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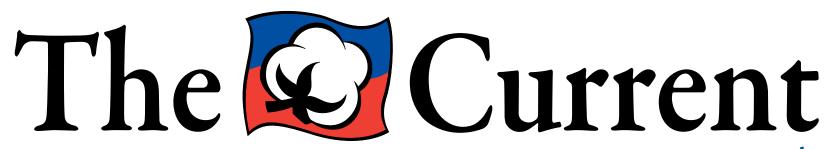
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A Publication of Cotton Electric Cooperative Inc.

A Touchstone Energy® Cooperative



"The Current - Informing Our Members Since 1957"

October 16, 2023 VOLUME 67 NUMBER 2



Cotton Electric CEO Jennifer Meason reports cooperative business updates at the 2023 Annual Meeting and Member Appreciation Night. Photo by Carli



Cotton Electric lineman Quaid Ogletree welcomes members to the 2023 Annual Meeting and Member Appreciation Night. Photo by Carli Eubank.

2023 Annual Meeting continues to serve members: Our true north

By Carli Eubank

members from across the service territory gathered together for the 2023 Annual Meeting and Member Appreciation Night on Sept. 26 at the Stephens County Fairgrounds. There were 455 registered members with their families and friends in attendance for an evening of co-op business and community.

The evening event began as members filed through the registration lines before they filled a plate of the traditional barbecue dinner and grabbed their gift. Co-op Connections partners were available and displayed their products and resources for members to learn more about. Members also lined up at the familiar photo booth for a picture in a Cotton Electric bucket.

The kids' area stayed energetic all through the evening as kids jumped in the bounce houses, collected balloons and enjoyed fresh cotton candy. The electric cooperative mascot Willie Wiredhand was a popular guest, pausing to give high-fives and pose for pictures with members of all ages.

One of the benefits for members when they attend the Annual Meeting is the opportunity to engage with Cotton Electric employees. Many members stopped by the co-op's departmental booths to ask questions, address concerns, or show appreciation to their co-op employees.

At 7 p.m. the business meeting was called to order by the co-op's Board president Shan Files. Trustee of District 5 Clifford Dunham gave the invocation and led the membership in the Pledge of Allegiance. Everyone in attendance directed their attention to the presentation of colors and the playing of the national anthem performed by the Empire Public School band program.

Next, Files announced a quorum was not met that night. Five percent of the co-op's membership must be present to reach a quorum, which allows those in attendance to vote on co-op business. Since a quorum was not met, Files adjourned the business meeting portion of the event.

Nichole Scott, trustee of District 3, Cotton Electric employees and introduced special guests and the coop's trustees.

> Government officials were in attendance, including the following: State Representative Trey Caldwell, State Senator Jessica Garvin, Assistant Attorney General Anthony Sykes, Representative Tom Cole's field representative Megan Hankins, Senator Markwayne Mullin's field representative Tom Cohrs, and Oklahoma Association of Electric Cooperatives director of government and regulatory affairs Jim Reese.

> Communications coordinator Sondra Boykin and senior manager, legal and regulatory compliance Matt Caves from Western Farmers Electric Cooperative, Cotton Electric's power provider, were at the event, as well.

> Files returned to the podium to give the president's report, focusing on overcoming adversity. He explained how he has seen and worked with the cooperative through many storms over the years and has used the experience to improve reliability and service for the membership.

> Following Files was Steve Robinson, secretary-treasurer and trustee of District 7, who presented the co-op's well-managed financial status before introducing Cotton Electric CEO Jennifer Meason.

> Before sharing updates of the co-op, Meason took time to recognize and appreciate all of the active-duty military, veterans and first responders in attendance that evening.

> Meason explained that while preparing her message, her gaze fell on a compass that has remained on her desk since she became CEO. Her predecessor Warren Langford left her this gift along with words of encouragement as she entered her new role at the co-op: to always keep in mind her true north. Meason shared Langford's message that the Board of Trustees determine the destination and vision, and her role is to set the course for the co-op to pursue that destination.

> > Continued on Page 10

Power Cost Adjustment Calculated

The power cost adjustment now being applied to bills mailed after Oct. 1, 2023, is \$0.00588 per kWh.

On a member's average bill of 1,300 kilowatt hours (kWh), this will amount to a charge of \$7.64 on the October bill.

September 2023 Temperature Extremes								
Day	High	Low	Avg.	Day	High	Low	Avg	
1	101	69	85	16	85	64	75	
2	99	63	81	17	91	57	74	
3	105	62	84	18	93	56	75	
4	106	74	90	19	90	68	79	
5	108	76	92	20	90	68	79	
6	96	73	85	21	81	71	76	
7	108	69	89	22	99	65	82	
8	111	68	90	23	103	73	88	
9	97	72	85	24	91	73	82	
10	96	66	81	25	94	62	78	
11	80	66	73	26	95	55	75	
12	78	65	72	27	95	57	77	
13	81	66	74	28	97	62	80	
14	75	67	71	29	97	68	83	
15	79	65	72	30	95	71	83	
Source:	www.srh.i	noaa.gov/c	oun/					

Average Daily High: 94 Average Daily Low: 66

Did You Know?

Cotton Electric Cooperative can come speak to your classroom or civic group. Give the marketing department a call at 580-875-3351 or email zyoung@cottonelectric.com.

Current should arrive in mailboxes on Nov. 13, 2023.

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 The next issue of *The* a line at Cotton Electric Current, 226 N. Broadway, Walters, OK 73572.



ELECTRIC CO-OP Mission Statement

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

From the CEO

Celebrating the cooperative difference

bers who attended this Cooperative's purpose. year's annual meeting of you and take a few hours to support throughout the year.

and remind you, the members of Education, Training and Infor-

▼hank you to the mem-the co-op, about Cotton Electric mation; Cooperation Among

Each day we strive to provide in Duncan. It was great to see all you with power that is safe, reliable and affordable. Most electric express our appreciation for your utilities have the same goal. However, as a cooperative, we operate We continue celebrating you using a unique business model, this month. Every October, coop- which is based on the Seven Coeratives from all sectors across the operative Principles: Voluntary country celebrate National Co- and Open Membership; Demooperative Month. The purpose of cratic Member Control; Memthis annual celebration is to rec-bers' Economic Participation; ognize the cooperative difference Autonomy and Independence;

Cooperatives; and Concern for Community.

Over the past 85 years, Cotton Electric Cooperative has grown from powering 150 farms and homes to more than 23,500 meters; from 234 miles of line to 5,264 miles of line. Your coopermore than \$121 million.

We don't take that responsibility lightly. Your Board of Trustees and co-op employees are focused on projects to improve service quality, reliability and restoration efforts while keeping your costs low. To accomplish those goals, we're incorporating technology along with persistent hard work.

We're also advocating for you and the reliability of our nation's electric grid. You expect the lights to stay on at a cost you can afford, but there are currently nine federal regulations that threaten reliability. I hope you'll join me in making our voices heard. To stay informed and take action on policy decisions that will shape our please contact me at 580-875access to affordable and reliable 3351 or jmeason@cottoneleclocal energy, visit www.voicesforcooperativepower.com.



Jennifer Meason, CEO

We'll always keep in mind that our mission goes beyond providative utility plant is now valued at ing electricity. We live where we serve and are proud to work to improve the quality of life in our communities. Together, we have rounded up electric bills that have resulted in more than \$1.5 million in local grants through the Operation Round Up program. And, the Board recently reviewed our financial health and determined that we will return to you \$500,000 in capital credits later this fall. Now those are two great ways to celebrate the cooperative difference!

> Thank you for being a member of the cooperative. If you would like more information or have any questions about your co-op, tric.com. I look forward to hearing from you.



Cotton Electric CEO Jennifer Meason engages with members at the 2023 Annual Meeting and Member Appreciation Night. Photo by Carli Eubank.

WE HOPE YOU HAVE A SAFE AND FUN HOLIDAY



Energy Efficiency Tip of the Month

Did you know using your dishwasher is more energy efficient than washing a load of dishes by hand? To maximize efficiency, wash full loads in the dishwasher and don't block the arms or other parts that move while the appliance is in use.

For additional savings, turn on the "air dry" setting instead of using the "heat dry" setting and use a rinse aid to help dishes dry faster without spotting and streaking.

Source: Energy.gov

August 2023 Operating Stats

	<u>2023</u>	<u>2022</u>
Total Amount Billed/Accrued	\$8,469,079	\$8,691,970
Cost of Purchased Power	5,757,398	7,161,543
Taxes	150,624	174,886
Total Operating Expense per Mile	1,453	1,702
Average Farm and Residential Bill	220	211
Average Farm and Residential kWh	1,826	1,668
Total Meters Billed (Farm, Residential	19,505	19,290
Miles Energized	5,265	5,240
Density per Mile	3.70	3.68
New Service Connects YTD	306	350
Services Retired	123	87

Upcoming Deadlines for The Current

November

Ad Sales Oct. 27 Classified Oct. 27 Publish Nov. 13

December

Ad Sales Nov. 24 Classified Nov. 24 Dec. 11 Publish

The Current

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Jennifer MeasonCEO Shane Bowers......Vice President Zach YoungDirector Carli Eubank......Communications Specialist

Cotton Electric Cooperative, Inc. **Board of Trustees**

Shan Files, Velma, President Brian DeMarcus, Meers, Vice President Steven R. Robinson, Cache, Sec./Treas. Tony High, Walters, Asst. Sec./Treas. Ken Layn, Marlow Clifford Dunham, Chattanooga Todd Clark, Duncan Nichole Scott, Central High Dell Farris, Comanche

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Energy Efficiency

Spooky energy savings to try this fall

tricks so you can treat your- sumption while you're away. self to lower energy bills. Here are four simple ways to summon the spirit of nating ghostly drafts. The winter chill energy efficiency.

thermostat. One of the easiest ways to save energy is through thermostat control, since home heating and cooling to make your home more comfortable account for a large portion of monthly energy use. Smart thermostats can help you manage heating and cooling cient lighting. LED bulbs use 75% less costs by learning your daily routine energy and last 25 times longer than and adjusting the temperature settings incandescent lightbulbs. Make the accordingly. You can control a smart switch to help reduce energy used for thermostat from anywhere (through home lighting.

This spooky season, we're your smart phone), which allows you sharing a few energy-saving to prevent unnecessary energy con-

Get rid of goosebumps by elimiis just around the corner, so now is Conjure instant savings with a smart the time to seal air leaks around your home. Apply caulk and weatherstripping around drafty windows and doors and lower energy use.

