

The Current

A Publication of Cotton Electric Cooperative Inc.

A Touchstone Energy® Cooperative



"The Current - Informing Our Members Since 1957"

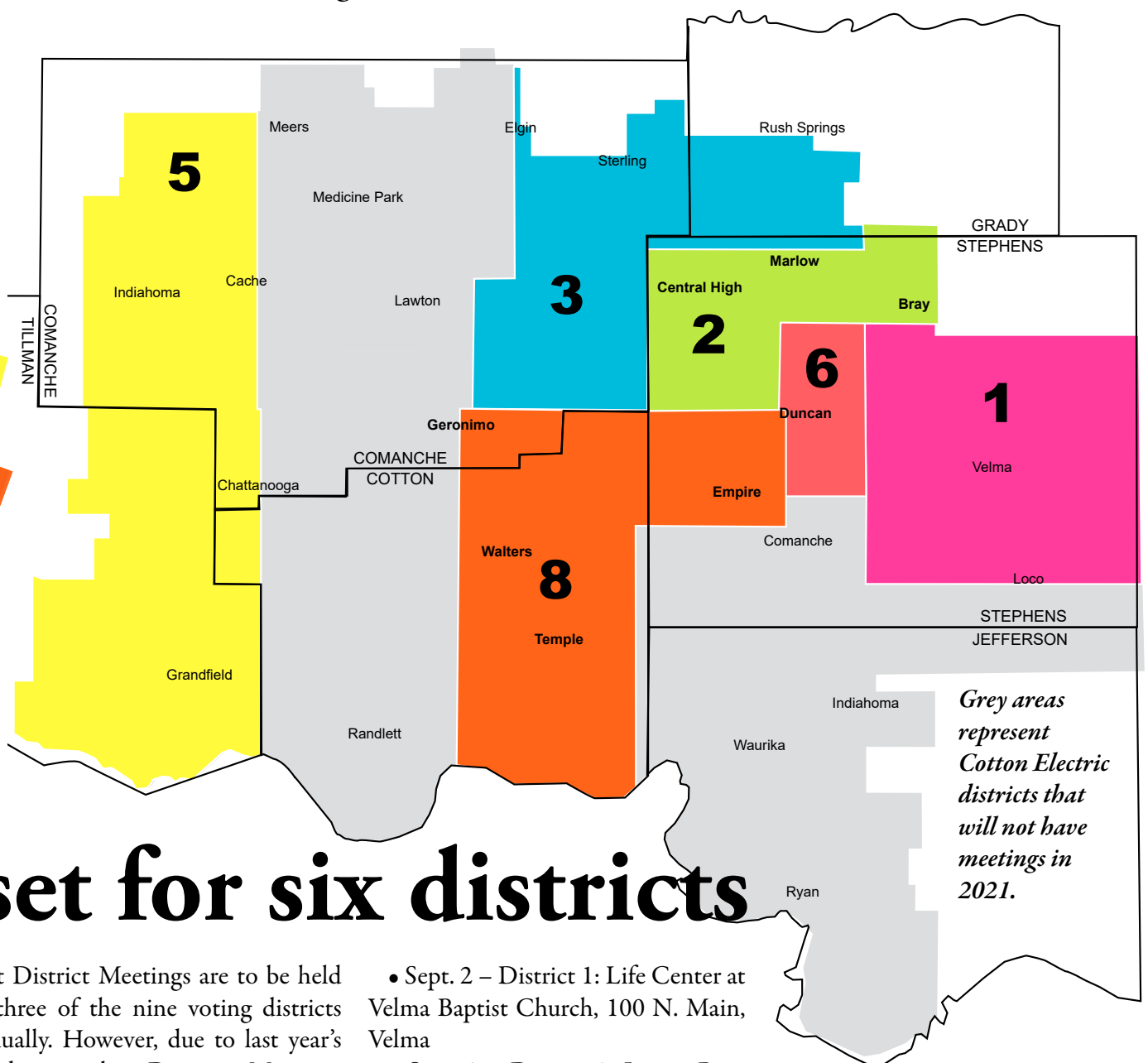
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NUMBER 12



Cotton Electric members in the affected districts will receive meeting notices in the mail over the next several weeks.



Meetings set for six districts

By Karen Kaley

Challenges during 2020 meant we didn't get to see each other as often as we like. Gatherings for business or pleasure were postponed or cancelled. Summer 2021 has been a time of re-connecting and it is Cotton Electric's pleasure to resume regular business meetings with the co-op's members.

We're going to start with District Meetings. Under ordinary circumstances, Cotton Electric members from three districts meet for the purpose of electing trustees and for reports involving other business matters. We are doubling up on District Meetings in 2021 to make up for last year's postponements.

The business and affairs of Cotton Electric are managed by a board of nine trustees representing geographical districts with similar densities of service. The board establishes the overall policies of the cooperative. Each trustee is a co-op member who represents one district, the area 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. However, due to last year's pandemic, the District Meetings scheduled for 2020 were postponed. Therefore, six District Meetings will be held in 2021.

Members residing in Districts 1, 2, 3, 5, 6 and 8 will receive mailed notices that will include information about the time, date and location of the meetings they should attend. Only members in these six voting districts will receive notices.

This year, the meeting schedule is as follows:

- Aug. 19 – District 8: Cotton Electric Community Center, 308 N. Broadway, Walters
- Aug. 23 – District 6: Wildhorse Suite at the Simmons Center, 800 Chisholm Trail Parkway, Duncan
- Aug. 26 – District 2: Chapel of First Baptist Church, 213 N. Broadway, Marlow
- Aug. 30 – District 5: Chattanooga School Auditorium, 507 4th Street, Chattanooga

- Sept. 2 – District 1: Life Center at Velma Baptist Church, 100 N. Main, Velma
- Sept. 9 – District 3: Letitia Baptist Church, 2606 S. State Highway 65, just south of the intersection with Highway 7 in eastern Comanche County

Registration at each meeting will begin at 6 p.m., and a mailed official registration card will be required for members. The registration card allows for quicker registration and makes the holder eligible for an attendance prize. Registration ends at 7 p.m. when the business meeting will be called to order. Each member is entitled to one vote in trustee elections.

