

The Current

A Publication of Cotton Electric Cooperative Inc.

A Touchstone Energy® Cooperative

"The Current - Informing Our Members Since 1957"

VOLUME 58

September 8, 2014

NUMBER 2

Y'all come!

76th Annual Meeting set for Sept. 25

It's that time of year again. Time for Cotton Electric members to gather and celebrate the cooperative difference.

Cotton Electric employees have been planning for months. The caterer has the menu, Great Plains Coliseum is reserved, goodie bag items are ordered ... all the members of the cooperative have to do is clip out the registration card to the right and take it with them to the 76th Annual Meeting on Sept. 25 in Lawton.

Starting at 5:30 p.m., members can turn in registration cards and sit down to a meal of barbecued brisket, potato salad, coleslaw and dessert provided by End O' Main Catering of Watonga.

CEC employees will be on hand to help point out parking places and offer golf cart rides for those needing help getting to the building. Further assistance will be available inside to help carry food trays and other items.

There will be plenty of entertainment for kids, including inflatable bounce houses and balloon animals. Star Spangle the clown will be there, telling

jokes while making balloon animals and hats for young and old.

LED Lucy will make her debut appearance in the Cotton Electric service area. She and CFL Charlie will be dancing about, offering hugs and high-fives for young and old. Weather permitting, the Touchstone Energy hot air balloon will make an appearance at the Comanche County fairgrounds.

Don't forget to pick up a goodie bag while waiting for the business meeting to begin. Member bags will contain a limited-edition cap and other items.

The annual meeting is a business meeting required by the Cotton Electric bylaws. Board President Tim McCary will call the meeting to order at 7 p.m. Various members of the board and Cotton Electric CEO Warren Langford will present reports to the membership.

When all cooperative issues have been discussed and the business meeting has adjourned, prize drawings will be held.

For information about the annual meeting, call Trent Marlett at 580-875-4248.



The official annual report on the income and expenses of the cooperative is included in this issue of *The Current*. The report includes financial information pertaining to the Cotton Electric Charitable Foundation and a recap of gross receipts taxes paid by the co-op.



CLIP OUT AND BRING TO ANNUAL MEETING

Official Registration Card

2014 Annual Meeting
of Cotton Electric Cooperative, Inc.

Sept. 25 at the

Great Plains Coliseum
in Lawton

Please present this card at the registration booth. Registration begins at 5:30 p.m. This registration card entitles the holder to one gift ticket per membership. Only connected members are eligible for prizes, and members must be present to win.

BE SURE TO LEAVE NAME LABEL ATTACHED

MEERS VOLUNTEER FIRE DEPARTMENT

EST. 1956

Three-quarters of a million dollars!

With the presentation of a "big check" to Meers Volunteer Fire Department, CECF contributions to area communities passed three-quarters of a million dollars. From left, the check presentation was made by Bryce Hooper, director of marketing and economic development; CEO Warren Langford; Tim McCary, who, as president of the CEC board of trustees also sits on the board of CECF; and Carter Waid, secretary/treasurer of the CECF board. CEC board member and volunteer fireman Brian DeMarcus accepted the check on behalf of Meers VFD. See story, Page 11.

Power Cost Adjustment Calculated

The power cost adjustment (PCA) applied to bills mailed after Sept. 1 is \$0.00937 per kWh. On a traditional September bill, average use of 1500 kilowatt hours (kWh) would include a PCA charge of \$14.05. On a MyChoice account, PCA is added to the base rate of \$0.088923 per kWh, making the rate appear to be \$0.098 from Aug. 20 through Sept. 17.

August 2014 Temperature Extremes

Day	High	Low	Avg.	Day	High	Low	Avg.
1	88	64	76	16	100	75	88
2	92	63	78	17	101	69	85
3	94	63	79	18	102	70	86
4	94	63	79	19	98	67	83
5	97	62	80	20	102	78	90
6	103	77	90	21	103	78	91
7	104	70	87	22	105	79	92
8	100	74	87	23	103	67	85
9	99	73	86	24	103	75	89
10	101	74	88	25	105	75	90
11	99	76	88	26	103	74	89
12	96	62	79	27	99	73	86
13	97	64	81	28	99	68	84
14	98	64	81	29	85	68	77
15	103	67	85	30	98	66	82
				31	100	72	86

Source: srh.noaa.gov/om/
Average Daily High: 99 Average Daily Low: 70

Did You Know?

The SmartHub app provides access to your Cotton Electric account via your mobile device. Manage payments, notify customer service of account and service issues and check your power use all at the touch of a button. The next issue of The Current should arrive in mailboxes Oct. 14, 2014.

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

What's Inside

Operating Stats.....	2
Co-op News.....	2
Community	3, 5
Co-op News.....	4, 6-11
Crossword	11
Co-op News	13
Recipes	14-15
Classifieds	16-23

More news at
cottonelectric.com

From the CEO

Co-op membership has responsibilities

Becoming a member of Cotton Electric isn't difficult. Any adult who chooses to buy electrical power in the cooperative service area may do so. It makes no difference who you are, where you're from, or how much power you consume – the requirements are all the same. All members are expected to economically and democratically participate in the cooperative process.

The economic participation is simple and begins with the purchase of your first kilowatt-hour (kWh). Your money pays for the cost of power, operation of the cooperative, developing business assets and creates avenues for financing.

Cotton Electric Cooperative's goal is to deliver electrical power, meet our financial obligations, provide the service quality you expect, and nothing more. Any amount above breaking even is recorded in your equity (capital credit) account and reflects your investment in the cooperative. This equity is returned over time as Cotton Electric retires capital credits.

The second part of member participation begins when you exercise your right of democratic member control. This begins with your attendance at cooperative business meet-



Warren Langford, CEO

ings. By-laws state that a meeting is not official unless a 5 percent quorum of the membership is present. Five percent is also the minimum quorum amount allowed by state statute.

It's obvious that member participation in the democratic process is very important. Everything we do at Cotton Electric begins with you, and your responsibility as a member.

Your approved by-laws state that each of the nine board districts must have a business meeting every third year. Meetings are staggered so Cotton Electric has three district meetings every summer. Members in the affected districts are sent a notice setting forth the date, time and location of the meeting. This is the meeting where you decide who will represent you on the cooperative board.

Cotton Electric has nine board members representing each of the approved districts in our service area. Every three years, you have an opportunity to select the person who is charged with the legal responsibility of governing the business on your behalf. Board members must operate in accordance with approved by-laws and any state or federal regulation.

District meetings are a place where cooperative business

may be discussed. It provides an opportunity for meeting with cooperative staff and gives us a better understanding of what your needs may be. Many employees attend and we are always attentive to service quality issues. Every year, we discuss the price you pay for power – always a concern – and the economic pressures facing the cooperative.

The district meetings give you a chance to understand the political and regulatory concerns facing your cooperative and how you, as a concerned cooperative member, can help.

Democratic member control doesn't end with the district meeting. Your by-laws require the cooperative to have an annual meeting of the entire membership.

The annual meeting is both a business and social event. There is entertainment, good food and prizes. Members visit, and ideas are exchanged. It's a chance to learn about your cooperative and the latest innovations. Information about the value of your utility plant and the financial health of the cooperative is discussed.

But the real purpose of this meeting is to engage the membership and take care of any business presented. As a cooperative member, you are entitled to one vote on all matters pertaining to membership, regardless of the amount of

electricity you purchase. You are responsible for creating and approving the by-laws that determine our business structure.

This is your chance to make a difference and participate in the democratic process. At this meeting, members determine what they want their cooperative to be and the manner in which it should operate. The annual meeting is a place where "democratic-control muscles" are flexed. This is the meeting where your ownership is asserted.

Most people are just ratepayers. Their only requirement is to pay a monthly power bill – not so at Cotton Electric Cooperative. Economic participation is only part of a member's obligation.

You, as a member/owner, are ultimately responsible for the successful operation of this cooperative. Only when you exercise your right of democratic member control is the success of the cooperative assured.

As I have said before, if you want your voice heard, you must first speak. Your attendance at district and annual meetings is welcome and very important.

