

# NEWS and BRIEFS




## NEW AAA DIRECTOR OFF TO A GREAT START!

ASCOG is proud to announce the promotion of **KRIS MANRIQUEZ** from Information and Assistance Specialist to the new director of the Area Agency on Aging. Kris has been a leader and powerhouse service provider for ASCOG since September 2016. She set new ASCOG records in seniors served, Medicare Counseling appointments provided and prescription savings for seniors. She has a great passion for her work and will be a great partner with our local providers in providing quality care for seniors and their caregivers.

Kris is now responsible for all Title III Older Americans Act services, Community Expansion for Nutrition Assistance (CENA) services and the Medicare Assistance Program in the ASCOG Planning and Services Area. You can reach Kris at 580.736.7036 or at [manr\\_kr@ascog.org](mailto:manr_kr@ascog.org).

## RURAL FIRE NEWS

Several trucks are progressing toward completion where they can be put into use. Two or three of them should be ready for inspection this month. 80/20 grant applications for the 2020 year have been emailed to all departments or delivered at meetings. This year's funding of \$38,080 is the same as last year's. Grant funds can be used for equipment or construction. Completed applications must be submitted to ASCOG by September 1, 2019.



The Tri-County meeting was held July 25. The main topic discussed was training needs for the fire fighters. A committee was formed to assist in helping with information gathering to schedule classes that will meet the needs of all the departments in the Red River Technology Center (RRTC) area.

## 2019 REA GRANTS PRESENTED TO THE RYAN AND TERRAL VOLUNTEER FIRE DEPARTMENTS



Pictured receiving the REA checks with ASCOG Public Safety Director **Perry Brinegar** are Terral Firefighter **Cash Alsup** (left) and Ryan Firefighter **Elmer Hellomes** (right) representing their respective departments.



## **SPAM PREVENTION**

ASCOG was recently the victim of a destructive virus that attacked our phone and voicemail server. The virus was introduced to our network through an unwanted email. We had to completely reprogram our phone and voicemail systems. It took a lot of work hours to repair our systems and made it challenging to complete our work when we could not respond to our clients' phone calls.

Spam is unwanted commercial email. Most of the time spam is just annoying. Other times it can be costly as it is an easy way for hackers to gain access to your computer systems. It is worth our time to work on preventing spam as much as possible. Here are some ideas to help you do just that.

- First, learn to recognize common online scams. Beware of promises to hire you as a mystery shopper, DNA kits reimbursed by Medicare, student loan debt relief, quick credit fixes and generally any emails pretending to be the government. If it sounds too good to be true, it probably is.
- Second, use an email filter. Most of the time good email filters can be provided by your internet service provider. Google has excellent spam proofing for g-mail. And Microsoft has excellent software to filter emails that could harm personal computers.
- Third, limit your exposure. You might try using two email addresses, one for shopping and one for wanted messages. Do not use your work email for personal shopping.
- Fourth, leave boxes unchecked that give the site you are signing up for permission to use your email address. Look for the pre-checked boxes and remove the check from those boxes whenever you can. By leaving the box checked, you are giving the company permission to sell your information to a third party.
- Fifth, try using a unique email address, one that includes random letters and numbers. Spammers will often deploy emails to millions of email combinations, hoping to find valid email addresses. Most companies do not think to email [j26dOe34@gmail.com](mailto:j26dOe34@gmail.com).
- Sixth, disconnect your computer from the internet when not in use. This keeps hackers from accessing your computer when you are not there.
- Seventh, be cautious about opening any email attachments or clicking on links you are not familiar with. Unless you are expecting the attachment or link, avoid clicking on it. Just delete the email.
- Finally, you can help reduce spam by forwarding any unwanted or untrustworthy messages to [spam@uce.gov](mailto:spam@uce.gov). Just let them know at the top of your email that you are complaining about getting spammed. You can find more information about reducing spam at [www.consumer.ftc.gov](http://www.consumer.ftc.gov).