Churches, clubs, schools, organizations and others will receive credentials to be used to designate a person as the voting delegate. Forms must be presented at registration, with all forms completed and notarized. These will enable the representatives of each organization to vote and participate in the business of cooperative. Trustees who are elected at the dis-

trict meetings will take office immediately following the annual meeting. Trustees for Districts 2, 6 and 8 will serve a two-year term and Trustees for Districts 1, 3 and 5 will serve a three-year term. If there is no election, incumbents are held over for the term. Incumbents are: Shan Files, District 1; Ken Layn, District 2; Nichole Scott, District 3; Clifford Dunham, District 5; Todd Clark, District 6; and Tony High, District 8.

The cooperative's bylaws further stipulate that an Annual Meeting of the entire membership is to be held shortly after the District Meetings. The 2021 Cotton Electric Cooperative Annual Meeting and Member Appreciation night will be Sept. 23 at the Stephens County fairgrounds in Duncan. Registration for the Annual Meeting will begin at 5:30 p.m.

Trustees



SHAN FILES
represents District #1



KEN LAYN
represents District #2



NICHOLE SCOTT
represents District #3



CLIFFORD DUNHAM
represents District #5



TODD CLARK
represents District #6



TONY HIGH
represents District #8

Power Cost Adjustment Calculated

The power cost adjustment now being applied to bills mailed after August 1, 2021, is \$0.00479 per kWh.

On a member's average bill of 1,300 kilowatt hours (kWh), this will amount to a charge of \$6.23 on the August bill.

July 2021 Temperature Extremes

Day	High	Low	Avg.	Day	High	Low	Avg.
1	95	72	84	16	92	72	82
2	87	71	79	17	95	71	83
3	86	72	79	18	94	71	83
4	88	68	78	19	91	71	81
5	89	69	79	20	89	69	79
6	91	71	81	21	89	66	78
7	94	70	82	22	92	68	80
8	95	70	83	23	94	72	83
9	91	71	81	24	98	75	87
10	93	67	80	25	99	72	86
11	90	68	79	26	98	72	85
12	89	65	77	27	99	76	88
13	93	69	81	28	97	75	86
14	92	68	80	29	97	74	86
15	95	71	83	30	98	73	86
Source: srh.noaa.gov/oum/				31	99	72	86
Average Daily High: 93				Average Daily Low: 71			

Did You Know?

Cotton Electric offices will be closed Monday, Sept. 6 for 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 on or before Sept. 7, 2021.

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.

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From the CEO

Participation in your co-op matters

As I write you this month, the Board of Trustees and employees are preparing for our district meetings, which are featured on the front page of this issue, and the Annual Meeting. We've learned to be flexible over the past 18 months and will make adjustments as needed for the health and safety of our members.

The purpose of a district meeting is to elect a trustee to represent your area for a three-year term. Due to the pandemic, we postponed three meetings that were scheduled for 2020. Those meetings in Districts 2, 6 and 8 will be held this year in addition to those regularly scheduled for



Jennifer Meason, CEO

2021 in Districts 1, 3 and 5.

Your feedback and participation are integral to Cotton Electric Cooperative. In addition to the election process, the smaller group format at district meetings allows for more one-on-one discussions and the opportunity for members to share their

thoughts and ideas with co-op trustees and staff.

After the district meetings are held, members will also have the opportunity to attend our Annual Meeting. Cooperatives are guided by seven cooperative principles - open membership; democratic member control; members' economic participation; independence; education, training, and information; cooperation with other cooperatives; and—above all—concern for our community. The Annual Meeting puts the principles in action and reminds us of the ways Cotton Electric is different from other utilities.

This year's meeting will be

held on Sept. 23 at the Stephens County Fairgrounds in Duncan. Employees are working hard to make this a great event.

We hope you will all attend this year's Annual Meeting. Registration will open at 5:30 p.m. and will remain open until 7 p.m. when the business meeting is called to order. A boxed meal with either a pulled pork or brisket sandwich will be served prior to the business meeting.

Cooperative employees will be gathered around the fairgrounds to answer your questions and provide information about the services Cotton Electric offers.

We look forward to visiting with you.



Save the Date!

2021

Not-So-Summer Classic

Golf Tournament

Friday, Oct. 8

CECF plans golf tournament fundraiser

Golf enthusiasts have a great opportunity to spend a day on an 18-hole championship course while helping to raise funds to help organizations and individuals throughout southwest Oklahoma.

The 13th annual Cotton Electric Charitable Foundation (CECF) Not-So-Summer Classic will be Oct. 8 at The Territory Golf and Country Club in Duncan. Check-in for the four-person scramble will begin at 7:30 a.m. with a shotgun start at 8:30.

The tournament is held to raise awareness of CECF and

to generate funds for Operation Round Up (ORU). ORU is primarily funded by Cotton Electric Cooperative members who "round up" their monthly bill to the nearest dollar. The funds are administered by CECF, which meets quarterly to consider grant applications. Since its inception in 2004, CECF has awarded more than \$1 million to volunteer fire departments, youth, senior citizen and public safety organizations, schools, communities and individuals throughout the Cotton Electric service area.

Deadline for golf tournament

entries and fee payment is Sept. 29. The registration fee of \$600 per team will include range balls, cart, and a meal following the round. Individual, team and door prizes will be awarded.

Two levels of hole sponsorship are available. Hole sponsors who also enter a team receive a \$100 discount on entry fees.

To enter a team or to sponsor, visit www.cottonelectric.com/cecf-golf-tournament.

For information about the scramble or becoming a sponsor, call Bryce Hooper at 580-875-3351 or email bhooper@cottonelectric.com.




There are many reasons to practice safe digging. Don't wind up in the doghouse. Call three days before you dig.

Did you know Aug. 11 (8/11) is National Safe Digging Day?

Most of us never think about the electric, gas, water and other utility lines buried below the ground, but hitting one of these lines while digging is not the reminder you'll want – trust us! Cotton Electric reminds all members who are planning a digging project to call 811 at least three business days before you start. Or you can submit a request online by visiting www.okies811.org.

It may take the utilities a few days to get to your request, so please be patient. The affected utilities will send someone out to mark the buried lines with paint or flags. Before you break ground, confirm that all the utilities have responded to your request.

By taking this important step before you break ground on your project, you can help protect not only yourself but our community. Disrupting an underground utility line can interrupt service, cause injuries and cost money to repair, so remember to call 811 first and know what's below.