This year's annual meeting will be Thursday, Sept. 25 at Great Plains Coliseum in Lawton. Registration opens at 5:30 p.m.

I look forward to seeing you there.

Electricity remains a good value

In today's world, you won't find many items that cost less than \$5. You can purchase a gallon of milk, a gallon of gas or a Big Mac® meal from McDonald's. But did you know that an average day's worth of electricity costs less than \$5?

Even in our country's shifting energy climate, electricity remains a good value. In fact, electricity has the lowest cost per day of any of the items listed above. And not all of those items are necessary for daily life!

Think about your daily necessities (electricity and gasoline, to name a couple), and then think about the cost of the special treats we allow ourselves to purchase on a weekly basis (maybe even on a daily basis for some items). We don't often question the cost of a Big Mac® meal – it costs more than a dollar more to buy a Big Mac® meal than it does to purchase a day's worth of power. And yet, we frequently become upset if our electricity rates rise.

It makes sense; we have become increasingly reliant upon electricity. Electricity has, for many of us, gone from a luxury commodity to a necessity and an expectation. We expect the lights to come on when we flip the switch, and we expect our power to stay on during the best and worst conditions. How else would we keep our food fresh, our homes cool in the summer or warm in the winter? It is easy to cut a Big Mac® out of your spending routine here and there to save a few dollars. But we cannot

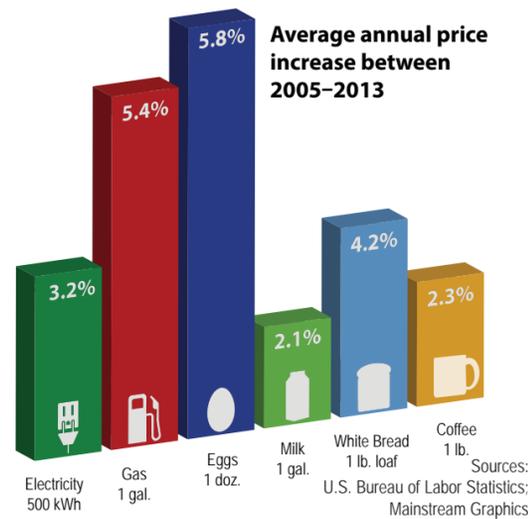
MEMBERSHIP MATTERS

simply cut electricity out of our budgets if times get tough or we decide that we want to scale back our spending in order to save.

Perhaps that is why it is so upsetting to us when our rates increase, even if only in small increments. It is nearly impossible for us to think about what our lives would be like if we did not have electricity. If at times it doesn't seem that electricity is affordable, remember – even as the demand for electricity grows – annual cost increases still remain low, especially when compared to other consumer goods such as medical care, education, gasoline and, yes, even Big Macs®. Electricity is still a great bargain. And also remember this: As the employees of Cotton Electric, your local electric cooperative, we are committed to making sure that you and your family always have safe, reliable and affordable electric service in your home.

So the next time you crave a Big Mac®, remember your electric bill, and think about what a great deal you're getting for your dollar.

Source: Statista.com, 2014. Big Mac® is a registered trademark of McDonald's Corporation. McDonald's Corporation does not endorse or sponsor this material.



The Current

Published Monthly at Walters, Oklahoma
By Cotton Electric Cooperative, Inc.

Warren Langford.....CEO
Jennifer Meason.....Vice President of Marketing
Karen Kaley.....Editor
Jennifer Kriz.....Display Advertising

Cotton Electric Cooperative, Inc. Board of Trustees

Tim McCary, Chattanooga, President
Ronnie Bohot, Hastings, Vice President
Ken Layn, Marlow, Sec./Treas.
Thomas J. Jones Jr., Duncan
Charles Spencer, Elgin
Marvin Scherler, Walters
Dewayne High, Walters
Shan Files, Velma
Brian DeMarcus, Meers

"Cotton Electric Current" (USPS #134-020)
is published monthly by: Cotton Electric Co-op,
226 North Broadway, Walters, OK 73572
Periodicals Postage paid at
Wichita Falls, Texas 76307-9998

Postmaster Send #3579
To The Cotton Current
226 North Broadway
Walters, OK 73572



COTTON
ELECTRIC CO-OP

Mission Statement

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

July 2014 Operating Stats

	2014	2013
Total Amount Billed/Accrued	\$6,649,933	\$5,960,659
Cost of Purchased Power	4,833,952	4,189,786
Taxes	128,287	108,167
Total Operating Expense Per Mile	1,239	1,108
Average Farm and Residential Bill	172	158
Average Farm and Residential kWh	1,475	1,537
Total Meters Billed (farm, residential)	18,199	18,139
Miles Energized	5,145	5,128
Density Per Mile	3.54	3.54
New Service Connects YTD	208	217
Services Retired	101	135

Community Spotlight

If you would like your community event listed in the October issue, please submit information by Sept. 30 by calling 580-875-4259 or send an email to info@cottonelectric.com.

Two farmers markets in Lawton

A farmers market hosted by the Southwest Growers Association is held from 7:30 a.m. to 1 p.m. every Saturday through October at the Comanche County Fairgrounds, 920 S. Sheridan Road, Lawton.

For information, visit Lawton Farmers Market on Facebook.

Another Lawton farmers market is from 7 a.m. to 2 p.m. Saturdays and 4 to 7 p.m. Wednesdays at the Fairmont Creamery, 411 SE Larrance Street.

LCT presents 'Oliver!'

Lawton Community Theatre opens its 63rd season with "Oliver!" This timeless tale about the boy who asked for "more" comes to life Oct. 3-5 and 9-12 at the John Denney Playhouse, 1316 NW Bell Avenue, Lawton.

The sensational score includes "Food Glorious Food," "Consider Yourself," "As Long As He Needs Me" and many more. A family favorite for generations, "Oliver!" is a treat for young and old alike.

For information, visit LCT-OK.org.

Care2Cure car show in Lawton

Care2Cure is an indoor car show to be held Sept. 20 in the Expo Building of Great Plains Coliseum in Lawton. This is the fourth annual event, a fundraiser benefiting the southwest Oklahoma affiliate of Huntington's Disease Society of America.

Registration is \$20 per car and begins at 8:30 a.m. The show will be open to the public at 10 a.m.

For information, call Pat Timberlake at 580-351-7520 or email patkathyt@gmail.com.

Bark in Park set for Sept. 20

Four-legged fur-bearing critters will take over Duncan's Fuqua Park during Bark in the Park from 11 a.m. to 3 p.m. Sept. 20. This tail-waggin' celebration is open to all pets, their owners and spectators.

The Stephens County Humane Society and Friends of the Humane Society plan fun, food, contests, a Bark Boutique/Meow Mart, cat photo contest, vendors, demonstrations, a Strut Your Mutt pledge walk and on-site adoptions. There will be competitions for best costume, best bark, owner look-alike, best trick and longest tail.

For information, call Patti Whitaker at 580-641-0667.

MP hosts Art Walk, Flute Fest

Medicine Park will host the annual Art Walk and Flute Festival on Sept. 20 and 21. The art show runs from 10 a.m. to 6 p.m. Saturday and 11 a.m. to 5 p.m. Sunday.

Saturday performance times for the flute festival are noon to 1 p.m. at the Main Stage, then 1 to 8 p.m. at the Island Stage at Bath Lake. Sunday performances are from noon to 8 p.m. on the Island Stage.

Attractions include handmade instruments, arts and crafts and a food court.

DLT opens with one-act plays

Duncan Little Theatre will present a pair of one-act plays at 7:30 p.m. Sept. 25, 26 and 27 at Hodgson Studio, 814 Walnut.

"Laundry and Bourbon" takes place on the front porch of Roy and Elizabeth's home on a hot summer afternoon. Elizabeth and her friend Hattie are whiling away the time folding laundry, watching TV, sipping bourbon and Coke and gossiping about the many open secrets that are so much a part of small-town life.

"Lone Star" is the companion short play that takes place in the backyard of a bar in Maynard, TX. Roy, a brawny type who had once been a local high-school hero, is back in town after Vietnam and trying to reestablish his position in the community. Good humor never lapses, and all ends as breezily and happily as it began.