Illuminate your lair with energy effi-

Remember to use LED light strings when it's time to decorate for the upcoming holiday season. LED light strings offer an average of 88% energy savings compared to traditional incandescent lights.

Stir up savings with countertop cauldrons. Cooler weather summons our favorite soup recipes. Small countertop appliances like slow cookers use less energy than cooking meals on the stovetop. Grab your book of spells (or recipes), and start stirring up savings in the kitchen.

When we look around our homes, there are many opportunities to save energy. So this spooky season, investi-



Heath Morgan, **Energy Efficiency** Coordinator

gate your space and unlock a different kind of magic - the kind that brings real energy savings. For questions or more information, call our office at 580-875-3351.



LED bulbs use 75% less energy and last 25 times longer than incandescent lightbulbs. Photo Source: Haus Automation



Smart thermostats can help you manage heating and cooling costs by learning your daily routine and adjusting the temperature settings accordingly. Photo Source: Abby Berry, NRECA

Heating Degree Day and Cooling Degree Day Calendar

SEPTEMBE

HDD YEAR CDD

> 448 2023

2022 358

2021 361

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.







Cotton Electric Charitable Foundation



Fourth-quarter CECF grant applications are due

Nov. 14



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3 and Under Free

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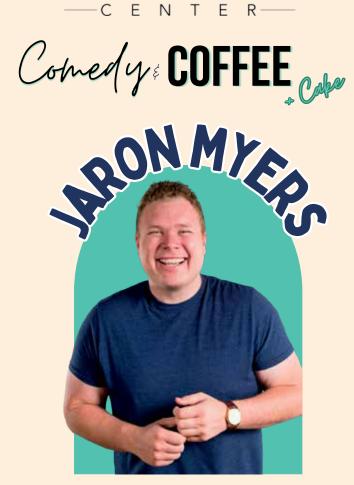






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Meetings held in three Cotton Electric districts

By Carli Eubank

Cotton Electric Cooperative is member-owned and guided by a set of Cooperative Principles. The second principle is "Democratic Member Control," and one of the ways members can exercise this principle is through attending Cotton Electric's district meetings and actively engaging with the cooperative's Board of Trustees.

During the end of August and into the beginning of September, meetings were held in Districts 2, 6 and 8.

The meetings began with District 2 on Aug. 28 in Marlow. Ken Layn, serving as the trustee of District 2, welcomed members before handing the meeting over to the District Meeting Committee, composed of Board trustees, to call the meeting to order.

Meetings for Districts 6 and 8 followed the same order.

Todd Clark, trustee of District 6, gathered with members on Aug. 29 in Duncan, and District 8 trustee Tony High welcomed members of his area on Sept. 7 in Walters.

Members at each meeting selected a chair from among those present. The chair appointed a meeting secretary then asked for a report on the presence of a quorum. Co-op bylaws require a quorum of 5% of a district's members to hold an election.

A quorum or opponents were not present at any of the meetings held this year, so

Layn, Clark and High were held over for additional threeyear terms beginning immediately after the 2023 Annual Meeting and Member Appreciation Night on Sept. 26.

Cotton Electric CEO Jennifer Meason thanked the members for expressing an interest in the co-op through their attendance and gave a report on co-op business.

"Members are the reason we are here, and everything we do at the co-op is with our members in mind," Meason said.

Next, Meason shared how the vegetation management crew continues to maintain and improve quality power by clearing trees and brush from power lines. This year Cotton Electric has been working with a USDA-certified herbicide application contractor to prevent regrowth of vegetation throughout the co-op's service territory.

"We are always working to improve reliability and quality of service through tree trimming and herbicide applications," Meason explained. "This program is one of the most effective ways to help control blinks and other service interruptions."

Another way Cotton Elec-

tric is working to improve quality of service is through our pole inspection program. A contractor is moving through the co-op's system inspecting poles and marking ones that need to be replaced the following year.

"Working with this contractor helps us identify areas that need improvements, so we can better withstand storms and high winds," Meason said.

Meason also encouraged members to update their contact information if they'd like to receive outage alerts by text messages through the co-op's recently added communication program, TextPower.

Meason then gave an update on the Cotton Electric Charitable Foundation. Last quarter, the Foundation recently reached a milestone of more than \$1.5 million in grants awarded to local organizations in the co-op's service territory since it was founded in 2004.

"Because you, our members, round up your bill every month, those funds are pooled together and stays within the eight counties in southwest Oklahoma we serve," Meason said. "It would not be possible without you."

Each meeting concluded with an invitation to the 2023 Annual Meeting and Members Appreciation Night, energy voucher prize drawings, refreshments and fellowship with Cotton Electric members and employees.

Next year's meetings will include Districts 1, 3 and 5.

For more information about the Cotton Electric Board of Trustees, visit our website at www.cottonelectric.com/ board-trustees.



District 2 energy voucher winners were Robert Denard, Earl Lavey and Kevin Ramey. Photo by Carli Eubank



District 6 energy voucher winners were Royce Clark, Ron Hall and Delisa Clark. Photo by Carli Eubank.



District 8 energy voucher winners were Steve Hardin, Susan Taylor and Robert Sims. Photo by Carli Eubank.

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Start moving toward retirement security

It's not as well-known as Halloween, but National Retirement Security week happens every October - the third week, to be precise and while it doesn't involve ghosts and goblins, it does deal with something even more frightening: the risk of not being able to enjoy a comfortable retirement. Through various events, this occasion highlights ideas



about building retirement security. What steps can you take?

Here are some suggestions: • Don't underestimate your longevity. Consider this: 65-year-old men can expect to live another 20 years, while 65-year-old women can anticipate almost 22 more years, according to the Society of Actuaries. And these figures are just averages, meaning you could well exceed these ages, perhaps by many years. So, in thinking about how much money you'll need as a retiree, be aware that you could spend two, or even three, decades in retirement.

• Don't underestimate health care costs. When you retire, some of your expenses and supplemental insurance such as transportation, wardrobe and other costs associated with your career will drop. Others will not and may even increase. Health care is a prime example: Many people assume that Medicare or their Medicare Advantage plan will take care of virtually all their health care costs in retirement, but that's not the case. Generally speaking, you could plan on spending \$4,500 to \$6,500 per year on health care costs during retirement, excluding the large expenses connected with long-term care. Your actual costs could be higher

or lower, depending on your

health, prescription drugs

coverage, but make sure you plan for sizable health care costs in your projected retirement budget.

· Contribute as much as you can afford to your retirement plans. Try to put in as much as you can afford to your 401(k) or other employer-sponsored retirement plan and try to increase your contributions whenever your salary goes up. You may also be eligible to contribute to a traditional or Roth IRA, which offers tax benefits and a wide variety of investment options. it's important to periodically (Contributions to a Roth IRA may be limited based on your income.)

Once you reach

retirement, you can still make to consult with a financial some moves that could help boost your financial security:

• Maintain an appropriate investment mix. When you retire, you might be tempted to shift most of your portfolio into highly conservative investments to "lock in" gains and avoid being over-exposed to market that can reduce this danger. volatility that could cause short-term losses. Yet, even in retirement, you should still own some growthoriented investments that can potentially help keep you ahead of inflation. In fact, rebalance your investments back to your preferred mix to avoid taking too much or too little risk, so you may want

advisor.

· Identify a suitable withdrawal rate. You don't want to take out so much from your portfolio each year that you run the risk of outliving your money. So, you'll want to determine an annual withdrawal rate A common withdrawal rate to start retirement is 4%, but your own rate should be based on several factors: your age, size of portfolio, other sources of income and so on.

It can be challenging to make all the moves necessary to help achieve retirement security -— but it's worth the effort.

Edward Jones, Member SIPC

Kelsey Avants

1110 N. 10th Street | Duncan, OK 73533 | 580-255-4408 kelsey.avants@edwardjones.com | www.edwardjones.com Edward Jones MAKING SENSE OF INVESTING

Think before you climb: Don't take safety shortcuts

A ladder is often necessary, whether it is for a home improvement project, clearing the gutters or hanging decorative lights. However, before rushing into a project, take a few minutes to inspect your ladder and ensure it is the right one for the job.

Each year in the United States, more than 100 people die and thousands more are injured from ladder-related falls, according to the National Institute for Occupational Safety and Health (NIOSH).

There are five major causes for ladder-related fall incidents, according to NIOSH:

1. Incorrect extension ladder setup angle

In approximately 40% of cases, the cause of ladder-related injuries is a ladder sliding out at the base due to an incorrect setup angle.

2. Inappropriate ladder selection

Selecting a ladder with the proper rating for intended use (duty rating) is also important to avoid structural failure.

3. Insufficient ladder inspection

Reduce the likelihood of ladder structural failure by practicing regular inspection and maintenance. (See separate section on inspections.)

4. Improper ladder use

Overreaching, carrying objects, applying excessive force,

slips and missteps are also frequent causes of ladder-related fall injuries.

5. Lack of access to ladder safety tools and information

Small companies that account for up to 80% of all construction companies, as well as domestic ladder users, such as homeowners, typically do not receive the required safety training on the proper use of extension ladders and stepladders.

Don't skip inspection

Before using a ladder, check to see if it is broken, in disrepair or not functioning as it should. If this is the case, ensure no one uses it until it is properly repaired. Look for:

- Cracks
- Serious dents
- Deformed or missing steps/rungs
- Missing or uneven feet
- Loose steps/rungs
- Defective locks and spreader braces

Look up first

Always look up and look out for overhead power lines before climbing, transporting or positioning a ladder. When moving a ladder, carry it horizontally instead of vertically since getting too close or contacting overhead power lines could cause electrocution.

Always be aware of overhead power lines, and:

- Keep yourself and all equipment 10 feet away from overhead power lines.
- o Electricity can arc or jump if a ladder gets too close to a power line or pole.
- o A ladder could make direct contact with the line.
- Use a ladder during ideal weather conditions.
- o Rain can make the ground slippery.
- o Wind could blow a ladder into a power line.
- Do not trim trees/branches that are near power lines.
- o It is dangerous to trim near overhead power lines.
- o By law, only certified line clearance tree trimmers can do so.
- Do not use water or blower extensions to clean gutters near overhead lines.
- o All power lines can cause electrocution, including those feeding your home.
- o Always follow the 10foot distance rule when working or playing outside.