Energy Efficiency

Tip of the Month

When shopping for new light bulbs, know the difference between lumens and watts. Lumens measure the amount of light produced by the bulb. Watts measure energy consumption. Energy-saving LEDs come in a variety of colors and brightness levels and last 15-25 times longer than incandescent bulbs.

Source: Energy.gov




COTTON

ELECTRIC CO-OP

Mission Statement

Our mission is to be the leader in providing the most reliable and innovative electric system, with affordable rates, through the positive, enthusiastic and professional use of its resources and people.

June 2021 Operating Stats			
	2021	2020	
Total Amount Billed/Accrued	\$6,259,186	\$5,510,837	
Cost of Purchased Power	4,234,370	3,650,520	
Taxes	102,393	97,023	
Total Operating Expense Per Mile	1,129	966	
Average Farm and Residential Bill	167	157	
Average Farm and Residential kWh	1,389	1,360	
Total Meters Billed (farm, residential)	19,029	18,728	
Miles Energized	5,212	5,205	
Density Per Mile	3.65	3.60	
New Service Connects YTD	212	179	
Services Retired	91	79	

TheCurrent

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Bryce Hooper..... Vice President
Karen Kaley.....Marketing & Communications
Kaila Williams..... Display Advertising

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Community Spotlight

If you would like your community event listed in the September issue, please submit information by Aug. 25 by calling 580-875-3351 or send an email to TheCurrent@CottonElectric.com. Events that occur before Sept. 7 will not be published in the next issue.

Lawton Rangers Rodeo set for Aug. 11-14

More than 400 top cowboys and cowgirls are expected to compete in the Lawton Rangers Rodeo set for Aug. 7-10, at L.O. Ranch Arena, 2004 SE 60th Street in Lawton. Featured events include barrel racing, tie-down roping, team roping, steer wrestling, bareback and saddle bronc riding and bull riding.

Gates open at 6:30 p.m. each night and Grand Entry begins at 7:30. Admission is \$5 a carload on Wednesday. Reduced-price admission is on Thursday and Friday. Tickets can be purchased at LawtonRangers.com.

Ice Cream Freeze-Off is Aug. 21

Need a cool treat on a hot day? Come to the annual Ice Cream Freeze-Off sponsored by Walters Chamber of Commerce. The competition to see who can produce the best homemade ice cream begins at 11 a.m. Aug. 21 in the Cotton County Expo Building.

Contestants should plan to bring their fruit, plain vanilla or chocolate, or specialty ice cream to compete for the \$50 first prize in each of three categories. The best of all three will win a \$50 grand champion prize.

For information, call 580-678-8586.

LPO presents ‘Oklahoma!’

For Lawton’s 120th birthday, Lawton Philharmonic Orchestra will feature a local cast performing the groundbreaking musical “Oklahoma!” Performance of the Rodgers and Hammerstein classic begins at 7:30 p.m. Aug. 28, at McMahon Memorial Auditorium, 801 NW Ferris Avenue in Lawton.

Set in the Oklahoma territory in the early 1900s, this musical tells the story of two pairs of lovers. Curly is a cowboy who has trouble admitting his feelings to Laurey, as she does to him, because of their stubbornness. Judd, the hired hand at Laurey’s farm, tries to come between them. Ado Annie is torn between Will, a cowboy who has strong feelings for her, and Ali Hakim, a peddler who’s a ladies’ man and doesn’t want to marry her.

For information and to purchase tickets, visit www.LawtonPhil.com.

MP Blues Ball set for Sept. 3-5

Medicine Park’s annual Blues Ball will feature live performances by blues artists throughout the Labor Day weekend. Music starts Sept. 3 and continues through Sept. 5.

There is no admission charge, and those attending should take lawn chairs but no ice chests. For information, find the Medicine Park, OK Fun page on Facebook.

Vintage aircraft flying to Duncan

A rare vintage World War II bomber is coming to Duncan in September. It is part of the Commemorative Air Force and is presented on the National Air Tour of Historic WWII Aircraft.

A B-29 Superfortress FIFI arrives at Halliburton Field airport along with B-24 Liberator Diamond Lil, a T-6 Texan and a Boeing PT-13 Stearman.

The tour will be open to the public from Sept. 9 through 12. All will be available for both interior tours and flights during the stay. Tour times, prices and flight schedules are avail-

able at www.airpowersquadron.org/duncan-ok.

VFDs plan fundraisers

Valley View Volunteer Fire Department’s annual Chili Dinner will be from 11 a.m. to 4 p.m. Sept. 11, at 6362 NE Cache Road in Lawton. The fundraiser includes a raffle of a generator, a grill and a voucher toward a gun purchase. For details and to purchase tickets, call 580-351-7597

Hulen Volunteer Fire Department will host an Indian Taco Dinner from 11 a.m. to 3 p.m. Oct. 10. The fundraiser includes a raffle of a rifle and a pistol. For details and to purchase tickets, contact any Hulen VFD member or call 580-585-2522.

VVA plans Sept. 13 golf tourney

Vietnam Veterans of America Chapter 751 is calling for teams and sponsors for a golf tournament to be held Sept. 13, at Fort Sill Golf Course. Check-in and tee time assignments for the 4-person scramble begins at 10 a.m. Lunch follows at 11.

Players will have opportunities to win significant hole-in-one prizes and door prizes.

The event has been a major fundraiser for the chapter for 17 years. Proceeds go to programs supporting Vietnam veterans and their families.

Entry information is available between 9:30 a.m. and 12:30 p.m., Monday through Friday at the VVA Chapter 751 office at 1004 B Avenue or by calling 580-699-5096.

Coin show in Stephens County

Duncan’s Annual Coin Show is scheduled from 10 a.m. to 5 p.m. Sept 17 and 9 a.m. to 5 p.m. Sept. 18 at the Stephens County Fairgrounds.

Guests will receive appraisals on gold, silver, currency, coins, tokens and supplies. The event includes free parking, admission and refreshments.

For information, contact Ed McGill at 580-475-4570.

International Festival is Sept. 24-26

Elmer Thomas Park is the site of the annual International Festival to be held Sept. 24-26. Free admission and parking for this family-oriented extravaganza of fun, food, children’s games and activities, demonstration artists and multicultural entertainment.

Three days of concerts and entertainment kick off with a Parade of Nations beginning at 5:45 p.m. Friday, followed by an opening ceremony. Activities will continue until 9 p.m., then resume from 11 a.m. to 9 p.m. Saturday and noon to 5 p.m. Sunday.