For information, visit DuncanLittleTheatre.com.

International Fest starts Sept. 26

Elmer Thomas Park is the site of the 35th annual International Festival to be held Sept. 26-28. There is no admission or parking fee.

Three days of concerts and entertainment kick off with a Parade of Nations beginning at 5:45 p.m. Friday, followed by a naturalization ceremony. Activities will continue until 10 p.m., then resume from 11 a.m. to 10 p.m. Saturday and noon to 5 p.m. Sunday.

Detailed information is available at <http://www.cityof.lawton.ok.us/lahc/IF.htm> and on Facebook.

Comanche Nation Fair Sept. 26-28

Set against the picturesque backdrop of the Wichita Mountains, the 23rd annual Comanche Nation Fair will be Sept. 26-28 at the Comanche Nation Headquarters, 584 NW Bingo Road, Lawton.

The fair offers free entertainment and activities for the entire family, including dances, hand games, a rodeo and a parade, fun runs, a carnival, arts and crafts booths and Native American foods.

For information, visit comanchenation.com or call 580-492-3384.

Bethel VFD plans fundraiser

Bethel Road Volunteer Fire Department will serve hamburgers, hot dogs, smoked chicken, baked beans, potato salad and desserts from 11 a.m. to 2 p.m. Sept. 27 at Bethel United Meth-

Photo of the Month



This fun photo of Cotton Electric member Misty Robbins, left, and Stefani Prather as they send the kids off to the first day at Central High Schools was selected as winner in our Back to School photo contest. Daniel Prather was the photographer.

Enter your "best shot" in our Photo of the Month contest. Theme for October is Football Fun. Entries can be emailed to info@cottonelectric.com or mailed to The Current, 226 N. Broadway, Walters, OK 73572. Winners will receive a Cotton Electric prize package of CEC goodies.

odist Church, Oklahoma Highway 7 and Southeast Bethel Road.

There is no charge for the meal, but donations are accepted during this annual fundraiser.

A cake auction begins at 12:30 p.m. For information, call Guy Shipley at 580-351-8916.

Walters Car Cruz set for Oct. 4

Surf's up in Cotton County, where the Walters Car Cruz should be as much fun as a day at the beach Oct. 4. Registration begins at 8 a.m. for this annual event sponsored by the Walters Chamber of Commerce.

For a \$20 entry fee, vehicles can participate in the car show, cruise, burnout and motorcycle show.

Other activities include contests involving Indian tacos, the Twist and bubble gum blowing, surfboard design and a carhop relay. There will be a beach ball drop, live entertainment, a children's area and vendors offering a wide variety of foods. Prize draw-

ings are scheduled throughout the day. For information, call 580-695-1350.

Magic Lantern offers double feature

Magic Lantern Film Society of Cameron University screens classic films each month in the CETES Conference Center, Room B.

A double feature is set to begin at 6:30 p.m. Oct. 3. The first film will be the 1934 classic "The Thin Man" followed by "After the Thin Man." Both films feature William Powell and Myrna Loy as married detectives.

The Nov. 14 offering will be "Gone With the Wind," the classic 1939 depiction of the struggles and triumphs of a well-born Southern woman before and after the American Civil War.

There is no admission charge, but donations are accepted. For information about the society, or to see a schedule and synopsis of films, visit Cameron.edu/magiclantern.

More Community Calendar, Page 5



Lawton Septic Tank & Storm Shelter

Over 25 Years Experience • Licensed, Bonded & Insured
Manufacture • Installation • Inspection • Tank Pumping • Maintenance

We manufacture and install all types of septic systems and specialize in aerobic systems.

Offer complete service or sell parts for do-it-yourselfers! Financing available on aerobic repairs.

Mon-Fri 8am-5pm • 2401 SE 45th St., Lawton
24-Hour Service



580-248-3131



EVERY MEMBER HAS A VOICE. MAKE SURE YOURS IS HEARD.

Here's something worth shouting about. As an electric co-op member, you have a say in how the co-op is run and the decisions that are made. Isn't that nice to hear? Learn more about the power of your co-op membership at TogetherWeSave.com.



COTTON
ELECTRIC CO-OP

TOGETHERWESAVE.COM

Co-op retiring \$300,000 in capital credits

Cotton Electric Cooperative belongs to its members.

When a resident or business owner signs up to receive electric service from Cotton Electric Cooperative, he or she becomes a member and owner of the cooperative.

As owners, members have a responsibility to help finance their business. They do this by using our services and by allowing the co-op to retain any money collected in excess of actual operating costs. The money is used to build and maintain the facilities needed to serve the co-op's members and to service our long-term debt.

This money is considered to be capital furnished by the members — capital that will be returned to the members at a later date. While the co-op uses the money, members' capital credits are considered "allocated" but not "retired."

Capital credits are retired at the discretion of the cooperative's board of trustees.

"Two things that must be considered before retiring capital credits are the financial condition of the co-op and the impact on electric rates," said Warren Langford, CEO. "The co-op is financially sound, and the board has elected to retire a portion of members' equity in the co-op."

CEC will retire \$300,000 in capital credits in 2014. The capital credit retirement will benefit both active and former members of the not-for-profit electric cooperative.

Your cooperative continues to be financially strong and, as a result, we are able to share this economic benefit with our members. It is very important to the trustees to be able to return capital credits to our current and former members.

Capital credit checks will be in the mail early in October. The size of individual checks is based on the amount of electric power purchased by each member. If the amount of the refund is under \$5, a check will not be issued. Instead, it will be carried forward and added to any amount authorized for refund the next time capital credits are retired.

Cotton Electric needs changes of address when refunds are paid, even if a person has moved and is no longer a member of the cooperative. Members are encouraged to keep CEC informed of any change of address, as several hundred checks are returned to the co-op for lack of proper address each time capital credit refunds are issued.

Frequently asked questions:

Why am I getting this check?

Cotton Electric is retiring capital credits. This check is your portion of that retirement.

What are capital credits?

Cotton Electric operates at cost — collecting enough revenue to run and expand the plant. When the co-op has margins left over, they are allocated back to you and other members as capital credits.

Why didn't I get a check?

If the amount of refund is under \$5, a check is not issued. Instead, your allocation will be carried forward and added to any amount authorized for refund the next time capital credits are retired.

In some cases, an account may be in arrears and the retirement is put toward the past-due amount.

How is the amount of the check determined?

The amount allocated is based on the amount of electric power you have purchased.

I have not been a member for years. Why did I get a check?

You may still have a portion allocated to you, even though you have not been a Cotton Electric member for a long time. Capital credit refunds over \$5 are issued to all active and inactive accounts.

I am moving out of the Cotton Electric service area. Will I still get my capital credit check?

Yes. Let us know your new address, and checks will be mailed as refunds become available.

How do I know if you have a current address for me?

We will publish a list of members needing to provide updated addresses in the November and December issues of *The Current*.

How can surviving family members or former co-op members claim capital credits?

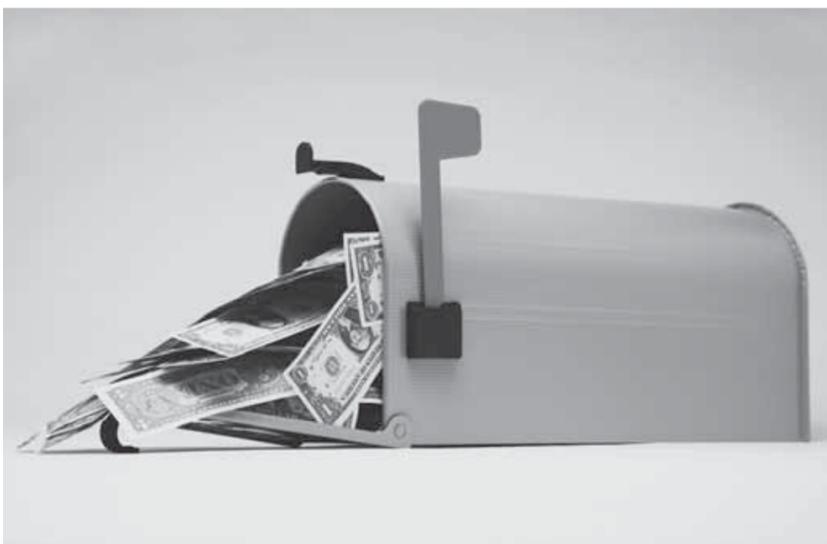
To claim a capital credit check intended for deceased members or those who have moved away, we require certain information to verify the member's identity. Former members or their heirs can call the office at 580-875-3351 or 800-522-3520 to begin the process.