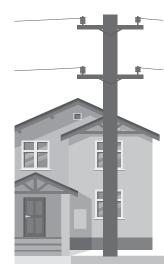
An aluminum ladder is a great conductor of electricity; however, a wooden ladder can be one too, depending on the condition of the ladder and whether it is wet or has metal parts.

Anything that elevates you can take you too close to a power line if you are not aware of your surroundings. For more information on electrical safety, visit www. cottonelectric.com or www. safeelectricity.org.

Think Before You Climb

Before you rush into a job that requires you to use a ladder, take precautions before you climb.

Electrical Safety



- Look up and around for power line locations before using a ladder.
- 2. Keep a minimum **10-foot distance** from a power line or other electrical equipment at all times.
- 3. The minimum distance rule includes you (any part of your body) or **any object you are holding**, such as a ladder or tool.
- Always be aware of power line locations when you are elevated.
- Sources of elevation include, but are not limited to, a ladder, rooftop, boom lift or scaffolding.

General Ladder Safety

- 1. Use a ladder on a stable, level surface.
- Maintain three-point contact on the ladder when climbing.
- 3. Three points of contact mean two hands and a foot or two feet and a hand.
- **4.** Keep your body **near the middle of the step** and face the ladder when climbing.
- **5. Do not use the top step**/rung of a ladder unless designed for that purpose.
- **6.** For a stepladder, make sure the base is **fully open** and the spreaders are **locked.**



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Octoberfest Trade Days ALL MONTH!

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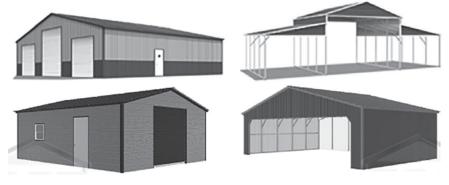
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SCROGGINS AUCTION SERVICE has been commissioned to offer at public auction the Real Estate & Personal Property of Mr. Jack Wilkerson

Real Estate: 2 Bedroom, 1 Bath with 1,144 square feet, Sits on a corner lot, Large fenced back yard, 2 Car carport, Small Shop & Outbuilding. The real estate will be auctioned at 10am. The vehicles and firearms will be auctioned at 12pm.

For Photos go to auctionzip.com, Enter Auctioneer ID #17788

VEHICLES: 2000 Chevrolet Suburban LT, 235k miles, Sandstone in color and a 2006 Ford Explorer 4 Door XLT RSC, 180k miles, Black in color. FIREARMS: Colt Mk IV Series 80 Government Model 380, Diamondback Firearms 380, Ruger SR22, Falcon 22 LR Single Action, Marlin/ Glenfield Model 60 22 LR, New England Firearms .410 Breakover, Victor Crescent Arms .410 Breakover and 22 WMR Ammo. HOUSEHOLD ITEMS: Beds (2), Dressers (2), Chest Of Drawers (4), Bedroom Cabinet, TV's (3), Soundbars, Computer Desk, Bookcase, Couch, Chair, Lamps. KITCHEN: Dining table & chairs, Kitchenware, lots and lots of misc. APPLIANCES: Washer, Dryer, Whirlpool Upright Freezer. MISC ITEMS: Collector Pocket Knives, Fur Coat, Antique Milk Can, Vacuums, Jewelry Cabinet, Small Sentry Safe, Medicine Cabinet, Dr. Scales (Detecto), Wheel-chair, Knick Knacks. SHOP ITEMS: Hand Tools, Power Tools, Yard Tools, Central Pneumatic 8 Gal. 125psi 2hp air compressor, Bench Grinder, Drill Press, Skilsaw, Coleman Powermate 3750 6hp Generator, Miter Saw, Dolly, Ext. Ladder, 6 ft Ladder, Dewalt 18V Drill, Metal Lockers, Shelves, Cabinets, Bolt & Screw Bins, Craftsman 10" Tablesaw 2.5hp, Snapper Mower. LAWN ITEMS: Small Concrete Statues, Wrought Iron Chairs (2).

AUCTIONEERS MESSAGE: Announcements made day of sale supersede any previous advertisements. Everything sells AS IS, WHERE IS! Buyers MUST provide a copy of SALES TAX PERMIT day of sale to avoid sales tax. Terms & Conditions of Sale: Cash, Personal Check & Company Check accepted with positive ID. Terms & Conditions of Real Estate: 10% Earnest money down day of sale. Property is SOLD AS IS, WHERE IS. Property sells subject to owners confirmation. Possession at closing. Please have financing arranged prior to auction.

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The power of password managers

Like most people, you likely find creating, managing, and remembering all your passwords a daunting task. It seems like every website has different password rules and many require additional security measures such as security questions. Wouldn't it be great if there was a single solution to take care of all your password problems? There is. It's called a password manager.

Password managers simplify and secure your digital life

Password managers are software solutions that store your passwords in a protected database, sometimes called a vault. The password manager encrypts the vault's contents and protects it with a primary password that only you know. When you need one of your passwords, you simply type your primary password into your password manager to unlock the vault. The password manager often integrates into your web browser and automatically retrieves the correct password and securely logs you into the website. This allows you to easily maintain a unique password for each of your accounts, which is critical to keeping your digital life secure.

In addition, most password managers include the ability to synchronize across multiple devices. When you update a password on one device, those changes are synchronized to all your other devices. Finally, most password managers detect when you're attempting to create a new online account and can create and store a new, unique password for you.

The only password you have to remember is the primary password you use to access your password manager. It's critical that you make this password long and unique. In fact, we recommend you make it a passphrase - a long password made up of multiple words or phrases. If your password manager supports multifactor authentication, use that as well. Finally, it's vitally important that you remember your primary password to avoid getting locked out of your password manager.

Choosing a password manager

There are many password managers to choose from. When trying to find the one that's best for you, keep the following in mind:

- Your password manager should be simple to use. If you find the solution too complex to understand, find one that better fits your needs.
- A good password manager should be compatible with and synchronize across all your devices.
- Use only well-known and trusted password managers. Be wary of products that have not been around for a long time or have little or no community feedback.
- Make sure the vendor actively updates the password manager, and be sure you are always using the most recent version.
- The password manager should give you the option to securely store other sensitive data, such as the answers to your secret security questions, credit card information, frequent flier numbers and more.
- Be suspicious of password managers that let you recover your primary password or allow their tech support organizations to change it for you.

You may want to write down your primary password, store it in a sealed envelope, and secure the envelope in a protected location in case you forget.

Password managers not for you?

We understand some people may find password managers overwhelming and too complicated to use. Yet to be secure, a unique password is still needed for each account. How can someone safely remember all those unique passwords? One option is to write those passwords down. This is not an option for work-related passwords. But this may be an alternative to use at home for personal accounts if password managers are simply not an option. The key step is securing that notebook. If you or a loved one does use a notebook to write passwords down, be sure that notebook is stored in a safe place that only you or trusted family members have access.

Source: www.sans.org

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We all share responsibility for our organization's online safety and security, and YOU are our first line of defense.

Think Before You Click

- Always hover over a link first to be sure it is safe.
- Report suspicious emails or emails from an unknown sender to your spam filter and delete them from your inbox.

Lockdown Your Log-in

- Create long and unique passwords.
 Use familiar phrases or song lyrics you'll remember.
- When possible, use 2-factor authentication as a second layer of defense.
- Change passwords regularly and do not share them.

Watch for Red Flags to Identify Potential Phish Attacks

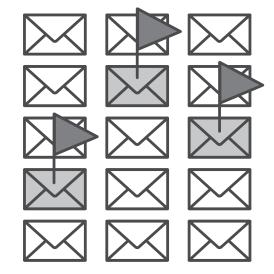
 Phishing attempts seek to steal or compromise data and will often mimic a known sender.

Look for red flags:

- 1. the email is unexpected;
- there is a sense of urgency conveyed;
- **3.** there is an offer that seems too good to be true; and/or
- **4.** there are typos and misspellings.







Want more tips to improve your cyber hygiene?

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PUBLIC AUCTION

Saturday, October 28, 2023 10:00 A.M.

904 North Hillcrest Drive Duncan, Oklahoma

Gary Criswell Auction Service & Real Estate, Inc. has been commissioned by the Living Estate of Vicki Joy Malone and the Estate of W. T. Malone to offer at Public Auction their Personal Property situated at 904 North Hillcrest Drive in Duncan, Oklahoma. The 3 Bedroom Brick Home with Improvements is currently listed For Sale for \$350,000. MLS 37884

Real Property: The Real Property consists of a Nice 3 Bedroom Brick Home (Approximately 3,377 Square Feet) with a Family Room with a Fire Place and a Wet Bar, Large Formal Living Room, Kitchen/Area Combination, Utility Room and 3.5 Baths.

Household Furnishings: Glass Dining Table with 2 Chairs, CENTURY - Sofa (Blue Floral), Wall Clock with 4 Chimes, Bench - Wrought Iron, La-Z-Boy Rocking Recliner, Entry Hall Table with Marble Top, Dining Table - Double Pedestal with 6 Chairs and Matching China Cabinet (Green), Shelf Double-6 Shelves, Queen Anne Parlor Chairs (2), Wingback Parlor Chairs (2), The Alan White Company Sofa (2), Queen Anne Curio Cabinet, Queen Anne End Bench, Serving Table - 2 Shelf with Glass Front, King Size Bed Complete, Sewing Rocker, Curio Cabinet (3 Shelf Mahogany), Stanley Furniture Bedroom Suite (3 Piece), and a Kenmore Freezer (Upright).

Glassware and Collectibles: Victor Talking Machine VV 100, 148159, TIENSHAM Eine China (2)

Machine VV-100-148159, TIENSHAN Fine China (2 Sets), Sideboard/Buffet - Tiger Oak with Claw Feet, Gone with the Wind Collection Plates (38), DAZEY Churn No.8, Collection of Silver (Serving Tray, Pitcher, Ice Bucket etc., Collection of Small Bells, Oriental/Asian Screen (16"x48"x72"), Blue Carnival Glass, Christmas Tree - Ceramic, Well Pulley, Kettle - Black with Tripod Stand, Variety of Coleman Irons and a Coke Thermometer (Old)

and a Coke Thermometer (Old). **Baby Grand Piano:** YOUNG CHANG - Baby Grand Piano with Piano Bench (Like New), ELBUNN and a Conn - Organ with Bench.