Find detailed information at the International Festival page on Facebook.

Alzheimer’s Walk is Oct. 16

Come join us at the Walk to End Alzheimer’s of Southwest Oklahoma and smash our fundraising goal of \$65,300. The party starts at 8:30 a.m. Oct. 16 in Elmer Thomas Park. The 1.5-mile Walk begins at 10.

Registration is open for teams and people who wish to join a team or walk as an individual. To sign up online, go to www.swokwalk.org.

For information, call Lyndse Sager at 918-697-8880 or send an email to lrsager@alz.org.

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



Relaxing in and BY THE WATER of their pool, Cotton Electric members Brett and Nancy Moser laugh and say, “It’s a fine life, baby!” He snapped this photo while she floated and enjoyed this great view of the Wichita Mountains from their home north of Lawton.

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

DALC offering classes

Can you read this? One in five adults in America can’t. Duncan Area Literacy Council (DALC) has started free classes for Adult Basic Education (ABE), Citizenship, and English Language Learners (ELL) to help those who want to read.

Learners pay nothing for tutoring. It is confidential, and attendees can walk away with the confidence to fill out a job application, pay bills, understand prescriptions, follow a recipe or help their children with homework.

Tutors are available in the morning, afternoon or evening and most tutoring takes place at The Duncan Public Library.

If you or someone you know are in need of these services, please contact Mary or Joy at 580-736-1170 or email DALC73533@gmail.com to be placed on a list for free classes.

DALC is a non-profit organization providing free services for those living in Stephens County and surrounding areas.

Mark your calendars!



Cotton Electric’s Annual Meeting and Member Appreciation Night is

Sept. 23, 2021

at Stephens County Fairgrounds in Duncan

Registration begins at 5:30 p.m.
Business meeting begins at 7 p.m.

Upcoming Deadlines for The Current

September		October		November	
Ad Sales	Aug. 20	Ad Sales	Sept. 24	Ad Sales	Oct. 29
Classified	Aug. 25	Classified	Sept. 29	Classified	Nov. 3
Publish Date	Sept. 7	Publish Date	Oct. 12	Publish Date	Nov. 15



*Summer Energy-Saving Tip:
Give your air conditioner a break
and fire up the grill! Your oven or
stove can raise your kitchen temp
5 to 10 degrees.*

Shift energy use to off-peak hours

As a member of Cotton Electric Cooperative, you know how to make smart energy choices that help you save money. But did you know that when you use electricity can be just as important as how much you use?

Throughout the day, energy use fluctuates based on consumer demand. Typically, most households use larger amounts of electricity in the morning when most people are getting ready for their day, and in the evenings when people return from work, cook dinner, wash clothes and watch television.

These times when people in our community are using more electricity at the same time are called "peak" hours. The cost for Cotton Electric to provide power is higher during these times because of the additional demand for electricity. The two major factors that affect the price of electricity are the cost to generate it and the demand for power.

The demand is highest on our system during the hot summer months between 4 and 7 p.m., and during morning hours in the winter months. By



Heath Morgan,
Energy Efficiency
Coordinator

shifting some of your energy use to hours when demand is lower, also known as off-peak hours, you can help keep rates lower for our community.

Here are a few easy ways you can shift energy use to off-peak hours:

- Adjust your thermostat. During summer months, raise the thermostat a few degrees during peak hours.
 - Avoid using heat producing appliances during these peak times. Cook outside or use smaller appliances such as a slow cooker or air fryer when cooking indoors.
 - Wash full loads of clothes in cold water during off-peak hours.
 - Run the dishwasher right before you go to bed, or air-dry dishes by opening the dishwasher instead of using the heated dry cycle.
 - Turn off lights and electronics when not in use.
- Try to make this a daily habit, whether during peak or off-peak hours.

We're here to help. Follow Cotton Electric on social media for more tips or visit our website, CottonElectric.com. Contact us if you have questions about your energy bill or for additional energy-saving tips. Call us at 580-875-3351 or 800-522-3520 or send an email to info@cottonelectric.com.



Space heating and cooling account for a large portion of the average home's energy use. A programmable or smart thermostat can help you control the temperature of your home and save energy.



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Saturday, August 28, 2021
12-5 pm
Chuckwagon Cook-off;
Wallace Moore, Buffalo
Soldier stories;
Chickasaw Dancers;
Roy Cox, Stock Dog
Demonstration;
Gary Pratt in concert.
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Defend Your Data

Select and use mobile apps carefully

Mobile devices, such as tablets, smartphones, and smartwatches, have become one of the primary technologies we use in both our personal and professional lives. What makes these devices so powerful are the thousands of apps we can choose from. These apps enable us to be more productive, communicate and share with others, train and educate, or just have more fun. Here are steps you can take to securely use and make the most of today's mobile apps.

Obtaining Safe Mobile Apps

Cyber criminals have mastered their skills at creating and distributing malicious apps that appear to be legitimate. If you install one of these apps, criminals can often take complete control of your mobile device or data. This is why you want to ensure you only download safe mobile apps from trusted sources. What you may not realize is that the brand of mobile device you use determines your options for downloading apps.

For Apple devices, only download

mobile apps from the Apple App Store. The advantage here is that Apple does a security check of all mobile apps before they are made available to customers. While Apple cannot catch all malicious apps, this managed environment dramatically reduces the risk of downloading one. In addition, if Apple does find an app that it believes is malicious, it will quickly remove it.

For Android devices, only download mobile apps from Google Play, which is maintained by Google. Similar to Apple, Google does a security check of all apps before they are made available to customers. The difference with Android devices is that you can also enable certain options that allow you to download mobile apps from other sources. We highly recommend against this since anyone, including cyber criminals, can easily create and distribute malicious mobile apps and trick you into infecting your mobile device.

Regardless of which brand you are using, research an app before downloading it. Look at how long the mo-

bile app has been available, how many people have used it, and who the vendor is. The longer an app has been publicly available, the more people that have used and left positive comments about it, and the more often the app vendors update it, the more likely the app can be trusted. In addition, install only apps you need and use. Ask yourself, "Do I really need this app?" Not only does each app potentially bring new vulnerabilities but also new privacy issues. If you stop using an app or no longer find it useful, remove it from your mobile device (you can always add it back later if you find you truly need it).