Still confused?

Think of capital credits as water in a large barrel. Annual capital credit allocations are extra water, added to the barrel and retained to keep things afloat.

Occasionally, a percentage is retired to all who contributed to the total amount. How it is distributed is similar to dipping out the water. The size of your drink of water is proportionate to how much you contributed or how much electricity you purchased.

If your portion is only a drop or two, it is left in the barrel. You continue to contribute through power purchases and may get a dipperful with the next retirement.



Cotton Electric will mail capital credit checks after Oct. 1.

3rd Annual

Rodeo Legends

Supporting Our Future

**Chisholm Trail
Ram Prairie Circuit Finals Rodeo**

Dinner and Auction Fundraiser

Cost per Person \$25.00 or Table of 8 \$150.00

Special Guests:
Clyde & Elsie Frost

Music & Entertainment:
Summer Breeze

When: September 13, 2014
Time: 7:00 p.m.
Where: Simmons Center
Chisholm Trail Hall
800 Chisholm Trail Parkway
Duncan OK 73533

Portion of proceeds go to the
Stephens County Youth Shelter

RSVP: Sandy Bowden 580-656-0960
Joe Henderson 580-656-3701

Prepare Yourself for the Unexpected

Are you ready for this? September is National Preparedness Month. Sponsored by the Federal Emergency Management Agency (FEMA), National Preparedness Month seeks to educate Americans on preparing for natural disasters and other types of emergencies. But you'll also need to prepare for unexpected events in many other areas of your life — particularly those events related to the financial security of you and your family.

Here are some of the most important of these events, along with possible preparations for them:

Unanticipated early retirement — If you encounter a "downsizing" or other occurrence that results in the loss of a job, or even the end of a career, before you expected it, would you be able to avoid major disruptions to your lifestyle? To help prepare for such a loss of income, make

sure to fully fund your IRA each year. The maximum contribution is \$5,500 per year plus an additional \$1,000 for those age 50 and older.

Disability — Even a short-term disability can seriously harm your finances — and a long-term disability could prove devastating. Your employer might offer some form of disability insurance, but it may not be sufficient. So you may need to explore private coverage.

Personal liability — If someone were ever injured on your property or due to some action of yours, you could face legal actions demanding hundreds of thousands of dollars. To help protect yourself, consider adding umbrella liability insurance.

Changing family situation — Changes in your life — marriage, divorce, remarriage, children, stepchildren — can

drastically affect your estate plans and the type of legacy you want to leave. To prevent unpleasant surprises for your family, make sure you periodically review beneficiary designations on your investment accounts, such as your IRA and 401(k), and work with your tax and legal advisors to update your estate-planning documents — will, living trust and so on — as needed.

Outliving your money — Once you reach retirement, your greatest concern may be that you'll outlive your money. To help prevent this from happening, create a sustainable withdrawal strategy — that is, determine how much you can take out each year from your investment and retirement accounts, and stick to this amount.

Need for long-term care — You can't predict whether you will ever need to enter

a nursing home or require the assistance of a home health care worker, but one thing is certain — these services are very expensive. Consider this: The national average for a private room in a nursing home is nearly \$84,000 per year, according to a recent survey by financial security company Genworth. To help prepare for these costs, you may want to consult with a professional financial advisor, who can suggest appropriate solutions.

Untimely death — Your absence could jeopardize your family's financial security, particularly if you passed away while your children were still at home. To help ensure that your family could remain in the home and that your children could go to college, if they choose, make sure you have adequate life insurance.

Your passage through life will be filled with twists and turns, and you can't always see what lies ahead. But you can ease your journey by preparing yourself for the unexpected.

Edward Jones
MAKING SENSE OF INVESTING



www.edwardjones.com

DES-8207-A

Member SIPC

Don Graham Jr
(580)252-9381

Kelsey E Avants
(580)255-4408

Kristen Arrington
(580)255-4408

Yancy Spivey
(580)252-9048

Tanner L Cline
(580)252-9048

Lynn Bailey
(580)658-2704

Community Spotlight

Quilters plan American Pride show

Area quilters should be busy making a quilt using red, white, and blue. "American Pride" is the theme of the 36th annual free quilt show sponsored by the Stephens County Historical Museum and OHCE (Oklahoma Home and Community Education) clubs of Stephens County.

Other quilts will be on display in addition to the competition quilts from 1 to 5 p.m. Oct. 4 and 9 a.m. to 4 p.m. Oct. 5.

There will be a raffle for a quilt made and donated by OHCE. Donations support the Stephens County Historical Museum. The quilt drawing will be at 3:30 p.m. Oct. 4.

For information or quilt entry forms, contact OHCE Cultural Enrichment Chairman Sharon Pulis at 580-606-0525 or Museum Director Cova Williams at 580-252-0717.

Quarter-marathon new for SOS

A quarter-marathon is a new feature for the 9th annual Spirit of Survival event. The quarter- and half-marathons leave the starting line at 7:30 a.m. Oct. 5 in Elmer Thomas Park. A 5K run takes off 10 minutes later.

The event continues with a kids' marathon of young walkers and runners who have already logged 25 miles embarking on the final 1.2 miles at 2 p.m.

Participants in the 1-mile Leah M. Fitch Spirit Walk will begin their leisurely stroll or family fun run at 3 p.m.

Registration fees and availability

Arvest hosting food drive

For the fourth year, Lawton Food Bank, Chickasha Emergency Food Pantry, Christians Concerned of Duncan, Walters Food for Kids program and Elgin Community Food Pantry will be beneficiaries of the 1 Million Meals initiative sponsored by Arvest Bank, Southwest Oklahoma.

The 1 Million Meals initiative is a two-month, bank-wide effort to provide one million meals or more for those in need. The organizations listed above will receive nonperishable food and monetary donations made from Sept. 3 through Nov. 1 at Arvest branches in southwest Oklahoma.

"We are thrilled to have these organizations benefiting from the 1 Million Meals initiative in our area. The funds and food raised as part of this campaign will help provide meals for families right here in southwest Oklahoma," said Angela Spradlin, Arvest Bank marketing officer.

Southwest Oklahoma residents can help support these organizations by dropping off nonperishable food items or purchasing a 1 Million Meals paper can for \$1 at any of the nine Arvest branches located in Lawton, Duncan, Walters, Elgin or Chickasha or by calling 866-952-9523 to contribute. Every dollar raised through 1 Million Meals provides the equivalent of five

of race shirts are more favorable for early registrants. For information and to register, visit spiritofsurvival.com.

Food pantry open twice monthly

Walters Community Food Pantry is open from 8 a.m. to 10 a.m. on the second and fourth Saturdays 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.

For information, call Roger Noland at 580-591-6826.

WMASC offers various activities

Wichita Mountains Area Senior Citizens offers a variety of activities and sponsors weekly and monthly events at the Legion Building near Medicine Park.

Potluck dinners, games and TV are offered every Monday from 6 to 10 p.m.

An Indian taco sale is held on the second Saturday of each month. Drinks and desserts are included at \$5.50 per plate.

A dance is held each Friday. Doors open at 6:30 p.m., dancing begins at 7.

For information about other activities, visit WichitaMountainSeniors.org.

All activities are held in the Legion Building on Wildhorse Road near Medicine Park. From Interstate 44, take Exit 45 to Oklahoma Highway 49. Traveling east, bear right onto Wildhorse. The building is on the right.

meals for local, hungry families.

