldn't stop to verify.

Unfortunately, she wasn't alone. Every day, cybercriminals manipulate emotions to trick people into making costly mistakes. Here are five common emotional triggers they exploit—and how to spot them before it's too late.

#### 1. Urgency – "Act Now, or Lose Something"

Scammers create artificial time pressure to rush you into making mistakes.

#### How It Works:

"Your bank account has been compromised! Verify your identity within two hours, or your funds will be frozen."

• "Your payment has been completed." (when you know you never bought the item)

• "Your password is about to expire! Update it immediately here."

#### How to Spot It:

• Contact the company directly using official contact info, such as calling on a trusted phone number or using the company's mobile app.

• Look for vague details in the message—legitimate companies provide specifics, not threats.

#### 2. Fear – "Something Bad Will Happen"

Cybercriminals use fear to create panic, pushing victims to act without thinking.

#### How It Works:

• "This is the government. You owe back taxes and must pay immediately, or you'll be arrested."

• "A virus has been detected on your device! Call this number for support."

• "If you don't pay this ransom, your private photos will be leaked."

#### How to Spot It:

• Government agencies don't threaten via text or email.

• Tech companies won't reach out to fix your computer.

#### 3. Curiosity – "You Won't Believe This!"

Scammers exploit curiosity by using shocking or enticing messages.

#### How It Works:

• "Is this a video of you?" (with a malicious link)

• "Breaking news! Huge celebrity scandal—click here to see."

• "Your friend tagged you in a crazy post!"

#### How to Spot It:

• Be skeptical of sensational messages.

• Verify with the sender before clicking anything.

#### 4. Trust & Authority – "This is Someone You Know"

Cybercriminals pretend to be trusted figures—bosses, banks, or even loved ones.

#### How It Works:

• "Hi Mom, it's me! I lost my phone. Can you send money?"

• "This is your boss. I need you to purchase gift cards for an office event."

• "We detected suspicious activity in your account. Click to secure it now."

#### How to Spot It:

• Create a secret passphrase with family members to verify each other's identity.

• Look for vague details—scammers often don't know your name or mailing address.

• Be wary of unusual requests—especially those involving money or sensitive info.

#### 5. Excitement & Greed – "You've Won Something Amazing!"

Too-good-to-be-true scams prey on people's desire for rewards or attention.

#### How It Works:

• "Congratulations! You've won a free iPhone—claim it now!"

• "You seem like a wonderful person, tell me more about yourself."

• "You've been selected for an exclusive investment opportunity."

#### How to Spot It:

• If you didn't enter, you didn't win. Legitimate companies don't ask for fees to claim prizes.

• Be wary of strangers who persistently push something "too good to be true" or express romantic feelings too quickly.

• Be skeptical of "exclusive" offers sent randomly.

The next time you get an urgent text or phone call, stop, think, and verify before taking action.

Source: sans.org



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# Cotton Electric member keeps the campfire burning for cowboy music and stories

#### By Carli Eubank

With a cup of coffee in his hand, he steps into the cool morning air before the summer sun warms the sky. Horses and cattle softly rumble across the pasture, while coyotes and wolves debate whose howl can cover the furthest distance. With the Bible in his other hand and sounds of the land in his ears, Cotton Electric member and Christian cowboy poet Ron Secoy takes a seat with his sources of inspiration all around him for his next piece of cowboy poetry.

Secoy's passion for writing goes back to growing up in St. Louis where he discovered popular dime novels, like Buffalo Bill, and bet he could write something similar.

"In elementary school, I would write pages and pages of stories to sell to any of my classmates until the teacher made me stop," Secoy said.

Secoy and his family later moved to Illinois where he continued to write throughout high school until he was drafted after graduation in 1970 and served in the army for two years. When he returned home, Secoy graduated from Southern Illinois University with a degree in Mass Communications and a minor in Creative Writing. Secoy went back into the army in hopes of working for their public relations, but at the time, there weren't any available slots for him.

"I wanted to get back in the army, so I went to the medical field and different units after that," Secoy said. "But wherever I was, in various places, I would always find a way to get into writing in some way, shape or form."

When stationed in Germany, Secoy caught the attention of his sergeant major who assigned him to headquarters to write and publish the unit newsletter, *Red Lake Review*.