Apps Privacy and Permissions

Once installed, make sure the app is protecting your privacy. Does that app really need access to your location, microphone, or contacts? When you enable permissions, you may be allowing the creator of that app to track you, even allowing them to share or sell your information to others. If you do not wish to grant these permissions,

simply deny the permission request, grant the app the permission only when it's actively being used, or shop around for another app that meets your requirements. Remember, you have lots of choices out there.

Updating Apps

Mobile apps, just like your computer and mobile device operating systems, must be updated. Criminals are constantly searching for and finding new weaknesses in apps and developing ways to exploit these weaknesses. The app's developers create and release updates to fix these weaknesses and protect your devices. The more often you check for and install updates, the better. Most devices allow you to configure your system to automatically update mobile apps. We highly recommend enabling this setting. Mobile apps are key to making the most of your devices. Just be careful of the ones you select and make sure you use them safely and securely.

Source: SANS.org

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Use energy wisely.





COTTON

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Lights out? Give us a call!

To report an outage

Call 580-875-3351 or 800-522-3520
or use the SmartHub app
Dispatchers on duty 24/7

By Karen Kaley

Weather during the past year has certainly been remarkable and disruptive.

We had an overachieving winter with ice in October and a polar vortex in February. Now we have a summer featuring rain and thunderstorms passing through frequently enough to hold back the heat. Air temperatures in Cotton Electric’s service area had not reached 100 degrees as of Aug. 2. However, high humidity has sure made it seem pretty darn hot. The heat index has been at 100 or higher 22 times since June 1.

Thunderstorm frequency has precipitated an uptick in power outages. Lightning strikes wreak havoc on distribution equipment. High winds blow tree limbs into power lines and cause the lines to twist and jump. Utility poles break under the added stress to line tension.

Heavy storms seem to prefer blowing through at night, adding to the challenge of restoring power. Identifying the source of an outage and making repairs takes longer in the dark.

While the extended spring storm season seems to have quieted, it’s still a good time to brush up on

how to deal with a loss of power in your home or business.

The first step is to check fuses or circuit breakers in your service box panel. Check the main breaker beneath your meter, too.

If that’s not the issue, the best way to report an outage – or any other concern about the delivery of power to your location – is to call us. The numbers are 580-875-3351 or 800-522-3520. A local dispatcher is on duty 24 hours a day, seven days a week.

Be prepared to give your name, location and account/meter number. A description of what you heard or saw that might be associated with the outage will help.

Another way to report an outage is through SmartHub. This is a free app available at Google Play or in the Apple App Store. Be sure to include a good call back number when reporting a complete loss of power with the SmartHub app.

Once the outage is reported, please be patient. Keep in mind that your report may be the first notice we get about an outage. We will have to send a crew to determine the cause and begin restoration. Cause, conditions and safety affect how long it will

take to restore power.

If the outage is widespread, affecting hundreds of members and expected to last more than a couple hours, look for updates on Cotton Electric’s Facebook page. This resource is good only for tracking progress. While members can compare circumstances in comments, phone calls and SmartHub are the only ways outage reports will be entered into our response system.

Members can also monitor restoration progress on longer events on our outage map at <http://98.142.76.22>. Polygons on the map show a general area affected by an outage.

Electric service is one of your most dependable purchases. Power interruptions are usually infrequent and brief, but there are times, due to the weather and acts of nature, when service will be interrupted.

Regardless of the cause, Cotton Electric crews will be on their way to inspect the damage and make necessary repairs after a power outage. Any time you experience repeated disruptions to your electric service, please let us know by calling or by using the SmartHub app.

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Are Trust Services Right For You?

If you're extremely busy with your career and family and you've accumulated a fair amount of assets, you might be concerned about a variety of issues related to financial management and legacy planning. Specifically, you might think you don't have the time or expertise to deal with these matters effectively. If this is the case, you might want to consider using a trust company.



You might think you need to have a large estate or millions of dollars to benefit from working with a trust company, but that's not the case. And if you're not familiar with what a trust company can do, you might be surprised at all the services it can provide, including the following:

- Wealth management – Typically, when working with a trust company, you'll receive investment management designed to help you achieve various goals, such as a comfortable retirement and college for your children. The company can manage retirement accounts, monitor investments and disburse funds, make changes as needed and ensure compliance with government reporting for contributions, withdrawals and rollovers. While different companies operate in different ways, you may have an arrangement in which you work with a personal financial advisor and a separate portfolio manager.
- Financial management during incapacity – If you were to become incapacitated and couldn't make financial decisions, a trust company can step in, giving you peace of mind from knowing that your financial assets will be managed by a team of professionals, helping protect you and your family from potentially dire consequences.
- Trust administration – A trust company can perform several essential tasks related to administering your trust. The company can act as trustee for a trust you've established, such as a revocable living trust, which can allow your estate to avoid probate while providing you with great control over how your assets will be distributed at your passing. Alternatively, the trust company can work alongside an individual you've designated to execute the terms of a trust. If your selected trustee resigns or becomes unable to make decisions, the trust company can serve as successor trustee. When it's time to settle your estate, the trust company can handle the valuation, dispersion and re-titling of assets, pay off any debts and expenses, and complete any tax returns related to your estate.
- Bill payment and recordkeeping – A trust company can keep up with all the trust's bills (household maintenance, medical bills, etc.) and provide statements summarizing receipts, disbursements and the value of assets within the trust.

In addition to providing these practical services, a trust company may benefit you in a more intangible way. It's unfortunate but true that, in many families, dividing up assets can cause conflict and bitter feelings. But when a trust company serves as trustee, it impartially administers distribution of the assets based on the instructions you've provided in the trust – helping minimize family disputes over inheritances.

If you ever feel like the complexities of wealth management and trust administration are getting to be more than you can handle – or perhaps more than you want to handle – consider contacting a trust company. You might find that it can make your life a lot easier.

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

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‘Standby’ Me:

Permanent standby generators have pros and cons

Many big businesses and massive buildings rely on standby power when the power goes out – for the safety of their employees and customers as well as to power essential items.

More and more home versions are being installed so that families can have backup power when they need it: to power appliances and essential medical equipment, or simply for convenience.

There is more than one type of permanent generator. One has a transfer switch that must be manually “thrown” before turning on the alternate source of power, which is wired into a house. This type of generator is permanent but not considered “standby” because of the manual switch, and it should not be located near a home. (Consult a professional electrician when installing or maintaining a permanent generator.)