The 1 Million Meals campaign challenges bank associates and customers alike to participate in fundraising efforts and make donations to fight hunger in the 120 communities the bank serves. In 2013, the initiative resulted in 1.8 million meals.

The 2014 effort benefits 59 different organizations in four states – Arkansas, Kansas, Missouri and Oklahoma.

In 2012, one in six American households reported food hardship, or not having adequate funds to provide enough food for their family. And, out of the 50 states, Oklahoma ranks 16th in food hardship.

•For more information about the Lawton Food Bank, contact Jeri Mosiman at 580-353-7994.

•For more information about the Chickasha Emergency Food Pantry, contact Conrad Duprez at 405-641-4484.

•For more information about Christians Concerned, contact Penny Gardner at 580-252-9120.

•For more information about the Food 4 Kids Program, contact Walters Public Schools at 580-875-3257.

•For more information about the Elgin Community Food Pantry, contact Anita Brockwell at 580-492-4305.



Cotton Electric member J.R. Phipps stopped by the Stephens County OSU Extension office recently to show off an 18.5-pound cantaloupe that measured 33" around. No stranger to horticulture, Phipps said it was his first time to grow the Superstar variety of melon. Organically-grown in red clay, he said the big melon was just one of many large, sweet cantaloupes in his 2014 crop.



GAMMILL INSURANCE AGENCY

CROP • HOME • AUTO • FARM • COMMERCIAL

Affordable Protection That Pays!

Wheat Crop Signup by Sept. 30th!

Easy Signup
Professional Local Service

David & Josh Gammill Agents
580-479-5416 888-299-2767
201 W 2nd, Grandfield



GO UNDERGROUND.

ClimateMaster® Geothermal Heat Pump Systems

For deep savings on your energy bill, look no further than your own backyard.

With a ClimateMaster® Geothermal Heat Pump System, you get tax credits, utility rebates, and save 40% - 60% on your energy bill. ClimateMaster uses geothermal energy to tap the constant temperature of the earth, keeping your home comfortable year around. Best of all, a new system usually pays for itself in about five years and is a cleaner choice for the environment. If you're ready to uncover extra cash each month, call your local ClimateMaster dealer today.

30% Federal Tax Credit - No Maximum

\$800 Per Ton Rebate - City of Walters

Up to \$650 Per Ton Rebate - Cotton Electric Co-op



climatemaster.com

VAN & COMPANY GEOTHERMAL, INC.

32 Years of geothermal experience

5315 N. Highway 81
Duncan, OK

www.vanandco.com vanandcompany@cableone.net

580-252-2205

RED RIVER RANCH ROUNDUP

7 P.M. NIGHTLY
FRIDAY, OCT. 3rd &
SATURDAY, OCT. 4th

CLAUD GILL ARENA in Duncan

Presented by Winners Circle Ag Boosters

Sponsored by





Ticket Outlets:

Stockman's Supply
Crutcher's Western Wear
Great Plain's Equipment
Any Queen Contestant

Energy audits find problems, offer solutions

Cotton Electric Cooperative provides free home energy audits for members to help them decide the most economical ways to improve their home's energy-efficiency.

Audits are performed by the cooperative's power use advisor, Mike Stephens, or our energy efficiency coordinator, Trent Marlett.

"When performing an energy audit, we help the member decide the most economical way to improve the home's energy use," Stephens said.

An energy audit consists of a thorough inspection of your home's foundation, floors, walls, doors, windows and attic. Careful measurements are taken of a home's insulating factor and heat loss areas such as doors and windows.

After conducting an on-site energy audit, Stephens and Marlett use a specially-designed computer program to calculate how energy improvements, such as adding insulation, storm doors and windows, and a more efficient heating and cooling system can help reduce kilowatt hour waste.

A thorough explanation of the results is then returned to the member. The explanation will address the energy-saving improvements that are best suit-

ed for your home.

Also, for those planning to add to a home, build a new one or add new air-conditioning or heating equipment, Stephens or Marlett can visit with you one-on-one to discuss the energy saving improvements best suited for you and the size of equipment needed for your home.

"Our goal is to make every home as efficient as possible," Stephens said.

"An efficient home uses the energy with as little waste as possible."

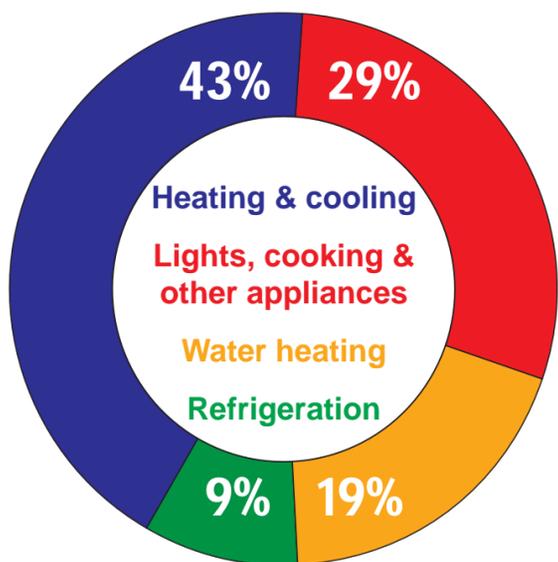
He pointed out that more than 23 percent of energy consumed in the United States is in the residential sector.

To explain the impact on a wallet, he said, "Oklahomans spend an average of \$2,000 a year on energy in their homes."

A large portion of that energy is used to heat and cool the home.

"In Oklahoma, we will use some form of heat seven months out of the year and air conditioning during the other five. We will use as much as 55 percent of our energy in the winter to heat our homes, but our goal is to reduce both summer and winter peak consumptions."

There are other energy consumers in a home. Stephens said, it typically breaks down like this:



Stephens said there are a variety of ways to address energy consumption in a home and offered information about some of them.

Insulation

How well is your house insulated? Having the right amount of insulation can save up to 20 percent on a heating and cooling bill. Sealing the home's envelope inside and out – including sealing the ductwork in the attic or below the floor – can cut your annual energy bill by 10 percent according to the U.S. Department of Energy (DOE).

Windows

Does your house have single-pane windows? Windows are a significant source of heat loss in the winter and solar heat gain in the summer. Window replacements are designed to reduce thermal and solar transmittance, and air leakage is secondary only if the window has large visible air leaks.

Here are four things to look for when replacing windows:

1. NFRC label – The National Fenestration Rating Council label represents a test standard for quality and how windows stand up to all types of weather conditions.

2. Low-E – The E stands for low-emissivity.

4. U-value – A lower U-value equals a higher R-value, which means a better insulated window.

4. Gas-filled windows – Argon or krypton gas between each pane acts as an insulator, working in both summer and winter to keep the home interior protected from outside temperatures.

Good window coverings also make a big difference if you have a lot of large windows that are left uncovered.

HVAC

How efficient is your furnace? Do you have a variable or single-speed fan motor in your air handler?

Do you set the thermostat at 68 degrees in the winter and 78 degrees in the summer? With these two settings, every degree you lower or raise the temperature will cost as much as 5 percent.

Check air filters monthly and change if necessary.

Air conditioning uses 45 percent of our summer energy dollars, making it the second largest energy use in a home. Most A/C systems can last as long as 20 years but after 12 years, the efficiency falls off steadily. Replacing it can save you as much as 25 percent. A newer unit means increased comfort, reduced noise, less pollen and dust and better humidity control.

Continued on next page



Power Use Advisor Mike Stephens inspects attic insulation during an energy audit.

DON PRATER DOZERS

Building Farm Ponds & Private Lakes In the Cotton Electric Service Area

-Farm Pond and Lake Construction- Along With

- Fence Rows
- Building Pads
- Land Clearing & Shearing

Serving the Southwest Area
Bulldozers Trackhoes
 Call Bruce At- 580-641-1952

Dozers For Sale at All Times!

JUAN RODRIGUEZ

DEMOCRAT FOR HOUSE DISTRICT 63

Juan Rodriguez and Former State Senator Gilmer Capps

Juan Rodriguez is a retired firefighter that understands the hard work ethics apparent in the residents of Tillman County. He chose southwest Oklahoma as his home and to raise his family. He's an open-minded individual that understands the economic struggles of the average Oklahoma taxpayer. A vote for Juan ensures a safe future for the major economies in District 63 — small business and agriculture.