Fast-forward to 2009, when he and his family attended the Chisholm Trail Cowboy Church of Southwest Oklahoma. The pastor, Ken Howry, incidentally, was a cowboy poet. Secoy enjoyed how Howry incorporated cowboy poems to illustrate his sermons. It was at that church where Secoy met his cowboy poet mentors and friends, Ken Howry and Jay Snyder, beginning his own cowboy poetry journey in 2010.

"In the mornings, I would read the Bible, study a devotional and



Cotton Electric member and Christian cowboy poet Ron Secoy recites his poems at a cowboy poetry gathering. Photo courtesy of Ron Secoy.

the genre's origin and tradition – people gathered together sharing cowboy music and stories at the end of the day.

"It's always enjoyable to get the performers back together with each event and give the public an idea of what cowboy poetry and cowboy music is like," Secoy said. "The genre is hard to define, but to me, cowboy poetry is about the land, the people, and sharing your own life experiences."

Secoy has achieved many recognitions and milestones in his poetry career: publishing more than 300 poems, hosting multiple cowboy poetry gatherings, being named the Poet Laureate of Central High, becoming a member of the International Western Music Association and more. While he's found comfort reciting his cowboy poetry, he always looks forward to the morning with inspiration provided by Bible study and prayer in those predawn hours.

For more information about Secoy's upcoming event in Lawton, visit the 4C Cowboy Music and Poetry Gathering Facebook page.



pray," Secoy said. "As a result, I was given inspiration for a cowboy poem."

Secoy notes that he is a cowboy at heart, not by profession or lifestyle.

"Even though I've never had cattle, we have had horses and appreciate the bond between horse and rider," Secoy said. "I love rural life."

Though college trained him in both journalism and creative writing, Secoy says cowboy poetry is his preferred genre because "it is straightforward, clear and honest."

He wrote at least one poem per week, and the pastor allowed Secoy to read a poem during service every week. Over a year, he had written 150 poems. With the source of his poetry coming from his devotional time, Secoy believed God was leading him to take the next steps of his poetry career – publishing three books of his cowboy poems, cutting a CD and organizing cowboy poetry gatherings across the cooperative's service territory, including Duncan, Rush Springs and Central High.

Since 2015, Secoy has invited many cowboy poets, singers, musicians and performers, to collaborate with him and perform at cowboy poetry competitions and gatherings. Attendance grew at each event with people joining from surrounding states, often staying until 10 o'clock at night, to listen to the cowboys' gravel tones perform their works of art.

Secoy has had to adjust the structure of the cowboy poetry gatherings over time, but the purpose of the events remains a reflection of



Cotton Electric member and Christian cowboy poet Ron Secoy has published more than 300 cowboy poems. Photo courtesy of Ron Secoy.



# Community Spotlight

If you would like your community event listed in the August issue, please submit information by calling 580-875-3351 or sending an email to The-Current@CottonElectric.com by Aug. 1. Only events occurring after Aug. 15 will be published in the next issue.

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

#### Local VFD annual fundraiser

Support the Chattanooga Volunteer Fire Department by grabbing a meal at their annual fish fry fundraiser. Meals are donation only and include fried fish, french fries, hushpuppies, baked beans and coleslaw. The event is set from 5 to 8 p.m. July 26 at the Chattanooga Fire Station. For questions or more information, call 580-512-8733 or chattyfirechief@gmail.com.

#### **Celebrating 40 years**

Celebrate with the Lawton Food Bank for 40 years of feeding their community at their Party in the Pantry event. The community can participate by donating to the Lawton Food Bank's \$40 for 40 campaign, becoming a sponsor, hosting your own mini-campaign fundraiser or sharing their posts on social media. Party in the Pantry is set for Aug. 27. For more information, call 580-353-7994 or 580-250-4540.

#### Dementia Public Forum

Oklahoma Home and Community Education (OHCE) has adopted their state project for 2025 through the end of 2026 related to dementia. Gina Flesher, as the State Project Committee Chair for Stephens County, announced the development of a Dementia Awareness Coalition. OSU Extension and Stephens County OHCE along with local community partners: DRH Health, DRH Health Foundation, Alzheimer's Association, Oklahoma Dementia Care Network, and Pathways to a Healthier You have partnered to bring a public forum to raise dementia awareness. It is free to the public, and there is no need to RSVP. The keynote speaker for this informative event "Untangling the Uncertainty" is Thomas A. Teasdale, DrPH with OU College of Public Health. Dr. Teasdale is intimately involved in dementia awareness through his program involvement with OU Health - Oklahoma Dementia Care Network.