Not throwing the switch can result in backfeed-

ing, which sends electricity back into power lines, and it can seriously injure or kill electric lineworkers or others.

Another type of fixed generator is permanently housed in a metal box and is usually located close to the house. It is the most expensive permanent generator—a standby version that is permanently and professionally installed to power most of the appliances in your home.

When needed, a standby generator automatically transfers the power source from the electric grid to the generator. The cost of this type of permanent generator varies depending on how much backup power you want.

Besides the cost of the system, there are also installation costs to consider, since it will need to be installed by licensed and bonded contractors. This is definitely not a DIY project.

When considering a standby generator, a representative from the supplier you select will assess your home’s energy needs and should ask you what you would like to power in the event of an outage.

The contractor(s) will install a new subpanel and automatic transfer switch. Your generator supplier should also create a detailed plan of which appliances and electronics should not be supplied with power during an outage, since the generator’s power supply can fluctuate and possibly damage sensitive items.

To inquire about how permanent generators should be safely used and installed, contact Cotton Electric Cooperative at 580-875-3351 or 800-522-3520.

For more information about electrical safety, go to SafeElectricity.org.

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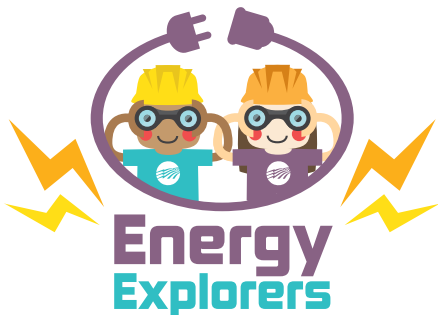
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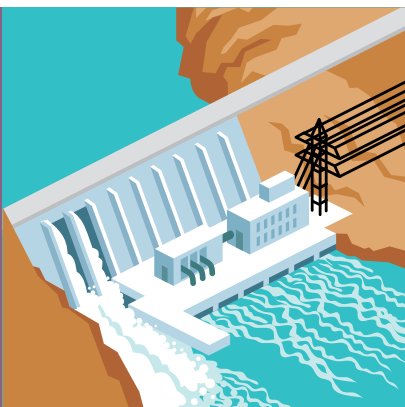


HYDROPOWER WORD SCRAMBLE

You know that it’s never safe to mix water and electricity. But did you know that large amounts of flowing water can be used to create electricity? It’s called hydropower, and it’s made from the movement of water.



Read the facts about hydropower below, then unscramble each **bolded** word. Check your work in the answer key.



1. **YROHD** means “water” in Greek.
2. Water flowing down a **EVRR**I is used to spin large turbines that help make the hydroelectricity.
3. When the turbines spin, a large **TROAEGREN** spins, which makes the electricity.
4. The amount of water used to generate hydropower is controlled through use of large **MDAS**.
5. Hydropower is a form of **ELNERAEWB** energy.

ANSWER KEY: 1. HYDRO 2. RIVER 3. GENERATOR 4. DAMS 5. RENEWABLE

ACROSS

1. Calls balls and strikes
4. Turkish officer
9. Repaired shoe
14. Grass genus
15. Small, sealed vial
16. Primp
17. Immoral act
18. A tool to communicate
20. Crumbles away
22. Egg-like
23. Districts (abbr.)
24. Dressed
28. Small island (British)
29. Dialect of Chinese
30. Force unit
31. Borderlines
33. Norse gods
37. Morning
38. Fiddler crabs
39. Tell a story
41. Consumed
42. Atomic #58
43. About old Norse poems
44. Fencing swords
46. One-time Tigers third baseman
49. Southpaw (abbr.)
50. Neither
51. Conversations
55. Distinctive manner or pronunciation
58. Cyprinids
59. Appropriate to a festival
60. Pearl Jam frontman
64. Wrath
65. Italian city
66. A way to get there
67. A nose or snout
68. German seaport
69. A horse for riding
70. Airline rep (abbr.)

DOWN

1. Unhappy
2. Silk fabric
3. Unbroken view of a region
4. Middle Eastern territory
5. ___ and Andy, TV show
6. Central processing unit
7. Department of Housing and Urban Development
8. Midcentury newspaper columnist
9. Weapon
10. Delivered a speech
11. Probably going to happen
12. Midway between northeast and east
13. Danish krone
19. Synthetic resin (abbr.)
21. Fall slowly in drops
24. Bestow an honor upon
25. Childishly silly
26. Related on the mother’s side
27. Populations of related plants
31. Coherent
32. Tribe of ancient Britons
34. Financial firm Goldman ___
35. Stephen King thriller
36. Went in again
40. Commercial
41. Poking holes in the ground
45. Prisoners of war
47. Pursued pleasure
48. “Seinfeld” character
52. Body of water
53. Hovering vehicle (abbr.)
54. People who utilize
56. Nostrils
57. Inner mass of some fungi
59. Honor lavishly
60. Midway between east and southeast
61. Turn down
62. Small round mark
63. Expected at a certain time

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Download CECF grant applications at CottonElectric.com.

Deadline for third-quarter 2021 grant applications is Sept. 14.



Cotton Electric serves eight counties in southwest Oklahoma. Food insecurity rates are around 15% in most. Jefferson County is higher at nearly 18% and Grady County is lower at 12.6%.
Source: Regional Food Bank

By Karen Kaley

Making a modest contribution to an organized effort really can make a big difference. For example, the Regional Food Bank of Oklahoma has access to nutritious foods that can be purchased at rock-bottom prices. Through the Regional Food Bank, a \$1 donation can help provide four meals for hungry Oklahomans.

If everyone you know donates a dollar, a lot of Oklahomans can eat.

Imagine what \$5,000 can do. Imagine how many people can be fed with nearly \$107,000.

Cotton Electric members are very familiar with the power of many small contributions coming together to have a big impact on the quality of life in southwest Oklahoma.

Every month, some 12,500 members of Cotton Electric Cooperative allow us to round their power bill up to the nearest dollar.

Some bills come out to the exact dol-

lar and there is nothing to round up. For all other amounts, a one-month contribution to Operation Round Up may be as little as one cent or as large as 99 cents. If a contribution was the maximum each month, it would add up to only \$11.88 after a year.

There are very few power bills that are exactly the same each month. On average, the amount rounded up is around 50 cents each month and \$6 each year.