Miscellaneous: Large Collection of Nutcrackers, Collection of Christmas Decorations, Patio Table with 4 Chairs (2), Variety of Concrete Lawn Ornaments, Metal Shelves - Black (3), SD - Utility Cabinet 2 Door, FARBERWARE Buffet - Warmer (New), Variety of Kitchenware and a Variety of Stem Glasses.

Directions: In Duncan, Oklahoma From Highway 81,Go North on Elk Avenue to the Country Club/10 Street, Go South on Country Club/10th Street to Highland Way;Thence Go East to 904 Hillcrest Drive. Terms of Sale: Personal Property-Cash, Personal or Company Check and Credit Card accepted. Valid I.D. required. Buyers must provide Auction Company a copy of Sales Tax Permit if Tax Exempt.

Preview of Public Auction: Will be held Friday afternoon, October 27, 2023 from 1:00 pm to 6:00 pm. Announcements made day of Sale supersede all other Advertisements. Please Plan to Attend this Public Auction.

Public Auction.

Auctioneer's Note: This is a Nice Sale with a Large Variety of Vintage Furniture, a YOUNG CHANG - BABY GRAND PIANO, Buffet - Tiger Oak, Victor Talking Machine, Large Variety of Glassware, Gone with the Wind Collection Plates, Patio Furniture and

a Variety of Lawn Ornaments. **Gary Criswell Auction Service & Real Estate, Inc. 580-255-8162 · 806 West Main · Duncan, OK · 580-467-2248**(Auctioneer/Broker/REALTOR) email: garymcriswell@gmail.

Share information that saves lives during Teen Driver Safety Week

Eight people die in distracted-related crashes on U.S. roads each day, according to the National Safety Council (NSC). National Teen Driver Safety Week is observed the third week of each October, which is a good time to talk

to the teens in your life about safety on the open road, including the hazards of distracted driving and downed power lines.

Distracted driving

There were 3,522 people killed by distracted driving in



Distracted driving limits your awareness to potential dangers on the road. Photo courtesy of www.safeelectricity.com.

Exclusive to

co-op members

Contact Heath Morgan for

details at 580-875-3351

2021,* according to the National Highway Traffic Safety Administration. Lead by example and, as the NSC touts, "Just drive."

Texting while driving is the most alarming distraction behind the wheel, since sending or reading a text takes your eyes off the road for approximately 5 seconds. Other distractions include sifting through music, checking social media, using navigation, eating, talking on the phone, taking selfies, drinking a beverage or using an app.

Distracted driving is preventable. Teens and adults alike can follow these five easy tips to help them concentrate on just driving:

- 1. That text can wait. Do not text while driving.
- 2. Make responding less tempting by blocking texts while behind the wheel.
- 3. Do not eat while you drive.
- 4. Rely on playlists instead of searching for music.
 - 5. Set up navigation before

you leave or have a passenger navigate.

Downed power lines

Although no one wants to think about teens being in car accidents, it does happen. Severe storms can damage utility equipment, such as power lines/poles and padmount transformers (green boxes). Have discussions with teens about what to do if there is a downed power line or damaged equipment.

Here is how the ground or objects can become energized without any visual indication:

- The energy spreads like ripples on a pond.
- If you walk or run from one voltage "ripple" to another, your feet experience a difference in voltage. (This is called step potential.)
- If you touch something at one voltage and step on or touch something at a different voltage, your hands (or your hand and foot) experience a difference in voltage (called touch potential).
 - Your body becomes elec-

tricity's path to ground when an electrical current enters your body at one point and exits at another.

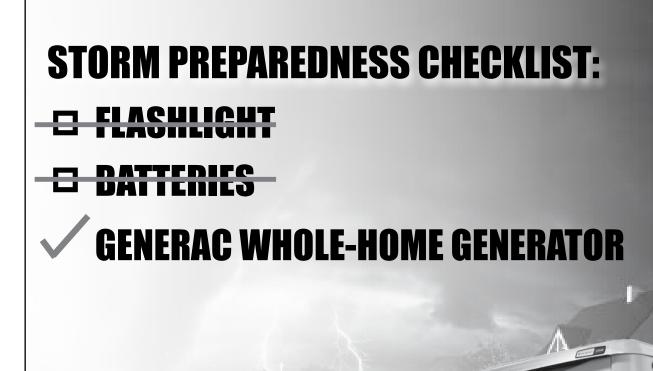
What to do

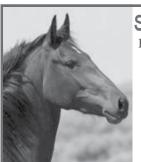
If you are in a car accident, stay inside your vehicle, call 911 and report that there is damaged electric utility equipment. If you are a bystander, do not approach the scene to help. Stay at least 50 feet away, and do not lean on or touch anything.

Downed lines or other damaged utility equipment can look lifeless and harmless and still be live. Downed lines and other damaged electrical apparatuses do not have to be sparking, moving, sizzling or giving off flames to be energized.

Learn more about other electrical safety tips at www. cottonelectric.com and www. safeelectricity.org.

*2022 statistics not available as of the writing of this article. Source: www.safeelectricity.





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- □ Dust buildup within 2 days of dusting? □ Problems with your system since it's been installed?
- Anyone with allergies or asthma?
- AC starts and stops frequently or runs all the time, and house is still not cool?

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

If you answered <u>YES</u> 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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ンインインインイントント **PUBLIC AUCTION**

Saturday, November 4, 2023 10:00 A.M. **Muli-Property Auction**

Simmons Convention Center Wild Horse Suite 1330 Chisholm Trail Parkway Duncan, Oklahoma

Gary Criswell Auction Service & Real Estate, Inc. has been Commissioned to Offer at Public Auction 10 Residen tial Properties. The Real Properties are Located in 3 Different Areas: 6 Residential Properties are Located in the Duncan Area; 1 Property is Located in Meridian Heights and 3 Properties are Located in Waurika, Oklahoma.

Property 1: 609 Westside Drive-Duncan: A 3 Bedroom Brick Home (Approximately 1,190 Square Feet) with room Brick Home (Approximately 1,190 Square Feet) with 2 Baths and a One Car Garage with a Composition Roof situated on a Lot (70'x 128').

Property 2: 1616 Larch Avenue-Duncan: A 3 Bed-room Frame Home (Approximately 1,280 Square Feet) with 2 Baths and a One Car Garage. The Home is Frame, Veneer with some Metal Siding and a Sheet Metal Roof. All situated on a Lot (75' x 105').

Property 3: 402 North E Street-Duncan: A 2 Bedroom Frame Home (Approximately 854 Square Feet) with 1 Bath and a One Car Garage. The Home has Vinyl Siding and a Composition Roof situated on a Lot (63'x 121').

Property 4: 310 North A Street-Duncan: A 2 Bedroom Frame Home (Approximately 720 Square Feet) with 1 Bath and One Car Garage. The Home has Vinyl Siding and a Composition Roof situated on a Lot (50'x 120').

Property 5: 1314 North 12 Street-Duncan: A 3 Bedroom Frame Home (Approximately 2,080 Square Feet) with 1 Bath and a One Car Garage. The Home has Viny Siding and a Composition Roof situated on a Lot (74'x 147').

Property 6: 110 North Eastland Drive-Duncan: A 3 Bedroom Brick Home (Approximately 1,582 Square Feet) with 1 Bath and a Two Car Detached Carport. The Home has a Composition Roof situated on a Lot (75'x 175').

Property 7: 179786 Kennedy Road (Meridian Heights) A 3 Bedroom Brick Home (Approximately 1,120 Square Feet) 1 Bath and a One Car Garage. The Home has a Composition Roof situated on a Lot (94'x 203').

Property 8: 517 Monroe Street-Waurika: A 3 Bedroom Brick Home (Approximately 2,197 Square Feet) with 2.5 Baths and an Attached One Car Carport. The Home has a Composition Roof situated on an Irregular Lot (112')

Property 9: 913 North Elm Street-Waurika: A 2 Bedroom Frame Home (Approximately 2,051 Square Feet) with 1.5 Baths and an Attached One Car Carport. The with 1.5 Baths and an Attached One Car Carport. The Home has Asbestos Siding and a Composition Roof situated on a Lot (88'x 140').

Property 10: 915 North Elm Street-Waurika: A 2 Bedroom Frame Home (Approximately 1,056 Square Feet) with 1 Bath. The Home has a Composition Roof and

an Enclosed Garage situated on a Lot (50'x 140'). **Terms of Sale:** 10% Earnest Money on the day of Sale. Balance due at Closing upon delivery of Title and Deed.

Auctioneer's Note: The Real Property will be offered <u>"As-Is-Where-Is"</u>, The Seller Reserves the right to Accept or Reject the final bid. Stephens County Abstract Company will serve as the Closing Agent on the Real Property. Please Call the Auction Company to View the Real Property. Note: All of the Real Properties are Currently Rented

and have a Tenant. No Buyers Premium! **Gary Criswell Auction Service & Real Estate, Inc.** 580-255-8162 · 806 West Main · Duncan. OK · 580-467-2248 (Auctioneer/Broker/REALTOR) email: garymcriswell@gmail.com

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Electric co-ops grow for the communities they serve

October is National Co-op Month

Electric, exist to serve their members. Our priority is to provide safe, affordable, reliable energy to our local communities. Because we are led by you, the members we serve, we can evolve to meet your needs.

This October, as we celebrate Coop Month, we're focusing on the ways "Co-ops Grow" for their members.

Co-ops grow communities

Co-ops help communities grow by promoting economic empowerment, fostering community engagement and supporting the unique needs of co-op members. "Concern for Community" is one of our core principles-and being community-focused is essential to everything we do.

Participating in Operation Round Up (ORU) is one of the ways members can work together with their cooperative to help improve the quality of life for those within our service territory. When members voluntarily round up their bill to the nearest dollar, those funds are pooled and administered by the Cotton Electric Charitable Foundation (CECF). The CECF Board of Directors meets quarterly to consider grant applications from individuals and organizations in the area. Recipients of grants include local schools, volunteer fire departments, youth programs, public safety and services, nonprofit and community organizations, seniors, and individuals who have applied for ORU grants.

For more information about ORU and CECF, visit www.cottonelectric. com/operation-roundup.

Co-ops grow together

Co-ops are all about cooperation,

Electric co-ops, including Cotton co-ops work together to share lessons learned, successful strategies and better ways to serve our members. Co-ops across the state and nation often gather together for safety trainings, conferences and other events to expand their knowledge and network. We're better when we grow together.