The event will be held at 2 p.m. July 22 at the Red River Technology Center in the Symposium Room, and then repeated at 6 p.m.

The event will focus on:

• Overview of dementia

• Generalization of signs and symptoms with varying "types" of dementia

- Diagnostic techniques and tests
- Various treatment options
- Support for the caregiver
- Question-and-answer session

A follow-up session is being planned to focus on "Care of the Caregiver" on Tuesday, Nov. 11. The location will be the same as well as the offering times so that individuals can plan accordingly.

For more information call Gina Flesher at 580-467-029.





Maddie, the granddaughter of Cotton Electric member Mary Hutton, is ready to cruise through the Marlow Fourth of July Parade.

Enter your "best shot" in our Photo of the Month contest. The theme for August is Fun in the Sun! 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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# More clarification on "healthy" labels on packaged foods



Kim Bandelier, MPH, RD, LD



In December 2024, the U.S. Food and Drug Administration (FDA) made a big change to how food companies can use the word "healthy" on their packaging. These new rules are meant to help people make better food choices and understand what's good for their bodies.

In January 2025, the FDA website was updated with consumer-facing clarification on what these changes mean ahead of the February 2025 implementation of the new definition. Now, to be labeled healthy, a food must meet the follow-

ing criteria: include a certain amount of step toward teaching kids and teens how use-healthy-claim-food-labeling. food from important food groups like to make smart food choices. fruits, vegetables, whole grains, dairy or protein; and stay under limits for added sugars, saturated fat and sodium (salt). This means that foods like fruits, vegetables, whole grains, low-fat dairy, beans, nuts, and fish can now be labeled healthy if they don't have unhealthy added ingredients. Even foods like avocados, salmon, and olive oil - once left out because of their fat content — can now qualify because they contain healthy fats.

Some foods that used to be called healthy no longer meet the new standards. These include fortified white bread, sugary yogurts and sweetened cereals. Even though these foods might have added vitamins or minerals, they also have too much sugar or not enough real nutrition to be considered healthy under the new rules.

These changes help people quickly spot foods that are truly good for them. It also encourages food companies to make healthier products. The goal is to help Americans eat better and lower the risk of diseases like heart problems, diabetes, and obesity. The FDA hopes this update will make it easier for families to build healthy meals and snacks. It's also a

search for "use of healthy claim on food label" or visit www.fda.gov/food/nutrition-food-labeling-and-critical-foods/

You can view an infographic, a fact sheet If you would like more information, and a webinar explaining the changes in more detail as well as stay on top of the creation of the new symbol you will see on packaging that meets the new criteria.



Visit www.fda.gov to learn more about the recent changes on food packaging labels. Photo courtesy of MetroCreative.









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# Simple Summer Snacks

### Sweet, easy recipes to solve warm-weather hunger

(Family Features) From lazy days by the pool to weekend road trips and everything in between, summer is packed with adventures. To keep your energy high for all those warm-weather activities, you'll need to keep sweet, delicious snacks on the family menu.

Make sure versatile, flavorful watermelon is always on your grocery list so you can enjoy it for breakfast, lunch, snacks, desserts, drinks and beyond. It easily fits your existing routines for morning smoothies and snacking on the go, or in make-ahead dishes you can serve when hunger strikes.

It's easy to cool off quickly on hot summer days with Watermelon Ice Pops, a simple, kid-friendly favorite made with watermelon and chunks of fresh fruit. Bursting with flavor, these frozen treats make snack time a cinch while tackling cravings, boosting hydration and supporting wellness in place of added-sugar treats.

For a light afternoon bite before the dinner bell rings, try this Watermelon Salad with Feta and Mint that offers sweet summer flavor without the hassle. Pairing long-time favorites in feta cheese and mint, it's a classic for a reason with delicious watermelon adding nutritional content.



Of course, as a kitchen staple to keep on hand throughout the year, watermelon is also perfect for enjoying all on its own at home or on the go. Whether it's diced, sliced, balled or blended, you can toss it in a jar for a healthy, hydrating snack.

Cutting watermelon into convenient chunks is fast and easy so you can eat at home or toss in a to-go container to take to the office, beach or soccer practice. Just cut a grid pattern on the fruit and cubes will tumble out, ready to eat. Don't forget to wash and dry the rind on the watermelon before cutting.