Those amounts don't seem like much until you remember that more than 12,500 co-op members are contributing their two cents ... or 49 cents ... or 87 cents. All those portions of dollars are pooled and set aside in an account administered by the Cotton Electric Charitable Foundation (CECF).

Once a quarter, the CECF board of directors meets. As stewards of the membership's contributions, they carefully consider each and every grant application.

Since its inception in 2004, CECF has issued more than 50 grants to organizations focused on helping to feed Oklahomans living with food insecurity, particularly children.

For several years, grants totaling \$24,000 have gone to Regional Food Bank supporting the Food for Kids backpack program in the Cotton Electric service territory. The most recent grant was for \$5,000 in June 2021.

Other grants have been issued to Waurika Public Library, Gabriel's House, Walters Public Schools and Velma Community Outreach Center to support efforts focused on food for children. Grants to help with general food purchases have gone to food banks and pantries in Bray, Comanche, Temple, Walters, Marlow, Lawton, Indianola and Rush Springs. In total, \$54,350 has been granted to these organizations.

There have also been grants for freezers, refrigerators, tables, carts and

other equipment to Christian Helping Hands, Christians Concerned, Walters Food Pantry, Central High Food Pantry, Grandfield Senior Citizens Center, Bray Community Food Pantry, Marlow Samaritans, Jeffco Helping Hands and Lawton Food Bank. A total of \$28,384 in avoided costs meant that much could be used to buy food.

Altogether, that's \$106,734 contributed toward the food insecure in southwest Oklahoma. According to the Regional Food Bank, one dollar can help provide four meals. So, \$106,734 has provided 426,936 meals since the first food-related CECF grants were issued in 2005.

Cotton Electric members have kicked in a few cents every month and made good use of the power of resource pooling. Over time, they have filled the bellies and warmed the hearts of hundreds of thousands of fellow southwest Oklahomans.

Operation Round Up is a voluntary program and members may opt out at any time by calling or sending a letter or email stating the account holder's name, account number and the request to be removed.

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Good nutrition can help alleviate risk of falling

Falls among adults age 65 and older are prevalent, dangerous, and costly. One in four older adults reported falling in 2018, and 25% of those falls resulted in an injury requiring medical attention. Eighty-eight adults die every day in the U.S. due to complications from a fall. Medical costs from falls are estimated at \$50 billion annually.

Falls are preventable. The Centers for Disease Control and Prevention suggests the following actions be taken to reduce your risk of a fall:

- 1) Discuss your individual fall risk with your healthcare provider;
- 2) Exercise to improve strength and balance;
- 3) Have your eyes and feet checked every year;
- 4) Make your home safer.

Does nutrition play a part? Nutrition is the foundation for getting the most out of exercise to improve strength and balance.

Your muscles need fuel. Food provides that fuel.

Because your muscles are connected to your bones, bone health, as well, is very important.

Specific nutrient needs for muscle and bone health should be discussed with your healthcare provider, but here are some general nutrition guidelines for healthy muscles and bones.

Protein is paramount for bone and muscle health. Older adults need 1.2 grams of protein per kilogram of body weight per day. As an example, an older adult who weighs 200 pounds (90.9 kilograms) needs 109 grams of protein per day. Ideally, this protein is divided as equally as possible across 3 meals (30 grams of protein at breakfast, 30 grams of protein at lunch, 30 grams of protein at dinner and then the extra 19 grams of protein eaten as snacks).

Generally, 3-4 ounces of lean meat provides 25-30 grams of high quality, very digestible protein. Dairy products and eggs also contain high quality, very digestible protein.

Vegetarian sources of protein include beans, lentils, chickpeas, tofu, nuts, seeds, and grains like amaranth and quinoa. The amount and quality of protein in vegetarian sources varies.



Kim Bandelier, MPH, RD, LD

Food For THOUGHT

Many older adults struggle to get enough protein from foods at every meal. Protein shakes and powders are options to fill any gaps in your daily protein intake.

Vitamin D and calcium also have a role in muscle and bone health. Older adults are more likely to be deficient in Vitamin D due to age-related changes in intake, metabolism, and time spent outdoors. Work with your healthcare provider to assess your Vitamin D status and implement an appropriate and safe Vitamin D supplement if needed.

Older adults are more likely to be deficient in calcium due to decreased intake of calcium-rich foods and decreased ability for the body to process dietary sources of calcium. Men age 65-70 years need 1,000 mg of calcium per day and women need 1,200 mg per day and all adults 71 years and older need 1,200 mg per day.

Calcium is listed on the nutrition facts label, so you should be able to get an estimate of your intake. If you suspect you do not consume enough calcium, discuss it with your healthcare provider. A supplement may be recommended.

A general healthy diet is also important for muscle and bone health. Fruits, vegetables, and whole grains contain additional nutrients that provide a foundation for healthy muscles and bones.

Remember, falls are preventable. Fall risk should be assessed by your healthcare provider, and steps should be taken to help prevent falls and the resulting costs and consequences. Include an assessment of your diet and how improvements can be made to optimize bone and muscle health.



Better-for-you summer snacking

(Family Features) For many families, the summer months offer a break in routine, and that extra time around the house or gathering with loved ones can lead to increased snacking opportunities. However, that warmer weather can also be accompanied by a desire for sweet treats

To satisfy that sweet tooth without sacrificing nutrition, consider an option like Crunchmaster Protein Brownie Thins. The bite-size snacks – available in Dark Chocolate, Home-style Milk Chocolate and Salted Caramel – pack the warm and gooey taste of baked brownies with a boost

of 8 grams of protein per serving plus black bean and quinoa nutrition. Plus, they are free of gluten, artificial flavors, colors, cholesterol and trans-fat, and are non-GMO and kosher.

You can elevate your summer snacks by pairing them with this Peanut Butter Chocolate Chickpea Cookie Dip. Made using only eight ingredients, including chickpeas and peanut butter, it's a healthier alternative to help satisfy those warm weather cravings.

Find more nutritious summer snack recipes that pack a crunch at crunchmaster.com.

Peanut Butter Chocolate Chickpea Cookie Dip

- 1 can (19 ounces) chickpeas, drained and rinsed
- 1/2 cup peanut butter
- 1/4 cup packed brown sugar
- 2 tablespoons maple syrup
- 2 tablespoons olive oil
- 2 teaspoons vanilla extract
- 1/4 teaspoon salt
- 1/2 cup chocolate chips
- 1 package (4 ounces) Crunchmaster Protein Brownie Thins Home-style Milk Chocolate

In food processor or blender, puree chickpeas, peanut butter, brown sugar, maple syrup, olive oil, vanilla and salt until smooth.