Co-ops grow tomorrow's lead-

Electric co-ops serve as fertile ground for growing tomorrow's leaders through a variety of youth engagement programs. Each year, Cotton Electric opens essay contests for students in eighth grade for the chance to attend Energy Camp and for high school juniors to explore Washington, D.C., during Youth Tour. For more information about our youth programs, visit www.cottonelectric.com/ youth-programs.

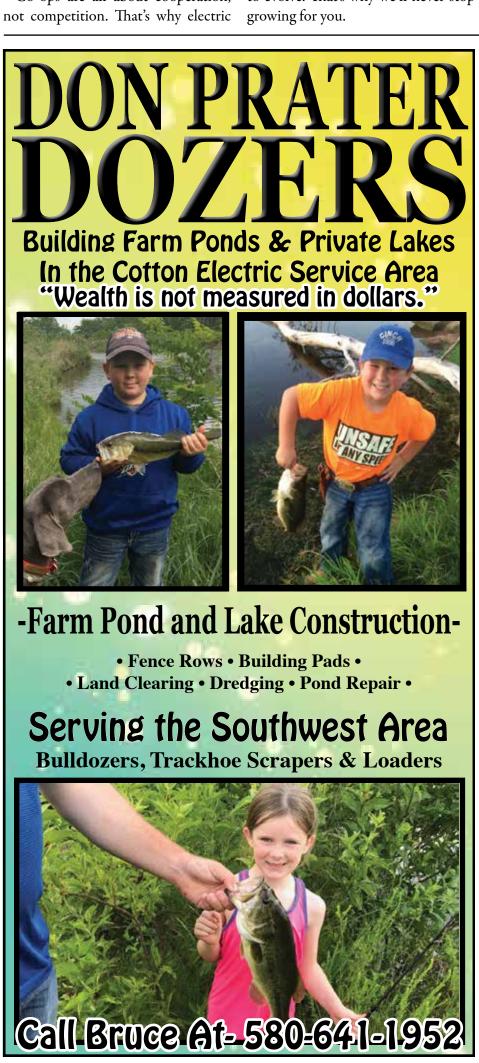
Cotton Electric also provides presentations to local schools and community groups about energy efficiency, electrical safety, cooperative careers and more. To schedule a presentation, contact the marketing department at 580-875-3351.

Whether through school demonstrations, community events or youth programs, we're committed to providing opportunities for local youth to learn and thrive in our community and beyond.

Co-ops grow for you

At Cotton Electric Cooperative, your satisfaction is our number one goal. It's why we were formed many years ago to fulfill a uniquely local purpose. We've come a long way since then, and your needs continue to evolve. That's why we'll never stop







Continued from Page 1

"There will be pitfalls and challenges along the journey, and there will be rough waters that will be distracting and try to steer you off course," Meason said. "Always be flexible and be willing to alter the course if it best serves the co-op, but remember your true north will never change."

Meason shared the lasting impact of another leader and friend, Ronnie Bohot, who passed away earlier this year.

"Ronnie's words of wisdom to always focus on doing what is best for your members will continue on," Meason said. "Because you, the members of Cotton Electric Cooperative, are our true north."

Meason explained how Cotton Electric has navigated through some rough waters over the past years but will continue to follow the Cooperative Principles and mission statement. Operation crews continue to inspect poles along with vegetation management crews maintaining lines throughout the service territory. Advocating for reliability of our nation's electric grid, prioritizing a diverse gen-

eration fuel mix and keeping the lights on continues to be focuses for the cooperative, she added.

Meason later shared how the co-op's purpose goes beyond providing electric service by volunteering our time and giving back to local communities through Operation Round Up (ORU).

ORU is overseen by the Cotton Electric Charitable Foundation. Today, more than \$1.5 million dollars in grants have gone back to service organizations, schools, senior citizens, food pantries and other organizations within our service territory, and none of that would be possible if it weren't for members rounding up their bill every month. That little bit of change together makes a huge difference, Meason said.

"Thank you for allowing me to be part of Cotton Electric Cooperative," Meason said. "We are here to serve you and will continue to keep our focus on you, our true north."

The evening ended with the anticipated prize drawing. A complete list of winners can be found on Page 11.

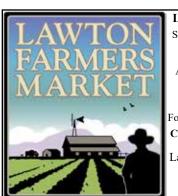


Members stopped to get their picture taken with the electric cooperatives' mascot Willie Wiredhand throughout the night. Photo by Carli Eubank.





Cotton Electric Cooperative Board president Shan Files shares the president's report with the membership. Photo by Carli Eubank.



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2023 Annual Meeting prize winners listed

CHISHOLM TRAIL ARTS COUNCIL

Cotton Electric's 2023 Annual Meeting and Member Appreciation Night concluded with a prize drawing. Each member in attendance was automatically entered to win a variety of prizes. Here is a complete list of prizes and winners:

\$500 energy voucher: Beverly Nor-

\$250 energy vouchers: Sherrie Co-

\$100 energy vouchers: Charles Dodson and Ricky Sessums

\$50 cash: David Cable, Donald Price, James Conway, Connie Helton, Donna Lindesmith, Lynnel Boyles, Coletta Davis, Michael Watson, Alan Pitts, Jim Davis, Isaias Plasensia, Paula Redd, Ronald Bellamy, Gail Frickie, Paul McCormick, Randy Lofland

\$50 Academy Gift Card (provided by Preferred Sales): Roy Knapp \$50 Bass Pro Gift Card (provided by Preferred Sales): Floyd Whitsett

Power Washer: Deborah Nichols Suitcases: Erika Romero

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Smart Plugs: Sylvia Mitchell and Bonnie Rodriguez

Keurig: Richard Sutterfield 50' Cord Reel and Mount: Cindy

10-Piece Cookware Set: L.D. Moon Ninja Blender: Adams Pest Control DeWalt Drill: Greg Holtke

OU Wireless Speaker: Stanley Rice Sandwhich Maker: Thomas Condry OSU Wireless Speaker: FBLA Senior Citizens

40" Television: Roy Simpson Ninja Air Fryer: Billy Bennett Magellan 45 Quart Cooler: Christopher Raska and Danny Wright

Stephens County Humane Society Gift Box: Ruby McCown



Cotton Electric member Beverly Norman was the 2023 Annual Meeting and Member Appreciation Night grand prize winner of the \$500 energy voucher. Photo by Carli Eubank.

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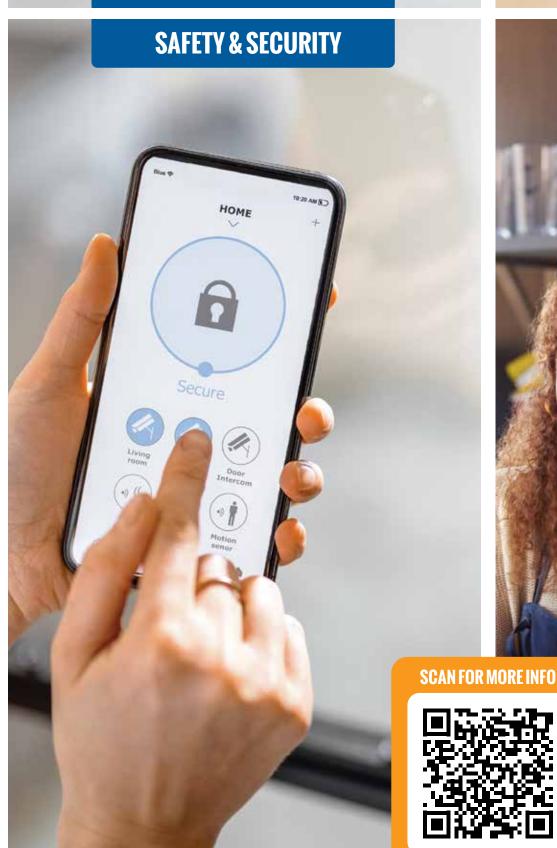
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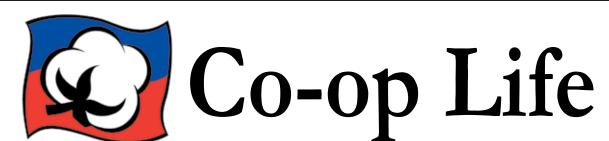
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Exploring the fall season in southwest Oklahoma

Carli Eubank

As the days go by, more and more signs of autumn burst throughout southwest Oklahoma: leaves turning to warm hues of yellow and red, festivals popping up in small towns and fans cheering on their favorite football team. As fall slowly approaches, so do opportunities for recreation and relaxation. There are many activities and views of the changing season across the co-op's service territory waiting to be experienced by you, family and friends.

Pick the perfect pumpkin

Pumpkins are one of the most common symbols that fall has arrived. Many families and friends take a trip to a local pumpkin patch, and for Cotton Electric members, there are a few scattered within the service territory.

Just north of the Red River is Happy Day Farms Pumpkin Patch located in Terral, Oklahoma. Owned by Cotton Electric members Frank and Cindy Day, their working farm has welcomed many families to a day full of fun. At the farm, kids and families can enjoy hayrides, pony rides, and more before visiting the pumpkin patch. Happy Day Farms Pumpkin Patch is open during the fall season every Saturday from 10 a.m. to 6 p.m. For more information, follow their Facebook page or call 580-437-2600.



Exotic animals at Snider Family Exotics are great helpers for guests looking for the right pumpkin. Photo courtesy of Snider Family Exotics.

Another member-owned pumpkin patch is located near Lawton at Heritage Farm and Ranch. Their pumpkin patch and harvest market will be open every Saturday in October where members can browse for the right pumpkin and delicious treats to enjoy. To stay up-to-date on Heritage Farm and Ranch goodies, follow their Facebook page or visit their new location in Medicine Park.

At Snider Family Exotics in Fletcher, Oklahoma, guests can pick pumpkins and feed exotic animals all at one location. Guests can get an up-close experience with more than 40 species of exotic animals, including monkeys, zebras, foxes and much more. The pumpkin patch season for Snider Family Exotics is open every weekend in October from 9 a.m. to 6 p.m. on Saturdays and 10 a.m. to 5 p.m. on Sundays. Admission is \$10 per person and children 16 years old and younger get a free small pumpkin. For more information, visit www.sniderfamilyexotics.com or follow them on Facebook.

To learn about more fall festivities happening in the co-op's service territory, check out the Community Spotlight on Page 14.