## INSERT YOUR ADVERTISEMENT HERE

To help defray the cost of writing and publishing our newsletters, website pages, resource directories and other items, ASCOG is now selling ads to be printed in the News 'n Briefs. Ads start at \$32.50 for a banner. For more information, please contact **Ken Jones** at 580.736.7972 or [jone ke@ascog.org](mailto:jone_ke@ascog.org). Due to contract limitations, ASCOG cannot accept advertisements from insurance companies or long-term care facilities.

Volunteer Fire Department fundraisers and Community tourism events will continue to be advertised at no cost.

---

## MEDICARE COORDINATOR SERVICES

Medicare counseling and community education and training is available all year at ASCOG. We have several certified counselors who can assist any beneficiary who is in need of coordination of benefits or simply has questions they need answered. Currently, we are seeking volunteers for our SMP (Senior Medicare Patrol). These awesome folks help out with community education and assist folks who believe they could have been victimized by fraud. To schedule an event at your location or for a counseling appointment please contact **KRISTINA MANRIQUEZ** by phone, 580-736-7036, by fax, 580-252-6170, by calling the Senior Information Line, 1-800-211-2116, by email, [manr kr@ascog.org](mailto:manr kr@ascog.org), or visit our website at <http://www.ascog.org>.



*“Unity is the key to social progress, and service to society is the means to promote it.” - Unknown*

---

## INFORMATION AND ASSISTANCE



Information and assistance is a service we provide to all our participants in all eight counties all year long. If you have questions or need information about assistance or programs, please give us a call. Currently, we are giving away free hearing aid batteries at the ASCOG office and looking forward to the beginning stages of planning a Senior Fair. We are excited to celebrate our clients and thank our amazing seniors who give us the privilege to serve. For more information please contact **Kristina Manriquez** by phone, 580-736-7036, by fax, 580-252-6170, by calling the

Senior Information Line, 1-800-211-2116, by email, [manr kr@ascog.org](mailto:manr kr@ascog.org), or visit our website at <http://www.ascog.org>.

*“To serve is beautiful, but only if it is done with joy and a whole heart and a free mind.” -Pearl S. Buck*



## 2020 REAP SCHEDULE

September 25 – Applications due close of business.

November 14 – Applications scored.

December 13 – Awardees announced on ASCOG Website.

2020 REAP application forms are on our website [www.ASCOG.org](http://www.ASCOG.org). This year's REAP grants have the same time requirements - they must begin within 6 months and be completed by June 30, 2019. Please remember, ASCOG CED staff will write your REAP application for a \$150 fee. If



the application is not funded, there is no charge for writing subsequent grants the following year for the same project. This fee must be paid for by the applicant and not out of REAP funds. The purpose of this option is to ensure every potential REAP applicant has the potential to submit a competitive, well-written application. For those who do not want to take the time, who do not have the needed expertise within their staff, or just don't want to go through the hassle, ASCOG staff can help. Having ASCOG CED staff write your grants does not guarantee approval, but it does ensure that your grant is well-written where the scorers can fully understand the importance of the project to your community/county. If you need several thousand dollars for an eligible project, \$150 is a good investment for a grant that averages over \$40,000. PLEASE call CED staff if you have any questions.

## CDBG GRANT APPLICATIONS



CDBG Grant Applications are just around the corner! Get prepared NOW! Audits must be up-to-date. Pick a project and get some estimates. Call **TOM ZIGLER** 580.736.7972 or **Mike Dixon** in ASCOG's CED Division to meet any needs you have. They write AND administer CDBG grants.

## OPIOID EPIDEMIC RESPONSE COMING TO DUNCAN

The Center for Wellness and Recovery at OSU Medicine is providing a week-long education experience to address the opioid epidemic in Oklahoma. Come to the Simmons Center in Duncan August 2-8 to be a part of this community event. All are encouraged to attend. Open to the public. Come for free community talks, accredited lectures, food, health screenings, local resources, and assistance! Together, we can combat this epidemic. There will be limited supplies of prizes and food - first come, first serve!



Contact [osu-cwr@okstate.edu](mailto:osu-cwr@okstate.edu) or 918.561.1883 for more information. Register here - <https://www.eventbrite.com/e/opioid-epidemic-response-tickets-58872663722>. More information at <https://health.okstate.edu/center-for-wellness-and-recovery/opioid-response.html>.