1. Cut the whole watermelon lengthwise into quarters. Lay each quarter on its rind with the interior facing up.

2. Place the knife about 3/4 inch down from the

peak of the wedge. Holding the knife parallel to the far side of the fruit and starting at the edge of the rind, cut a horizontal line across the fruit all the way down to the rind.

3. Place the knife blade about 3/4 inch lower and make the same cut. Repeat. Turn the fruit to the other side and make the same horizontal cuts.

4. Starting at the end of the rind, make vertical cuts straight down the rind, 3/4 inch apart all the way across.

5. Remove the cubes and serve or store in an airtight container in the refrigerator.

To find more ways to serve watermelon this summer and all year long, visit Watermelon.org.

# Watermelon Ice Pops

Recipe courtesy of National Watermelon Promotion Board

#### Ingredients:

1 watermelon

chunks of fresh fruit (such as grapes, strawberries or kiwi)

#### Instructions:

- Puree watermelon and pour into ice pop molds.
- Drop in chunks of fresh fruit, insert caps and place in freezer. Serve when frozen.





### Watermelon Salad with Feta and Mint

Recipe courtesy of National Watermelon Promotion Board

#### Ingredients:

1/4 cup lemon vinaigrette

4 cups cubed watermelon

1/2 English cucumber, cut into 1/4inch half moons

1/2 small red onion, thinly sliced

1/4 cup crumbled feta cheese

2 tablespoons fresh mint, roughly chopped

#### Instructions:

Drizzle vinaigrette in bottom of large canning jar. Layer with watermelon, cucumber, red onion, feta and mint.

Cover tightly with lid and shake to combine. Keep refrigerated until ready to serve.

**Substitution:** Use Greek dressing in place of lemon vinaigrette.

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(Family Features) Simplifying summer gatherings starts with easy recipes that don't sacrifice flavor. To stay prepared for last-minute get-togethers and unexpected guests, keep this Shrimp Spaghetti recipe on your menu and find more quick dinner solutions at Culinary.net.



## Shrimp Spaghetti

Recipe courtesy of "Cookin' Savvy" Servings: 4-6

#### Ingredients:

- 1 pound spaghetti noodles
- 2 tablespoons butter
- 1/4 cup avocado oil
- 1 package (12 ounces) raw shrimp
- 2 tablespoons garlic powder, divid-
- ed 1 teaspoon smoked paprika
  - 1 cup chicken broth
  - 1/2 cup grated Parmesan cheese
  - 1/4 cup heavy cream
  - 1 teaspoon onion powder
  - 1 cup frozen or fresh spinach
  - bread, for serving

#### **Instructions:**

Cook spaghetti noodles according to package instructions.

In skillet over medium heat, add butter, avocado oil and shrimp. Mix in 1 tablespoon garlic powder and paprika. Remove shrimp after they begin to turn pink; set aside.

Add chicken broth, Parmesan, heavy cream, remaining garlic powder, onion powder and spinach to skillet and mix well. Add shrimp back to skillet to finish cooking. Mix in noodles and serve with bread.

# A Summer Spin on BLTs

(Family Features) Put a spin on classic bacon, lettuce and tomato sandwiches with these BLT Wraps that let you skip the frying pan and pair summer flavors in a warmed tortilla. They're perfect for saving time on busy days so you can share more moments doing your favorite activities. To find more summer lunch inspiration, visit Culinary.net.

### **BLT Wraps**

Recipe courtesy of "Cookin' Savvy"

Servings: 4

#### Ingredients:

- 1 package real bacon pieces 1 large tomato, chopped 1/2 cup mayo 1 teaspoon onion powder 1 teaspoon garlic powder salt, to taste pepper, to taste
- 4 taco tortillas, warmed
- 3-4 slices lettuce

#### Instructions:

In bowl, mix bacon pieces, tomato, mayo, onion powder and garlic powder until blended well. Add salt and pepper, to taste.

Spread onto warmed tortilla and add lettuce. Roll up and cut in half.

Tip: Recipe can be doubled, if needed.



# **Take Dinner Outdoors with Grilled Chicken Skewers**

(Family Features) Keep the heat out of your kitchen this summer with these grilled Chicken Skewers. Enjoy them on their own, pair with rice, serve as chicken tacos or toss in a salad for nearly endless, delicious possibilities. Visit Culinary.net to find more summer flavor inspiration.