Hike the best views

The Wichita Mountains are home to many stunning landscape views in southwest Oklahoma, making it one of the best places to see endless clusters of leaves turning for the autumn season. For those who love to hike, Charon's Garden Trail is a great trail to surround yourself with fall's beauty. The 2.4 mile out-and-back route is considered an intermediate-to expert-level trail scattered with rocky landscapes and points where boulder hopping is necessary to continue on the path. Researching more about the trail is encouraged before attempting the hike.

A simpler trek, or drive, through the Wichita Mountains is to the summit of Mount Scott. At the top of the mountain, visitors can take in an unobstructed view of the area's vibrant fall foliage all around them.

Are you curious when is the best time to see fall foliage in your area? View the 2023 Fall Foliage Map at www. smokymountains.com/fall-foliage-map/ to know when to catch peak color of leaves in your area. Southwest Oklahoma's peak time is around mid-November.

Walk the scary trail

If you seek more thrill during the fall season, visit one of Oklahoma's largest haunted attractions at the Trail of Fear Haunted Scream Park in Lawton. The event is a combination of indoor and outdoor attractions, escape rooms, vendors, shows and more. Tickets and more information are available on their website at www.lawtontrailoffear.com.

Taste the seasonal treats

The fall season also brings many delicious treats for everyone to enjoy. Whether you are hosting a big crowd or having a cozy night in, there are plenty of meal and snack options to choose from that will fit the occasion.

While you are cheering on your favorite football team at home, stuffed bell pepper casserole and spiced pumpkin carrot cheesecake cupcakes are great additions to a game day spread. Recipes for these dishes can be found on Page 18.

When you want to take the party outside, don't forget the duo of roasting hot dogs and s'mores while sharing ghost stories around the campfire. If you're looking to get creative with your s'mores, try substituting the chocolate bar with another candy, like peanut butter cups.

To satisfy your sweet tooth, bake a classic fall dish like skillet apple pie with caramel sauce. Pumpkin loaf is another treat that goes along great with a warm cup of coffee in the morning. Ingredients and directions for these dishes are on Page 19.

Strolling through local farmers markets are great spots to pick seasonal produce, such as apples, pecans and sweet potatoes, to bring home and make a delicious treat.

Experiencing autumn means something different for everyone: Maybe it's a season full of adventure and activity, and for others, maybe it's a season filled with rest and reflection. However you like to celebrate the coming fall season, there is something for you to discover and enjoy within the co-op's territory in southwest Oklahoma.



S'mores are a classic fall treat to enjoy around the campfire. Photo courtesy of Canva.





If you would like your community event listed in the November issue, please submit information by calling 580-875-3351 or send an email to The-Current@CottonElectric.com by Oct. 27. Only events occurring after Nov. 13 will be published in the next issue.

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

LCT upcoming performance

Enjoy an evening while watching The Rocky Horror Show at the Lawton Community Theatre. Performances begin at 7:30 p.m. on Oct. 26-28 at McMahon Memorial Auditorium, 801 NW Ferris Ave. in Lawton. For questions, more information or to purchase tickets, visit www.lawtoncommunitytheatre.com or call 580-355-1600.

Fall season begins in Lawton

Celebrate the end of the summer season and the beginning of the fall season at the Lawton Farmers Market's Harvest Festival. Vendors will be available, as well as the Comanche County 4-H annual Pumpkin Show. The festival is from 8 a.m. to 1 p.m. on Oct. 28 at the Lawton Farmers Market, 77 SW 4th St. in Lawton. For more information, visit the Lawton Farmers Market Facebook page.

Local fall festival

Join the Marlow Chamber of Commerce for an afternoon of fall fun at the Marlow Fall Festival. Live music, food trucks, games, vendors and shopping will be available to guests. Trickor-treating will be from 4 p.m. to 6 p.m. with a concert series following afterwards. For more information about available vendor booths, call 580-658-2212 or email marlowchamber@ gmail.com. Festivities will begin at 1 er arrangements.

p.m. on Oct. 28 on Marlow's Main Street. Follow the Marlow Fall Festival Facebook page for updates and more details about the event.

Spooky twist on local trail

Chisholm Trail Heritage Center (CTHC) is partnering with the Simmons Center for Halloween on the Trail. For those who think they know Tex and Jesse - CTHC's animatronic characters - you are in for a treat. Join them for a special, haunting performance from two of their favorite animatronics. "Spooky" games and art projects will also be available. Entry is \$1 per child. The event is from 5 p.m. to 7 p.m. on Oct. 28 at the Heritage Trails in Duncan. For more information, call 580-252-6692.

Food pantry open once monthly

Walters Community Food Pantry is open from 8 a.m. to 11 a.m. on the second Saturday of each month. The pantry is in the old City Hall, 131 1/2 W. California Street. Pantry organizers try to provide a two-week supply of basic staples to anyone with identification and proof of Cotton County residency. Monetary donations may be sent to Food Pantry, c/o Paul Metcalfe, 211 E. Colorado St., Walters, OK 73572. For questions or more information, call Roger Noland at 580-591-6826.

Blessings Boutique open monthly

Marlow First United Methodist Church opens its Blessings Boutique from 11 a.m. to 2 p.m. every first and third Tuesday of the month.

Clothing donation drop-off days are Tuesdays, or donors can call the church at 580-658-2765 to make oth-

MONTH



Cotton Electric member Jennie Kreiner snapped this photo of a pretty Oklahoma sky at Bray-Dolye during the school's football game against Paoli.

Enter your "best shot" in our Photo of the Month contest. The theme for November is Landscapes! 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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Breast cancer survivorship and lifestyle modifications



Kim Bandelier, MPH, RD, LD

Food 2 **THOUGHT**

hy is everyone wearing pink? While it may be residual energy from the recent Barbie movie, it's most likely because October is Breast Cancer Awareness Month. We don pink to celebrate survivors, mourn those who lost their battle, cheer on those undergoing treatment, and raise awareness for regular breast cancer screening.

Breast cancer treatment continues to advance and evolve, resulting in increasing numbers of breast cancer survivors and an increasing body of research on breast cancer survivorship.

There are two competing definitions of breast cancer survivorship - one is better results. that survivorship starts at diagnosis, the post-treatment phase. The focus of this month's column is post-treatment, effect of a lifestyle intervention (Medi-Connection.

tivity.

treatment, it is most important that dietary intake and physical activity support healing. This looks different depending on the treatment regimen - surgery, chemotherapy or radiation side effects like nausea, vomiting, constipation, diarrhea, mouth dryness or mouth sores. Surgical incisions, radiation burns, and weight loss also change the nutrition needs immediately post-treatment. It is essential to work with your oncology team, including a registered dietitian nutritionist, to implement dietary interventions like increased protein intake and increased intake of other key nutrients to heal surgical wounds or radiation burns and recover lost muscle mass, which always occurs if you lose weight.

Once these acute needs are resolving, the focus turns to long-term lifestyle changes. The general recommendations continue to be consuming a healthy diet (lean protein, fruits and vegetables, whole grains and nutrients for bone health) and engaging in regular physical activity. However, researchers are investigating if more specific lifestyle changes could produce

A study by Montagnese and col-

specifically nutrition and physical acterranean diet, exercise and vitamin D) called out the need for more research on health related quality of life at 12 to be completed. Immediately after ending cancer months after treatment ended. Study quality of life score. Researchers sustion and not actual cause.

A meta-analysis (study of studies) for breast cancer survivorship. conducted by Chen and colleagues that was published in the Nutrients ward a healthy diet, regular physical ac-May 2023 edition revealed that the tivity and the resulting healthy weight research on breast cancer survivorship as the best course of action for breast and lifestyle modification points to cancer survivorship. For individualized the Mediterranean diet potentially re-recommendations, seek the help of a sulting in better quality of life but also registered dietitian nutritionist.

The Mediterranean diet encouragparticipants with better adherence to es intake of plant foods, olive oil and the lifestyle intervention had a higher protein sources like fish and poultry, moderate intake of alcohol, and low pect this was related to healthier body intake of red meat and sweets. This mass indexes (healthier weight) and diet is studied for treatment of many - and any lingering nutrition-impact improved vitamin D levels, but this chronic diseases, such as heart disease. type of study can only examine associa- More research is needed to definitively say the Mediterranean diet is the best

Today, scientific literature points to-



the other is that survivorship refers to leagues published in the journal Nutri- A healthy diet and engaging in physical activity are some ways to help with ents in December 2020 examined the post-treatment of breast cancer survivorship. Photo courtesy of MetroCreative-











Decorating homes for Halloween

Drive through a sub- Home.com, animatronic grim reapers tombstones and bony hands reaching out from Halloween has become big business, with consumers spending a collective \$10.6 billion in this category in the United to a survey conducted by Prosper Insights & Analytics and the National Retail Federation. In fact, decorations, particularly outdoor decorations, Decide on a theme were the second-most Halloween (candy still reigns supreme).

attle were the top five lo- items accordingly. and makeshift graveyards cations that searched the bearing witty sayings on most for Halloween decorations on average per capita. Carved pumpthe soil. Decorating for kins, skeletons and witch cauldrons topped the list of preferred Halloween decorations in the U.S.

Halloween is an opportunity to pull out all States in 2022, according the stops for this fun fall celebration. The following tips can help to turn any home into a Halloween haunt to remember.

popular way to celebrate one of two camps when products in the middle decorating for Hallow- of summer. Stock up as cal curtains with purple een. There are those who soon as you see items, as or black ones to drape According to research want their homes to be they're not likely to re- the house in even more www.Lombardo- frightening and full of main on shelves for long. spooky appeal.

urban neighborhood in looked at Google search- ers who prefer more of a rolls around, decorations October and it's likely es across the country, fall harvest look. Identiyou will find yards filled Las Vegas, Denver, Balti- fy your preferences and with inflatable witches, more, Portland, and Se- then gather decorative

Shop early/late

Ideally, the best time to buy Halloween decorations is the day after the slashed (pun intended). This is the time to stock up on items for next year. from 50% to 70% when

For those who need new items for this year's dles flickering can add Halloween, closeout re- mystery. Place some battailers like HomeGoods and TJ Maxx start put-Most people fall into ting out Halloween

which horrific details, and oth- By the time October may be gone.

Subtle touches can work

Though some people just love covering every square foot of a property with all things Halloween, it's also possible to holiday when prices get make a big impact with minimal effort.