STOP DEFUNDING OKLAHOMA

- Cutting income taxes, followed by increases in fees and use taxes doesn't save money

STOP OPPOSITION

- From seeking alternate sources of tax which greatly effects the middle class & ALL property owners

STOP DEFUNDING EDUCATION

- Over \$200 million less since 2008
- Over 30,000 additional students

VOTE JUAN4OKLAHOMA
November 4!
www.juan4oklahoma.com

Like | Follow [juan4oklahoma](#)

Paid for by FRIENDS OF JUAN RODRIGUEZ • PO Box 741, Cache, OK 73527

Cotton Electric members get free home energy audits

Continued from previous page

What to look for when buying a new heating and air-conditioning system:

- Consider going with a geothermal heat pump that uses water piped in loops below the earth's surface to transfer and retain heat.

- Another option to consider is a high-efficiency air source heat pump. These units use the ambient air temperature outside your home.

- Buy a unit with a minimum 15 SEER (Seasonal Energy Efficiency Ratio) or 12 EER (Energy Efficiency Ratio). Higher EER means greater savings.

- Look for the highest HSPF (Heating Seasonal Performance Factor). A higher HSPF is a more efficient heat pump.

- A higher AFUE (Annual Fuel Utilization Efficiency) means a more efficient fuel furnace.

- Variable or 2-speed motors for the air handler and condensing units

- Programmable thermostat

Don't oversize your air conditioner for greater comfort. Oversized equipment costs more to operate and will not last as long. Have a heating and cooling load calculation performed.

Lighting

You will save \$5 in annual energy costs for every 60-watt incandescent bulb replaced with a CFL bulb of equivalent output.

Appliances

Some families will spend as much as \$600 a year to power small appliances such as computers, DVRs, televisions, blu-ray players, surround-sound amplifiers, video game systems and coffee makers. Ceiling fans, swimming pool pumps and water well pumps also add to the power bill.

Did you know it is cheaper to use a dishwasher than it is to wash dishes by

hand? If you wash only full loads with the air-dry option, you can save 5,000 gallons of water and \$40 a year by using new Energy Star models.

Newer washing machines can cut your utility bill by \$50 a year and save an average of 7,000 gallons of water. Energy Star dryers can save as much as \$20 a year with moisture and temperature sensors that help reduce drying time.

The number and age of refrigerators and freezers will determine the dollars you spend in a year. A new refrigerator or freezer is 40 percent more efficient than a 2001 model. Models with top-mounted freezers use 10 to 25 percent less energy than side-by-side or bottom-mount units.

Be sure to keep the refrigerator temperature at 37 to 40 degrees and 5 degrees for the freezer compartment. The temperature should be 0 degrees for a chest type or upright freezer for long-term storage.

Water heating

A 50-gallon high-efficiency electric water heater will cost a family of four around \$380 a year in power consumption. However, if you take 10- to 15-minute showers using low-flow shower heads; set the water heater thermostat to 120 degrees or less; and use cold water to wash clothes, you can save as much as \$12 a month in electricity.

Savings

Mike Stephens is a strong advocate of home efficiency and wrote most of this article. He summed it up with this final thought:

"If all the changes listed above could be made, the total savings in one year would be as much as \$800. Think of it as money back into your bank account to be used for more energy-efficient savings."

The next time you have a problem or question concerning utility costs, whether building a new home or improving the one you're still in, call Cotton Electric Cooperative and ask your power use advisor for expert advice.



When conducting a home energy audit, Power Use Advisor Mike Stephens collects information about the home's HVAC system and water heater.

To set up a home energy audit, call Power Use Advisor Mike Stephens 580-875-4256 or Energy Efficiency Coordinator Trent Marlett 580-875-4248



EVERY MEMBER HAS A VOICE. EVEN THE ONES WHO CAN'T YET SPEAK.

As an electric co-op member, your household has a voice in how the co-op is run. Learn more about the power of your co-op membership at TogetherWeSave.com.



A Touchstone Energy® Cooperative

TOGETHERWESAVE.COM

BEYOND CARPET CLEANING
CARPET | TILE & GROUT | UPHOLSTERY
580-588-3717
STANLEYSTEEMER.COM

CARPET CLEANING SPECIAL
3 ROOMS
\$99
PLUS
1 FREE BOTTLE OF SPOT REMOVER
Cleaning Completed By 10/15/14
Promo Code: HOMEMAG

TILE & GROUT
25% OFF
*Call For Details
Cleaning Completed By 10/15/14
Promo Code: HOMEMAG

SOFA & LOVE SEAT
ONLY \$139
*Call For Details
Cleaning Completed By 10/15/14
Promo Code: HOMEMAG

Minimum charges apply. Not valid in combination with other coupons or offers. Residential only; cannot be used for water restoration services. Combined living areas, L-shaped rooms and rooms over 300 sq. ft. are considered 2 areas. Must present promo code at time of service. Valid at participating locations only. Certain restrictions may apply. Call for details.



Wish your dentures let you do this?

Introducing a revolutionary process with advanced technology for replacing missing teeth: **ALL-ON-4 DENTAL IMPLANTS**. Your smile and lifestyle will improve with this treatment and you can start enjoying your favorite foods again - immediately after your procedure!

Dr. Juan Lopez is proud to introduce this cutting-edge technique. Imagine being able to walk out of the office the same day with teeth that look and function like natural teeth!

Call Today for your complimentary consultation!
A \$200 Value!

Juan R. Lopez, DDS

(580) 713-0270 • lawtoncosmeticdentistry.com

Consumption knowledge is powerful

By Trent Marlett

Over the past few months, topics covered in this column have all been tips on ways to lower energy consumption. I think one of the most powerful tools in energy conservation is knowledge, particularly about the consumption rates of all things in our homes.

Aside from knowing that cooling and heating uses the most energy, and water heaters are Number Two in home power consumption, it also helps to know exactly how much electricity each and every appliance consumes. Once we know what everything in a home uses, we can calculate how many kilowatt hours (kWh) are used each day.

Understanding kWh is important. Most power companies bill according to kWh consumption each month. Here at Cotton Electric, most residential members are on a general service rate of \$0.088923 cents per kilowatt hour.

What is a kilowatt hour or kWh? A kilowatt is a unit of energy that corresponds with watts. For the most part, everything in the home is labeled and rated in watts. A kilowatt is 1,000 watts, or 1 kW. A kilowatt hour is 1,000 watts being used for one hour.

An example of this would be a 1,000-watt space heater in operation for an hour. Its consumption would be 1 kilowatt hour or 1 kWh.

The formula for figuring the kWh for an appliance on a daily basis is as follows: Multiply watts consumed by the hours of operation then divide by 1,000.

For example, the average television uses about

Simple Savings

Calculating appliance energy use helps determine efficiency

	Average Wattage	Average Monthly Hours of Use	
		Low End	High End
Room Air Conditioner	1,050	120	720
Central AC (2.5 ton)	3,500	250	650
Ceiling Fan	60	15	330
Clothes Dryer	5,000	10	25
Clothes Washer (cold cycle)	500	7	40
Coffee Maker	900	4	30
Computer/Monitor	200	50	720
Deep Fryer	1,500	5	10
Dishwasher (non-electric water heating)	1,300	8	40
Portable Fan	115	18	52
15 cu. ft. Freezer	335	180	240
Hair Dryer	1,000	5	10
Iron	1,000	5	10
Incandescent Light Bulb (60 watt)	60	17	200
Compact Fluorescent Light Bulb (60 watt equivalent)	18	17	200
Microwave Oven	1,000	15	30
Range Oven	12,000	4	6
17 cu. ft. Frost-Free Refrigerator/Freezer	500	200	300
Swimming Pool Filter Motor (1hp)	1,500	480	720
Television	300	60	200
Toaster	1,150	1	3
Vacuum Cleaner	800	4	6
60-gallon Water Heater	4,500	98	138
40-gallon Water Heater	3,000	66	92

300 watts. Let's say the TV is on four hours a day on average. That would be 300 watts x 4 hours = 1200 watts. Divide the total by 1,000 to determine kilowatt-hour consumption for the day: 1200 / 1000 = 1.2 kWh.