**Chicken Skewers** 

#### Recipe courtesy of "Cookin' Savvy Servings: 4-6

#### Ingredients:

- 1 cup brown sugar
- 1 can (6 ounces) tomato paste
- 1/2 cup apple cider vinegar
- 1 tablespoon mustard
- 2 teaspoons onion powder
- 1 teaspoon garlic powder
- 2 teaspoons smoked paprika

2 teaspoons barbecue seasoning

1/2 cup honey

1/4 cup teriyaki sauce (optional)

- 2 pounds boneless chicken
- rice, for serving (optional)

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#### Instructions:

In saucepan over medium heat, cook brown sugar, tomato paste, apple cider stead of regular honey to spice it up.

vinegar, mustard, onion powder, garlic powder, paprika, barbecue seasoning, honey and teriyaki sauce until well combined.

Cube chicken and place in large bowl. Pour sauce over chicken, saving some for basting. Marinate at least 1 hour.

Heat grill to medium heat.

Place marinated chicken cubes on skewers and arrange on baking sheet. Grill until chicken reaches 165 F internal temperature, 20-30 minutes. Baste with remaining sauce as needed. Serve over rice or use for chicken tacos.

Substitution: Use hot honey in-

# Is Your Water Safe?

#### Give Your Back a Break...Stop Adding Salt to Your Softener

Minerals in your water form scale deposits that build up inside your pipes, water heater, shower heads, and other water using equipment like cholesterol in your arteries. These deposits significantly decrease the efficiency of your plumbing systems. Drinking water and icemakers are also negatively affected, as are health quality of water and taste. Hard water is not safe for you, your family or your home.

#### **Benefits of a No-Salt Water Conditioning System:**

- I Maintain healthy calcium & magnesium levels
- I No sodium added to water
- I No waste water vs. up to 10,000 gallons per
- year with salt softeners
- I No environmental discharge of salt or chemicals I Clothing will last longer Reduces iron staining
- D Extends appliance life by 50% or more Descales inside of pipes & water heater I Cleaner bodies, clothes, and dishes
- 25% or more reduced detergent use

I Improves water heater efficiency and thus lowers energy bills

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**NEW LISTING!** 

187677 N 2590 RD, Walters, OK 73572 2600 sf manufactured home on 160 acres with a beautiful panoramic view, one of the highest points in Cotton County **PRICE REDUCED:** \$590,000 SE S17 T3S R11W, Cotton County, OK

Directions From Walters, go 5 miles home on 160 acres, 4 Bedsouth to 5A then West 3 miles to NS2590, then Roof, large Covered Porch North to property on West side of road. built in 2008. Pipe corral,

> From Cookietown Highway 5A and 277, go East on 5A to 2590 Road then North 1.5 miles to property. Watch for Signs!!

Property won't last long! This is a special farm with a high elevation and excellent panoramic view that will not last long.

Perfect for your cow calf operation that you can watch from your huge covered patio while the sun is setting. Country setting, peace and quiet. Deer and wildlife are plentiful.

Schools, 2025 Estimated **Rick High** taxes: \$2298.33 580-875-6500 210 N. BROADWAY, WALTERS OK 73572 rrhigh@sbcglobal.net www.highsauction.com





# COTTON ELECTRIC CO-OP

### WATER SAFETY WORD SCRAMBLE

Outdoor water activities and electricity never mix because water is a powerful conductor of electricity. When electrical devices or cords come into contact with water-like at a pool, lake or beach--it can cause serious electric shocks. Keep all electrical items far away from water and always follow safety rules when you're outside near water.



Read the sentences below, then unscramble the bolded letters to complete the safety tips.

- **1.** Never touch electrical **csevied**, switches or plugs when your hands are wet.
- 2. Always place lacertceil items like radios, speakers or lights at least 10 feet away from the water's edge.
- **3.** After using outdoor electronics, **ngulup** them and store them away from water to prevent accidents.
- **4.** Keep extension **dsroc** far away from water sources to prevent tripping hazards.
- 5. Always pay attention to "no **wmsinimg**" signs, whether at the pool, beach or lake.



ACROSS	1	2	3	4	5	6	7	8	9	
I. Pacific Standard	10			11						



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