Stir in chocolate chips. Spoon into serving dish. Serve dip with brownie thins.

Substitution: Nut butter or nut-free butter can be used in place of peanut butter.

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Infuse **Bright**, Nutritional Flavor into Summer

(Family Features) When families fire up their grills and turn to favorite summer recipes for filling meals, nutritional considerations are often not the focus. However, this doesn't have to be the case. This year, you can rethink traditional seasonal menus by opting for main courses – and even desserts – that offer healthier returns by incorporating ingredients like whole oranges, which provide a multitude of nutritional benefits.

Adding an ingredient like California Valencia oranges to your family's dishes means you're including a rich source of vitamin C (70% of the daily value) and an excellent source of folate (20% of the daily value) in your seasonal spread. As a balance of sweet and tart, the extra juicy oranges reach their peak in summer, making them perfect for warm-weather recipes, juicing or as portable snacks to take along on adventures.

Plus, their anti-inflammatory benefits help support the body, especially as outdoor activities increase in the warm weather. The potassium found in oranges also helps support cell function, healthy blood pressure levels, bone health and hydration.

When it comes to meal planning, oranges are a highly versatile fruit that can be added to both sweet and savory dishes, as well as beverages, cocktails, sauces, frozen desserts, smoothies and more. To introduce a depth of flavor and burst of nutrition to dishes, add a sprinkle of zest, segments or fresh-squeezed juice, or even grill the fruit to bring out the flavor.

Try combining them with tastes of the Mediterranean for dinner with Orange and Harissa Glazed Beef Kebabs or end your meal with a refreshing sweet treat like Orange Ice Cream the entire family can enjoy.

By introducing the sweetness of oranges to your warm-weather menu, you can infuse fresh flavor while rethinking family favorites. Visit CaliforniaCitrus-Growers.com for more information on California oranges.



Orange and Harissa Glazed Beef Kebabs

Prep time: 2 hours • Cook time: 20 minutes
Servings: 2
1/2 cup California Valencia orange juice, freshly squeezed
2 California Valencia oranges, zested, segmented
2 tablespoons harissa paste
2 tablespoons honey
2 tablespoons olive oil
1 tablespoon fresh mint leaves, roughly chopped
2 garlic cloves, finely chopped

8 ounces beef tenderloin, cut into 2-inch cubes
1 green bell pepper, cut into 2-inch squares
1 red onion, cut into 2-inch squares
16 broccoli florets, raw
kosher salt, to taste
black pepper, to taste
cooked couscous
mandarin chutney
In mixing bowl, combine orange juice and zest, harissa, honey, oil, mint and garlic; mix well.

Add beef cubes and toss to coat; marinate 2 hours in refrigerator.
Using long skewers, build kebabs, alternating beef, peppers, onions and broccoli on each.
Heat grill to medium-high heat.
Season kebabs with salt and pepper, to taste. Grill until vegetables are cooked through and beef reaches desired doneness.
Serve over bed of couscous and top with mandarin chutney.



Orange Ice Cream

Prep time: 1 hour • Servings: 6
2 cups California Valencia orange juice, freshly squeezed
1 1/2 cups whole milk
1 1/2 cups heavy cream
1/2 vanilla bean
2 tablespoons glucose syrup or corn syrup
1/4 cup non-fat dry milk powder
2/3 cup granulated sugar
3 egg yolks
2 California Valencia oranges, zest only
California Valencia orange slices, for garnish
Prepare ice cream making vessel or unit, such as old-fashioned churner or ice cream machine with motor.
Reduce orange juice to 1 cup; ice down to chill.
In saucepan over medium heat, combine milk, cream, vanilla scraped pod and seeds, and glucose syrup until

hot; remove from heat. Steep 30 minutes.
In bowl, combine milk powder and sugar. Add dry mixture into hot cream mixture. Whisk to combine. Return mixture to medium heat.
In separate heat-safe bowl, combine egg yolks and orange zest.
In small increments, pour hot mixture over yolks and zest. Mix vigorously while pouring.
Cook to 185 F.
Remove from heat and pour through fine strainer. Hand-blend until smooth.
Ice down immediately. Add cooled, reduced orange juice. Hand blend to combine.
Spin and freeze then follow directions according to machine or vessel to make ice cream.
Serve with orange slices.



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- ❑ Dust buildup within 2 days of dusting?
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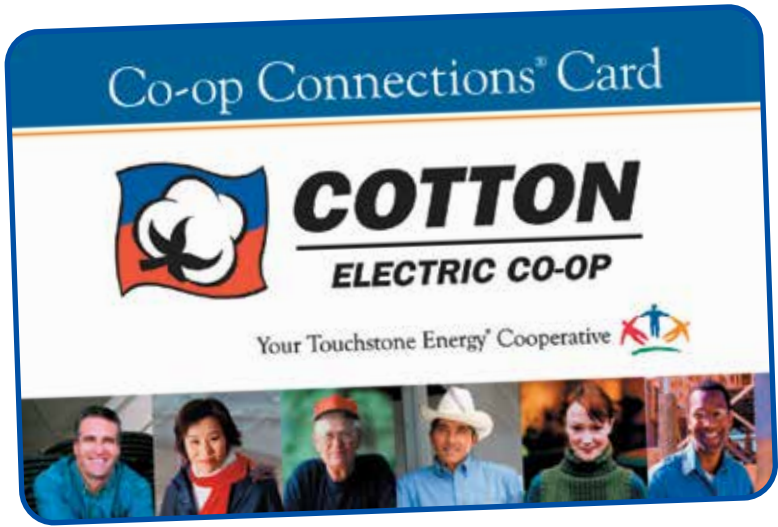
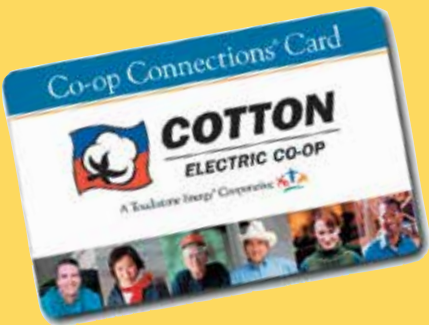
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