To determine consumption for the entire month, multiply by the number of days in the month. In a 30-day month, that would be 1.2 kWh x 30 = 36 kWh for the month just for the TV.

To go further and figure a dollar amount for the example television's consumption, multiply the monthly kWh by the

cost per kilowatt hour, or 36 kWh x 0.088923 = \$3.20.

The table on this page is a short list of some common household appliances, their average wattage and a low and high average of how many hours a month they are in use, based on national averages. Depending on the make, model and manufacturer, wattages for appliances in your home may be different.

Typically, there are many more appliances than the ones listed. Almost all will carry a label showing how many watts they consume. If watts are not listed, amps will be. Multiply amps by 120 (typical voltage in most homes) to determine watts. For large appliances such as ovens, clothes dryers and water heaters, multiply 240.

You can figure consumption using the formula above.

Conserving and protecting water important for all

In some parts of the world, water is so abundant that it's easily taken for granted. According to the United States Geological Survey, about 71 percent of the planet's surface is covered by water, roughly 97 percent of which is in the world's oceans.

Water below the surface of the ground is critical to life, creating viable habitats that help plants and animals thrive.

Some areas have an abundance of water but those of us in southwest Oklahoma are experiencing a fourth year of severe drought. As a result, people need to work collectively to protect the world's water and ensure a healthy planet for centuries to come.

Conserve

Conserving water is important, as a substantial amount of resources are needed to transport, pump, procure, treat, and store water for public use. Energy is also expended to treat sewage. By conserving water, we conserve energy. The following are a few ways to conserve water.

- ◆ Turn off the water while brushing teeth.
- ◆ When not restricted by local ordinance, water a lawn or plants when they are not exposed to direct sunlight. When a lawn or garden is watered during peak sunlight hours, a significant amount of water will be lost to evaporation.
- ◆ Only run the dishwasher or washing machine when it has a full load.
- ◆ Purchase water-efficient appliances.
- ◆ Use rainwater to irrigate the lawn and garden.

Protect

It's important to protect as well as conserve water. The following are a handful of ways to protect water supplies.

- ◆ Apply pesticides and fertilizers sparingly, and only do so when the forecast is not calling for rain, which can cause runoff, sending chemicals into groundwater and local water supplies.
- ◆ Recycle and dispose of household chemicals properly.
- ◆ Instead of washing your car at home, have it cleaned at a commercial car wash that uses eco-friendly cleaning products and recycled water.
- ◆ Properly dispose of pet waste to protect against pathogens that can contaminate surface water.

Energy Efficiency Tip of the Month

When it's hot outside, appliances and lighting can actually heat up our homes more than we think. To save energy, minimize the activities that generate additional heat, such as burning open flames, continuously running a computer, or using hot-hair devices like curling irons. This will ultimately keep your house cooler.

Source: Department of Energy

MID CONTINENT REBUILD INC.

- * Alternator * Starter
- * Generator * Forklift



Stop Paying New Prices
SAVE TODAY!

Let Us Rebuild Your Unit

Rebuilding For: • Truck • Tractor • Oil Field • Industrial • Forklift

Richard Keck: Rebuild Technician

517 Bois D' Arc, Duncan, OK

580-255-3867

Empire Volunteer Fire Department

Held at Empire School
4005 BROCKWAGON ROAD
EMPIRE, OK 73533

9th Annual CAR & MOTORCYCLE SHOW

Saturday Sept. 27th

Cash Prizes & Trophies

Brisket Dinner
Adults \$8.00 - 10-5 \$5.00
4 & Under Free

Other Activities include:
Kids Zone, 50/50 Pot, Gun Raffle, Burnout Contest & Live Entertainment with **Hijackers Hollow**

Car Show Registration: 8 AM - 10 AM
Burnout Registration: 8 AM - 2 PM
Car Show: 10 AM - 2 PM
Burnout: 2:30 PM - 3:30 PM

Contact Info:
580-656-1022
Questions E-Mail:
empirefiredept@yahoo.com

ThrillerProductions.com



Dawana Smith is the Just Between Friends franchisee for southwest Oklahoma. Battery-powered and foot-powered riding toys, strollers and clothing are among the thousands of children's items found at a JBF sale. The next sale runs Sept. 19-21 at Great Plains Coliseum.



Just Between Friends

Free admission to Lawton sale & \$5 off purchases over \$25



Bargains on children's things are Just Between Friends

By Karen Kaley

Babies come into the world naked and penniless, yet a small fortune in toys, clothes and equipment awaits the newborn prince or princess at home.

Babies grow so swiftly you can almost see it happening. As children progress from infancy through high school, there is a constant need to replace things outgrown, often before the items have lost their usefulness.

Wouldn't it be great to convert those barely-used or never-used items to cash? In turn, that cash would come in handy when it is time to upgrade to the toddler's building blocks, the preschooler's mini kitchen, the second-grader's backpack and the pre-teen's video games. The never-ceasing march through ever-larger shoes and clothing might not be so expensive.

For many harried parents, it is exhausting just to think about pulling a garage sale together. There is a way, however, to sell still-valuable items with little effort and get a very good return.

Giving up a day or two on

weekends, making the rounds to garage sales to find items seems daunting, too. But, there is a way to purchase gently-used items at bargain prices all in one weekend, all under one roof.

Just Between Friends is a twice-yearly sale of maternity and children's goods that anyone can participate in, either as a consignor, shopper or both.

In southwest Oklahoma, Cotton Electric member Dawana Smith is the Just Between Friends franchisee. She does all the legwork, booking the Great Plains Coliseum, advertising and promoting the fall and spring sales, arranging for vendors, coordinating volunteers and keeping up-to-date on recalls of children's items.

She makes the rounds to fairs and trade shows, inviting first-time moms and long-established parents to take part in the Sept. 19-21 event. She directs those interested in selling items to the website, JBFsale.com, where one can sign up to be a consignor and/or volunteer.

Those interested in selling

can find tools and tips for selecting, preparing and pricing items. Dawana said just about anything – except small stuffed toys and VHS tapes – can be sold at a JBF sale as long as it is in very good condition.

"Look at the item and ask yourself if you would buy it," she said.

"Make sure there are no stains, that the item has no visible flaws."

She advised that shoes should be scrubbed, top and bottom.

"Clean soles mean the shoes won't get others in the sale dirty. Clean soles mean the shoes are more likely to sell."

Consignors mark their items and name their price. Within two weeks after the sale, a check for 65 percent of sales is mailed to each consignor – 70 percent if the consignor volunteered to help with the sale.

All prepared items can be dropped off between 5 and 8 p.m. Sept. 17 and early in the morning Sept. 18 at Great Plains Coliseum in Lawton.

As a seasoned bargain hunt-

er knows, the best deals are found early. Thursday, Sept. 18, is when consignors, first-time moms and military families get to shop first. On Friday, the sale is opened to the public from 9 a.m. to 8 p.m. and has a \$2 admission fee.

Cotton Electric members presenting a Co-op Connections Card will get free admission to the Lawton event and \$5 off purchases of \$25 or more.

There is no admission on the third day of the sale, 9 a.m. to 5 p.m. Saturday, nor during Sunday's 1 to 5 p.m. half-price sale of items not marked with a star.

Dawana said the sale floor is laid out in an organized fashion with clothing on racks by size and similar toys and furniture grouped together. Strollers are lined up in one area, as are foot-powered car and trikes.

The list of things to be found at a JBF sale is quite extensive.

Mothers-to-be will find maternity clothes, breast pumps, bathtubs, blankets, cribs and just about everything else needed to set up a nursery.

There are diaper bags and diapers, both cloth and disposable.

Toddlers needing big-kid beds can find them at a JBF sale. There are balls, blocks, trucks, and dolls. There are clothes for dressing up or sleeping.

Creativity and playtime equipment such as craft sets, kitchens and tool benches are plentiful. There are items to play school or to go to school with backpacks, lunch boxes and lots of books for every age group.