Lighting, or lack thereof, can create a spooky atbuying late in the season. or even black lights so everything glows. Cantery-powered or electric candles in windows for

Swap out your typi-



Picking a theme is the first step to take when decorating your house for Halloween. Photo courtesy of MetroCreativeConnection.

Wait on the carved pumpkins

Halloween seldom is You can save anywhere mosphere. Swap existing complete without jackporch lights with yellow o'-lanterns. But pumpkins often begin to decay shortly after they're first carved. Use artificial pumpkins if you plan to decorate early; otherwise, wait until a day or two before Halloween to add freshly carved

pumpkins to the Halloween-scape. Children can come up with the design, but ensure only adults cut into the pumpkins.

Homeowners quickly and easily transform their homes into spooky haunts this Halloween.

Source: MetroCreative-Connection



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Support your immune system in 5 simple ways

(Family Features) Catching a cold or getting the Stay hydrated flu can happen any time of year, but the height of cold and flu season requires extra precaution. Flu activity often increases in the fall and peaks between December and January, according to the Centers for addition to water, you can increase hydration by eat-Disease Control and Prevention.

Staying completely healthy throughout cold and contain about 82% water. flu season can't be guaranteed, but, along with following guidance from your health care provider, dietary and lifestyle changes can help optimize your immune system and well-being.

Eat healthfully

Eating a healthy diet is essential for optimizing your immune system. Many experts recommend consuming whole foods and plant foods like fruits, vegetables, nuts, seeds and legumes as well as whole grains. These foods contain beneficial plant compounds linked to health benefits in humans. Consider one prime example, fresh grapes, and how they may support immune health.

- At the most basic level, healthy cells are the foundation of good health. Natural grape compounds, including antioxidants and other polyphenols, help protect the health and function of the body's cells.
- Studies suggest some grape compounds resveratrol and certain flavonoids - may positively influence immune function.
- Additional studies show adding heart-healthy grapes to your daily diet can help support brain, colon and skin health. Maintaining healthy bodily systems is essential to defending against illnesses.
- Grapes are a good source of vitamin K, which may help support lung health.

diet is with simple recipes like this Immune-Boosting Green Grape Smoothie that contains additional nutritious ingredients that support immune health like spinach, walnuts and Greek yogurt.

Drinking plenty of water is important for staying hydrated, which helps your immune system by keeping the body's defenses functioning properly. In ing foods with high water content like grapes, which

Exercise regularly

Getting your blood pumping with a little exercise can help improve immune response and reduce inflammation, according to a scientific review from the "Journal of Sport and Health Science." Look toward aerobic activities like moderate-intensity walking, jogging and biking to increase the heart rate and encourage circulation of immune cells.

Practice good hygiene

You can protect yourself and others at the same time by taking preventive measures, like practicing good hygiene, to avoid spreading germs. At the most basic level, limit contact with others who are sick, cover your nose and mouth with a tissue while coughing or sneezing and wash your hands using soap and water.

Manage stress

Stress can have a negative impact on many aspects of your health and wellness, including limiting your body's ability to fight off infection. You can lower stress by practicing deep breathing or meditation and developing good habits like eating right, exercising and getting enough sleep. For late night snacking urges, choose foods such as grapes that are a natural source of melatonin, a compound which helps An easy way to incorporate healthy foods into your regulate sleep cycles. Talking with someone you trust, whether it's a friend, family member or mental health professional, can help relieve stress as well.

> Find more immunity-boosting recipes by visiting GrapesFromCalifornia.com.



Immune-boosting green grape smoothie

Prep time: 5 minutes Servings: 1

1 cup green Grapes from California, chilled 2 1/2 ounces baby spinach

1/3 cup plain low-fat Greek yogurt

1/4 cup fresh orange juice

1 cube (1/2 inch) peeled fresh ginger or 2 teaspoons prepared minced ginger

1 tablespoon walnut pieces

blender, blend grapes, spinach, yogurt, orange juice, ginger and walnuts until smooth, scraping down sides as needed.

Nutritional information per serving: 280 calories; 12 g protein; 46 g carbohydrates; 7 g fat (23% calories from fat); 1.5 g saturated fat (5% calories from saturated fat); 10 mg cholesterol; 110 mg sodium; 4 g fiber.



Halloween craft ideas for kids

Halloween is an enjoyable holiday for all, but particularly for children. Kids enjoy the opportunity to channel their whimsy and imagination, whether that involves choosing a clever costume or helping design the theme and scope of home decorations.

Parents, guardians and educators can channel the creativity inspired by Halloween into various craft Forest spider projects. Crafts can not only keep children busy when the "I'm bored" lamentations inevitably turn up, but crafts also are a way to keep children off of screens. Plus, the items that children create can be used to decorate rooms in the house - helping to curb added expenses on commercial decor.

The following are some fun Halloween crafts children can make alone or with the help of older sib- Paper roll treat holders lings and parents.

Jack's slime

The toothy grins of jack-o'-lanterns can be seen just about everywhere come Halloween, and the bright orange color of pumpkins heralds the start of fall. What better way to say "Halloween is here" than with a craft that can be displayed and also played with? Slime is something that's always a big hit with kids. Here's a recipe for slime, courtesy of The Best Ideas for Kids.

- 6 ounces of Elmer's glue (substituting with another brand of glue may not produce the same results)
 - Orange food coloring to create desired hue
 - 1/2 teaspoon of baking soda
- 1 1/2 tablespoons of contact lens solution (one that contains boric acid in the ingredient list, as that is what causes the chemical reaction to form slime)
- Optional: 2 tablespoons of water added to the glue before the baking soda for a stretchier slime
- the eyes and mouth of a jack-o'-lantern

• Small mason jar with lid

Decorate the mason jar using a bit of glue to stick the black paper or felt face pieces to the outside of the jar. Mix all the ingredients of the slime in a small bowl and pour into the decorated jar.

Take a trip to a nearby forest or wooded trail and gather up round pinecones that have fallen. Purchase brown pipe cleaners and cut four of the cleaners in half to form eight legs. Glue the legs on the pinecone and attach several small googly eyes and two larger ones to form the eyes of the spider.

Rather than discarding the tubes inside of paper towel or toilet paper rolls, let kids transform them into monster craft treat holders. They'll be perfect for party favors or even to give out to neighborhood trick-or-treaters. Cover the bottoms of the rolls with masking tape so treats won't fall out. Paint the outside of the cardboard rolls and let dry. An alternative is to cover the rolls in colored paper for less messy fun. Then use markers or paper cut-outs to form faces of the monsters. Fill the rolls with treats, then stuff a piece of tissue paper in each top to add more personality to the creations and hide the treats inside.

Ghostly leaves

Make a truly eco-friendly craft on Halloween, with ghosts made out of leaves, eliminating the need to use extra paper. Paint large leaves with white paint. On the narrow-most point on top of the leaves, paint black eyes and mouths. When completely dry, scatter on a table or sideboard for some scary fun, or use • Black felt or black construction paper, cut into double-sided tape to stick to windows and doors.

Source: MetroCreativeConnection



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A weeknight meal to munch on

(Culinary.net) On weeknights, many families rush around trying to prepare for the next day. While these moments can be stressful, the silver lining of the evening is when everyone pauses to enjoy a perfectly cooked family dinner together.

From tough homework assignments and soccer practice to getting everyone tucked into bed, the days can seem long, but those special moments make cooking a memorable meal worthwhile.

When life gets busy, you need a family recipe that is quick to make, easy to bake and mouthwatering to eat. Try this recipe for Stuffed Bell Pepper Casserole next time you are in a pinch.

It's just right for little ones who are hungry and ready for a wholesome and appetizing home-cooked meal. Adults enjoy the natural flavors and fresh ingredients that keep all ages happy and content.

Find more family dinner recipes at Culinary.net.

Stuffed Bell Pepper Casserole

Servings: 4

20 ounces ground turkey breast

1 yellow onion, chopped

1/4 teaspoon salt

1/4 teaspoon pepper

3 large bell peppers, chopped (1 each red, yellow and green)

1 can (28 ounces) crushed tomatoes

1/2 cup long-grain brown rice

1 teaspoon oregano

1/2 teaspoon garlic powder

8 ounces shredded sharp cheddar cheese

Heat oven to 350 F.

In large skillet over medium heat, add turkey, onions, salt and pepper. Break up turkey and cook until browned.

Add turkey mixture to 9-by-13-inch baking dish. Add bell peppers, crushed tomatoes, brown rice, oregano and garlic powder. Mix until combined. Cover with aluminum foil. Bake 80-90 minutes until rice is tender.

Remove foil, shredded cheese bake 5 minutes until cheese is melted.



A fall finger food for dessert

(Culinary.net) Pumpkin is the flavor of the season when fall comes around, especially when used in heartwarming desserts and sweet treats the whole family can enjoy.

This autumn, when your loved ones start searching the kitchen for sweets, you can turn to Spiced Pumpkin Carrot Cheesecake Cupcakes for a tasty handheld way to appease those festive cravings. Combining pumpkin quick bread with a handful of household ingredients, this easy recipe makes it simple to serve up traditional tastes in a matter of minutes.

Plus, with kid-friendly instructions that call for minimal complicated tasks, the whole family can enjoy creating these cupcake masterpieces together as a celebration of moments spent together.

Find more seasonal desserts at Culinary.net.



Spiced Pumpkin Carrot Cheesecake Cupcakes

Serves: 12

1 box (14 ounces) pumpkin quick bread, divided

1 cup carrots, shredded

3 eggs, divided

3/4 cup milk

1/2 cup golden raisins

2 tablespoons canola oil

1 package (8 ounces) cream cheese, softened

2 tablespoons sugar

1 tablespoon lemon juice

1 cup pecans, chopped

3 tablespoons butter, softened

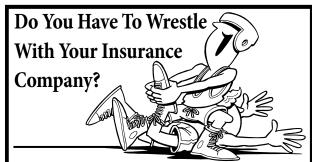
Heat oven to 350 F. Line muffin tin with cupcake

In large bowl, stir 1/2 pumpkin quick bread package, carrots, 1 egg, milk, raisins and oil until blended. Fill each cupcake liner 3/4 full.

In medium bowl, beat cream cheese, remaining eggs, sugar and lemon juice until smooth. Spoon cream cheese mixture over cupcake batter.

In medium bowl, use fork to combine remaining bread package mix, pecans and butter until crumbly. Sprinkle evenly over cream cheese in each cup.

Bake 25 minutes. Cool completely on wire rack.