## REAP PROJECT SPOTLIGHT ON THE TOWN OF TEMPLE



The street signs in the Town of TEMPLE had become so old and faded they could not be read. Their condition had deteriorated to the point they were causing a health and safety danger for the residents because neither the ambulance or law enforcement responders could locate addresses in emergency situations. Similarly, there was also a huge problem with traffic control signs. Several had been stolen or disappeared over time. The remaining signs were aged and faded. Temple is a small rural community of 959 (2016 estimate) residents in Cotton County.

With a REAP grant of \$39,997, the Town was able to install 325 new highly reflective street signs and traffic control signs. They are distinctive, easy-to-read in both daytime and nighttime hours, and greatly appreciated by Temple residents.

Elected officials, community leaders, and citizens in general are encouraged to express appreciation to all our state legislators for their continued support of REAP.

*A word of encouragement during failure is worth more than an hour of praise after success.*

## REAP WORKSHOP

### MAKEUP

The only scheduled 2020 REAP Workshop has taken place. If for some explainable reason you could not make the scheduled workshop and you have a project that you would like to submit, you need to contact Tom Zigler. The only makeup workshop is scheduled for August 8, 2019. It will be at the ASCOG office in Duncan and will start at 10:00 am. This will be the only opportunity to participate in the 2020 REAP.

There are three key points that you as applicants and your board of trustees or council need to do to make an application:

- (1) select an eligible project that can be fully funded including leveraged dollars.
- (2) get cost estimates from an eligible source.
- (3) take formal board action including approving making the application for the project, approving a 5-year Capital Improvement Plan, and approving any cash leverage from the applicant agency.

Keep in mind that these matches are not required but do figure into the scoring system. No objective points will be given again for in-kind matches this year.

**All advertisement on the following pages come from the Oklahoma Tourism Website or from submittals from member governments. They are intended solely for the purpose of promoting activities occurring with our member governments' locations. If your city or town is not represented, it is only because nothing was received in time to publish. All advertising for member governments is FREE!**



**TUTTLE RODEO**  
**August 2, 2019**  
**SHROCK PARK ARENA**  
**Tuttle (405) 381-2249**  
**(405) 640-5991**

Join the citizens of Tuttle for two evenings of rodeo thrills and excitement. This family-friendly event will include a parade, bronco riding, bull riding, calf roping, team roping, calf scramble, barrel racing and mutton busting. Visitors to the annual Tuttle Rodeo will also enjoy live entertainment, equestrian drill teams and much more. Don't miss out on burgers, hot dogs, nachos and other treats from the concession stand, or the vendors selling items on the rodeo grounds.

**LAWTON RANGERS PRCA RODEO**  
**August 7-10, 2019**  
**LO RANCH ARENA**  
**Lawton (580) 695-3040**

The Lawton Rangers PRCA Rodeo is one of the top 25 rodeos in the US. Over 400 of the most skilled cowboys and cowgirls in the country will compete in tie-down roping, team roping, steer wrestling, bareback bronc riding, saddle bronc riding, bull riding and barrel racing. Grab your cowboy hat and head out to the Lawton Rangers PRCA Rodeo each night to watch edge-of-your-seat rodeo action, as well as live entertainment. Admire the well-groomed horses, the high-spirited bulls and the participants who will showcase their abilities in this four-day competition.



**WICHITA TRIBAL DANCE**  
**August 8-11, 2019**  
**Wichita Tribal Park**  
**Anadarko (405) 247-2425**



Attend the annual Wichita Tribal Dance, a free event open to the public, to witness breathtaking American Indian dance competitions. Witness as Native American dancers whirl and stomp in traditional regalia to the heart-pumping beat of drums. Dance competitions will be open to Wichita Tribal members and their descendants. Gourd dancers, war dancers and a color guard will all be on-hand to participate in this year's Wichita Tribal Dance. Free meals will be available on designated nights of the event. Food and vendor booths will also be on-site.





**RUSH SPRINGS WATERMELON  
FESTIVAL AND RODEO**  
**August 8 -10, 2019**  
**Jeff Davis Park, Rush Springs**  
**(580) 476-3103**

Held each year on the second Saturday in August, the Rush Springs Watermelon Festival celebrates the local crop of watermelons with watermelon-themed activities, carnival rides and plenty of old-fashioned, family-friendly entertainment for all. The Rush Springs Watermelon Festival, held continuously since 1948, has grown to become one of the most popular festivals in Oklahoma, attracting over 20,000 visitors each year and serving upwards of 50,000 pounds of juicy, ripe melon to festival-goers.

---

**CARNEGIE TRI-COUNTY FREE FAIR**  
**August 8-10, 2019**  
**Carnegie Park**  
**Carnegie (580) 654-1004**

Come join the fun at the Carnegie Tri-County Free Fair and enjoy nightly entertainment by local musicians, games and livestock shows. Take an exhilarating spin on a carnival ride or browse through a variety of exhibits and vendor booths, including a wealth of handmade arts and crafts. The Carnegie Tri-County Free Fair also offers visitors plenty of delicious food to choose from. Feast on fair favorites such as corn dogs, cotton candy and funnel cakes. The Carnegie Tri-County Free Fair is held in conjunction with Carnegie's annual Canna Festival, held that Saturday.

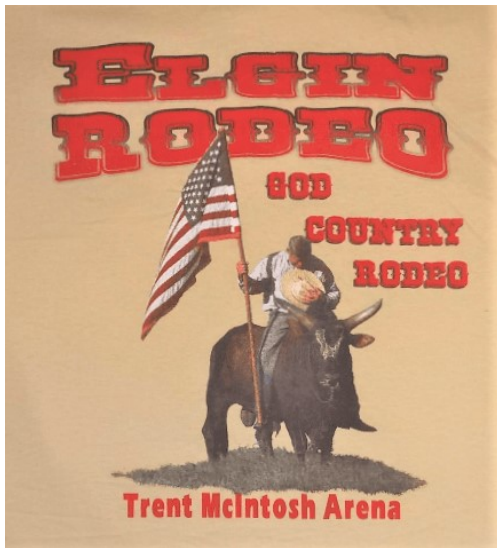


---

**HYDRO FREE FAIR**  
**August 15-17, 2019**  
**City Park, 3rd & Cowles Ave, Hydro**

Since 1907, community members have gathered at the Hydro Free Fair for family-friendly summer fun. Aside from a break in the midst of World War I, the Hydro Free Fair has run continuously since its inception, delivering delicious food and first prize ribbons. Join in on a centuries-old Oklahoma tradition and witness the big parade, agricultural exhibits, and horse shows. Experience locally built and manned game booths at the Hydro Free Fair carnival, from the Ferris wheel and kiddie train to the merry-go-round. At this annual three-day festival, sign the kids up for the races, cool off with juicy watermelon and enjoy live entertainment.





**ELGIN RODEO**  
**August 16-17, 2019**  
**Kenney Road & Miller Road**  
**Elgin (580) 695-8343**

The Elgin Rodeo is a southwestern Oklahoma tradition. For several years, thousands of people have gathered in this small town each summer to witness this open rodeo. Come see traditional rodeo events and cheer for your favorite cowboys and cowgirls. There will also be live entertainment, vendors with unique items and concessions where you can grab a bite to eat or enjoy a cool drink. Following the rodeo, there will be a live band on both nights. Get ready to kick up your heels

and enjoy live music from great local bands.

---

**COTTON COUNTY FREE FAIR**

**August 21-24, 2019**

**Cotton County Ag Arena & Expo Center, Walters, (580) 585-3136**

The Cotton County Free Fair invites all visitors to enjoy 4-H and FFA exhibits, livestock shows, arts and crafts, a pet show and more. Exhibits will include horticulture displays, various examples of fine art, baked and canned food items, fabric exhibits and more. Make your way to this annual county fair in Walters to peruse commercial vendor booths, learn about the local crops produced in Cotton County and to enjoy endless fair food including corn dogs, funnel cakes, Indian tacos and more. Don't miss the popular livestock show on Saturday night.



**HINTON FAIR**  
**August 22-24, 2019**  
**Hinton Fairgrounds, 419 Karns St**  
**Hinton, (405) 542-3253**

Bring the whole family out to one of Oklahoma's oldest community fairs in Hinton. This locally owned and operated fair offers safe, clean and inexpensive fun for all ages. The midway, exhibits, entertainment, food booths and stock

shows at the Hinton Fair all open at 7 p.m. A horse show will also be held on Saturday morning at 8 a.m.