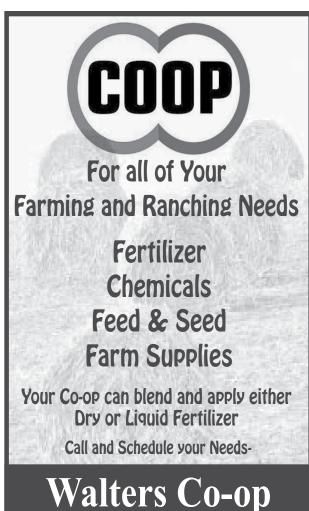
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Perfectly Pumpkin

(Culinary.net) Fill your house with the aroma of fall with warm slices of this Pumpkin Loaf dolloped with butter.

Find more seasonal dessert recipes at Culinary.net.

Pumpkin Loaf

Nonstick cooking spray

3 1/2 cups flour

2 teaspoons baking soda

2 teaspoons cinnamon

1 teaspoon nutmeg

1 teaspoon salt

2 sticks butter

2 cups sugar

1 can (15 ounces) pumpkin puree

1 cup chocolate chips

1 cup walnuts, chopped

Heat oven to 350 F.

Prepare loaf and muffin pans with nonstick cooking spray.

In bowl, whisk eggs. Set aside.

In separate bowl, sift flour, baking soda, cinnamon, nutmeg and salt together. Set aside.

In another bowl, cream butter and sugar. Add whisked eggs and mix until blended.

Alternately add flour mixture and pumpkin puree to egg mixture, beating until blended. Fold in chocolate chips and walnuts.

Pour batter into loaf and muffin pans. Bake 40-45 minutes, or until toothpick inserted into center comes out clean.

Cool 10 minutes before removing from pans.

A twist on a classic pie

(Culinary.net) While apple pie is a traditional seasonal dish, you can add unique flavor with this skillet version. Simply toss Honeycrisp apples with brown sugar, cinnamon and lemon juice then spoon between two pie crusts simmering in a thin layer of brown sugar and cinnamon then drizzle with caramel sauce for a deliciously gooey evening treat.

Find more dessert recipes at Culinary.net.

Skillet apple pie with caramel sauce

4 large Honeycrisp apples, peeled, cored and sliced

1/4 cup sugar

1 1/2 tablespoons cinnamon, divided

1 tablespoon lemon

6 tablespoons butter

1/4 cup, plus 2 teaspoons, brown sugar

refrigerated 2 teaspoons whipping

2

cream caramel sauce

Heat oven to 350 F.

In large bowl, combine apples, sugar, 1 tablespoon cinnamon and lemon juice until apples are covered. Set aside.

In oven-safe, 10-inch nonstick skillet, melt butter. Add 1/4 cup brown sugar and remaining cinnamon; mix until combined. Boil 5-8 minutes.

In same skillet, place one pie crust over brown sugar mixture. Pour apples over pie crust. Cover apples with second pie crust. Cut slits in top to release steam. Brush whipping cream over crust. Sprinkle with remaining brown sugar.

Bake 35-45 minutes until crust is golden brown.

Drizzle with caramel sauce.



Fruity fall flavors for dessert

(Culinary.net) Comfort food typically calls to mind soups, stews and hearty meals meant to warm you up on a chilly day. However, you can also turn to tasty treats as a way to end a cold day on a hot note.

For example, warm fruits baked into a crisp dessert provide an easy, heartwarming option for putting a smile on loved ones faces when the weather turns south. This Walnut Apple Pear Crisp combines two fall favorite fruits in a sweet and simple yet flavorful nibble.

Start by mixing the walnut crisp topping separate from the soul of the recipe: the apple pear filling. Then layer in a cast-iron pan and bake for an easy treat that cooks while you enjoy dinner with the family. In the end, the crunch of the crispy walnut crust provides a savory contrast to the sweetness of the fruity filling. Find more comforting dessert recipes at Culinary.net.



Walnut Apple Pear Crisp

Total time: 1 hour, 5 minutes Servings: 4

Walnut Crisp Topping:

cups California wal-11/2nuts, divided

1/4 cup all-purpose flour

cup brown sugar

Heat oven to 350 F.

chopped. Set aside.

until coarse crumb forms.

cup quick-cooking oats

1/2 teaspoon ground cinnamon 1/2 cup butter, chilled and sliced

To make walnut crisp topping: In

food processor, pulse 1 cup walnuts

until finely ground. Set aside in sep-

arate bowl. In food processor, pulse

remaining 1/2 cup walnuts until

In medium bowl, combine ground

walnuts, flour, brown sugar, oats and

cinnamon. Cut butter into mixture

into pieces

Apple Pear Filling:

apples, peeled and sliced into 1/4-inch slices

pears, peeled and sliced into 1/4-inch slices

1/2 cup granulated sugar

tablespoons cornstarch

1 teaspoon cinnamon

1/8 teaspoon salt

tablespoon lemon juice

ice cream (optional) caramel sauce (optional)

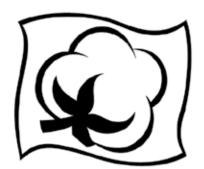
To make apple pear filling: In large bowl, toss apples, pears, sugar, cornstarch, cinnamon, salt and lemon juice.

Pour fruit mixture in bottom of 12inch cast-iron pan.

Layer walnut crisp topping mixture over fruit.

Bake 45 minutes, or until fruit mixture is hot and bubbly and topping is golden brown.

Top with ice cream and caramel sauce, if desired.



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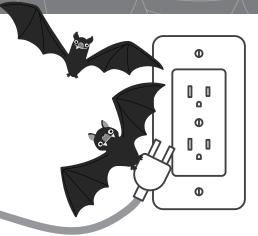
Are energy vampires hiding in your home? These electronic devices consume electricity even when they're not in use and can drain home energy bills. Read the tips below to learn how you can fight energy vampires, then find and circle the bolded words in the puzzle.



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Tips to Fight Energy Vampires:

- If your phone is juiced up, unplug your phone charger.
- Tell your parents to unplug the coffee maker when they're finished brewing.
- When you're finished playing that new game, unplug your game console.
- Unplug laptop computers when you're done with homework.



Level: Beginner

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

PUBLIC AUCTION

Saturday, November 11, 2023 10:00 A.M.

Large Antique Auction 1202 North Broadway Marlow, Oklahoma

Gary Criswell Auction Service & Real Estate,

Inc. has been commissioned by the Estate of Charles E. Miller and Cheri Ann Miller to offer at Public Auction their Personal Property situated at 1202 North Broadway Marlow, Oklahoma. Note: The Real Property has been Sold.

Antique Furniture: Secretary with Drawer and Mirror (Tiger Oak), Windsor Chair, RAND & LEOPOLD Roll Top Desk, Victorian Parlor Chair, Eastlake Stool/Bench, Bustle Chair - Victorian, Immigrant's Trunk 1830, Chippendale Foot Stool, Wooden Table Round 41" with Chairs (Nice), Empire Wooden Chest with Rollers, Decor - Wall Mirror - 5 Sections, Victorian Chair with Cane Bottom, Drop Leaf Table with 2 Chairs, Chippendale Coal Bucket (Burl Wood). School Desk with Oak Chair, Gentleman's Wardrobe - Tiger Oak (Nice), Kitchen Cupboard with Sifter (old), Kitchen Table Porcelain Top and two Stools.

Additional Antiques: Marble Top Bench (small), Sideboard with 2 Drawers, Pharaoh's House-Picture with Frame, Bakery Picture with Frame, Dressing Table with Mirror and Drawer (Nice), Fainting Couch, Church Pew 68", Wash Stand - Oak, Antique Shaving Mirror, Church Pew (51") and a Wall Clock.

Miscellaneous: Texico - Fire Chief Engine Truck, Tonka - Tow Truck, Tonka - Dump Truck, Tea Kettle - Cast Iron with Strainer, Butcher Block with 1 Drawer, Community - Silverware Set 12 Pieces, NEW Co. Pocket Watch (Old), Session Mantle Clock, UTTERMOST Wall Mirror (56"x 63"), Living Room Tables, Side Tables with Drawer (2), Arm Chair Burgundy, Iron Kettle (29"), Iron Kettle (22"), Violin with Case, a Variety of Old Metal Toys and a Large Variety of Bedspreads, Comforters and Pillows.

Directions: In Marlow, Oklahoma, Go North on Highway 81 to 1202 North Broadway Marlow, Oklahoma. The Auction is on the East Side of Road. Terms of Sale: Personal Property-Cash, Personal or Company Check and Credit Card accepted. Valid I.D. required. Buyers must provide Auction Company a copy of Sales Tax Permit if Tax Exempt.

Preview of Public Auction: Will be held Friday afternoon, November 10, 2023 from 1:00 pm to 6:00 pm. Announcements made day of Sale supersede all other Advertisements. Please Plan to Attend this Public Auction.

Auctioneer's Note: This is a Nice Sale with a Large Variety of Quality Antique Furniture. Mr. and Mrs. Charles Miller have had an Antique Shop and a Tag Office in this location for a number of years. This is a great Auction with some Good Collector Pieces. Please make Arrangements to be at this Auction.

Gary Criswell Auction Service & Real Estate, Inc. 580-255-8162 · 806 West Main · Duncan, OK · 580-467-2248 (Auctioneer/Broker/REALTOR) email: garymcriswell@gmail

Statement of Ownership, Management & Circulation

- 1. Publication Title: The Cotton Electric Current
- 2. Publication Number 134-020
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- 18. Signature and Title of Editor, Publisher, Business Manager, or Owner: Carli Eubank, Editor, 09/20/2023

Parting Shots



Cotton Electric Services, Inc. representative Shelly Sehrt volunteered at one of the shooting stations on the course. Photo by Carli Eubank.



Cotton Electric Cooperative entered a team for Shoot for the Nations, an event that supports the Oklahoma Energy Trails Foundation. Cotton Electric team members include the co-op's legal counsel Carl Buckholts, trustee of District 8 Tony High, trustee of District 5 Clifford Dunham and trustee of District 6 Todd Clark. Photo by Zach Young.



Cotton Electric director of marketing and communications was Willie Wiredhand for the day and welcomed shooters to the event. Photo courtesy of Kaleigh Harrison.



Cotton Electric CEO Jennifer Meason welcomes guests as they enjoy lunch. Meason serves on the Oklahoma Association of Electric Cooperatives' International Committee.







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