# **HINTON KIWANSIS CLUB IPRA CHAMPIONSHIP RODEO**

**August 23-24, 2019**

**Kiwanis Club Rodeo Arena**

**148 Vernon Avenue**

**Hinton (405) 408-6774**



Have the genuine small-town rodeo experience with this IPRA certified event held in the charming town of Hinton. Located just south of I-40 west of Oklahoma City, Hinton has long had a strong rodeo legacy and with this event, you will see proud and enthusiastic rodeo fans and participants at their best. Talented riders are flown in from all over the country for this event filled with competitions like steer wrestling, bull riding, saddle bronc riding, steer wrestling, bareback riding and more. There is even a nickel scramble for kids, so bring out the whole family for this exciting community event.



## **STEPHENS COUNTY FREE FAIR**

**August 22-24, 2019**

**Stephens County Fair & Expo Center,  
Duncan, (580) 467-3824**

The Stephens County Free Fair, held annually in Duncan since 1907, offers visitors endless family-friendly entertainment in August. Come to this much-loved county fair for live entertainment, a trade show with a wide variety of commercial vendor booths, a rodeo, arts and crafts and a carnival with amusement rides for both kids and adrenaline-loving adults. If nothing else, come to the Stephens County Free Fair for delicious food including homemade pie by the slice, barbecue brisket sandwiches, Indian tacos and charcoal-grilled hamburgers. Numerous other food vendors will also be available.

See which lucky contestant is crowned this year's queen in the fair's annual pageant, or enjoy a myriad of traditional rodeo events in the F&F Rodeo Finals and Open Rodeo. Livestock shows and exhibits will feature cattle, swine, sheep, goats, poultry and more, while the open horse show will feature competitions including halter, showmanship, Western pleasure, horsemanship, trail, barrel race, pole bending and a stake race. Don't miss the talent show with musical, dance or comedy acts, and grab a seat in the stand for the fair's Farmhand Olympics. In this event, kids of all ages compete in hilarious competitions such as hog slopping, hay stacking, wild cow milking, egg gathering, a tire swap, seed spill, nail in the haystack and a wheelbarrow race.

The Stephens County Free Fair will also feature 4-H exhibits including horticulture and local crop displays. Visitors to this fair will also enjoy open class textile exhibits and other displays on household sciences including canning, food preparation, clothing construction, quilts and crafts. See which delicious creations win blue ribbons in the pie show and bread baking contest, and then head outdoors for a car show filled with hot rods, muscle cars, 4x4s and other vintage vehicles.



## **MID-SOUTH YOUTH RODEO COWBOYS ASSOCIATION FINALS**

**August 30 - September 2, 2019  
Stephens County Fair and Expo Center  
Duncan (580) 239-0195**

Visit Duncan to support young men and women competing in the Mid-South Youth Rodeo Cowboys Association Finals. This event features rough stock and barrel racing, as well as other fun activities. Held

at the Stephens County Fair & Expo Center, the MCRA finals event will wrap up with an awards presentation.

---

## **THE BLUES BALL**

**August 31-September 1, 2019  
Town Center Mainstage  
Medicine Park (580) 574-9528**

Head out to Medicine Park for three days of celebrating blues music at the annual Blues Ball. The festivities begin on Friday at 7pm with a kickoff party featuring live music from local entertainers. The fun continues with additional performances throughout the night. On Saturday come out to enjoy great blues music all day long. The music starts at noon, with a lineup consisting of some of the best blues musicians in the state.

The Blues Ball continues on Sunday beginning at noon. Dance your blues away to the soulful sounds coming from the Medicine Park Town Center Mainstage and be in the middle of the action. Beer will be available for purchase at the event, so leave your ice chests at home. Bring your lawn chair and join friends in historic Medicine Park for this fun-filled weekend and the town's longest running music festival.

---



Schools start on several different dates in August. Please stop for school busses. Help protect our children whose minds may be preoccupied when going to or from school.