Bigger kids can find video games, G- and PG-rated DVDs, keyboards and sports equipment.

All at a fraction of retail price.

Dawana said she attended one Just Between Friends sale and was hooked. She thinks the same thing will happen for anyone coming to the Sept. 19-21 sale at Great Plains Coliseum.

Check out the website, JBFsale.com to get information about becoming a consignor or to find the dates and locations of other sales in Oklahoma.



SHOWMAN'S CHOICE
FOR ALL YOUR HORSE TACK & SHOW SUPPLY NEEDS.
HOURS MON-FRI 8:00-5:30
SAT 10:00-2:00
1205 SW SHERIDAN RD
LAWTON, OK 73505
580-355-7469
FIND US ON FACEBOOK!

Audiology & Hearing AID of Duncan
"Serving Duncan Since 1995"
•HEARING EVALUATIONS
•HEARING AIDS
•HEARING AID SUPPLIES
•FREE IN HOUSE REPAIRS ON ALL BRANDS
*PACK OF BATTERIES-\$3.00
580-252-9005 • 1606 Jones



Cynthia Reidenbach - Hearing Aid Tech
Matt Campbell - M.S., CCC-A AUDIOLOGIST

AARON PARRIS, CPA
Bookkeeping & Tax Services
Payroll/Tax Planning/
Quickbooks Support
1303 W. Gore, Ste. 5
580-699-5510 fax: 699-5508

Is Your Water Safe?

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

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

Benefits of an EasyWater No-Salt Water Conditioning System:

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

□ Improves water heater efficiency and thus lowers energy bills

Call Today
580-248-7924
www.PippinBrothers.com




Lawton's Exclusive Certified EasyWater Dealer



ARDMORE • COMANCHE • KELLER • LONE GROVE • SAGINAW • WILSON

"Quality Banking with a Personal Touch"



Dell Farris - Loan Officer
Comanche Branch
133 Oak Main, Comanche, 580-439-8817

www.bankanb.com
Find us on Facebook



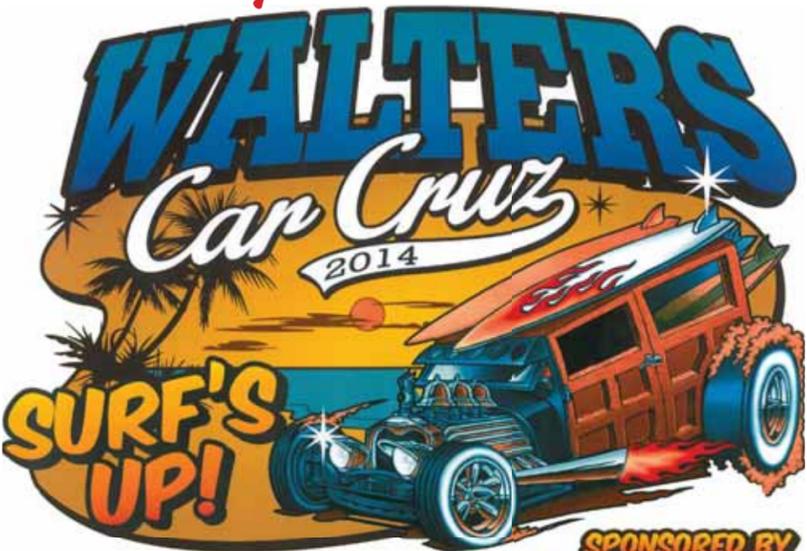


The deadline has passed for applications to be considered at the third-quarter meeting of the Cotton Electric Charitable Foundation. Grant applications for the fourth quarter should be submitted by mid-November. Applications can be downloaded at CottonElectric.com.



Big Pasture Schools received a \$750 CECF grant recently to purchase special playground equipment for a special-needs student. The whole elementary school turned out to offer thanks to Cotton Electric members. Erick "Babaloo" Davilla was all smiles when Bryce Hooper, Cotton Electric's director of marketing and economic development, brought out the "big check." The new equipment offers students with special needs a chance to get the same benefits of physical activity as other classmates.

Saturday, October 4, 2014



REGISTRATION: 8:00 AM CAR CRUZ TILL MIDNIGHT
CAR SHOW (24 CLASSES) BURN OUT - \$20.00 ENTRY FEE
BEST OF SHOW \$800 & TROPHY CASH PRIZES & TROPHIES
ALL CAR SHOW ENTRANTS WILL BE ELIGIBLE FOR 4 \$200 DRAWINGS FOR THE BURNOUT CONTEST
MOTORCYCLE SHOW

FUN FOR THE WHOLE FAMILY

The entire family will be entertained with a variety of vendors and delicious food. Also, we will have live entertainment and a children's area for the kids to explore. Also, climb the Rock Wall and play in the Sports Combo.

CASH PRIZES AND TROPHIES GIVEN FOR THE FOLLOWING CONTESTS

INDIAN TACO CONTEST • BUBBLE GUM BLOWING CONTEST
TWIST CONTEST • CAR HOP RELAY • SURFBOARD DESIGN CONTEST

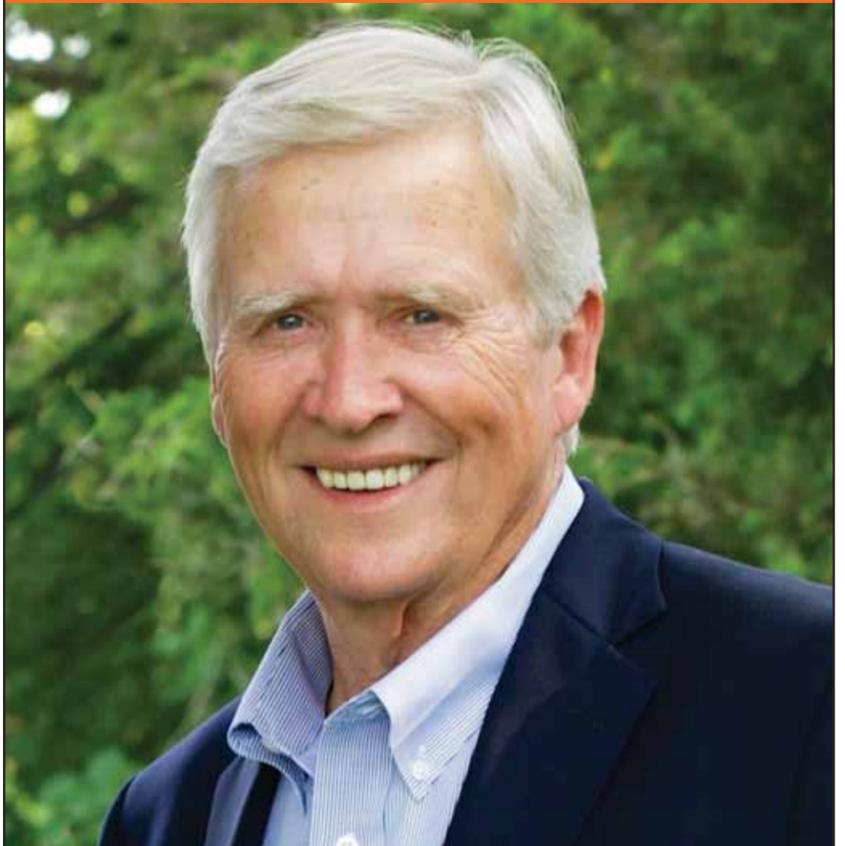
BEACH BALL DROP - CHANCE TO WIN GIFT CARDS

PURCHASE CHANCES TO WIN 48" VIZIO TV, \$500 CASH & A THUNDER GIFT BASKET!

& Don't Miss Out on Walters' City Wide Garage Sales!

For More Information about any of the following events call Wes, 580-695-1350

Ken GRAHAM DISTRICT JUDGE



Ken Graham Has The Experience To Work For Us.

Raised on a farm, Ken was the first of his family to attend college. After graduating from Southwestern Oklahoma State University, Ken began teaching and coaching. He met his wife of over 45 years, Dede, and they decided to raise their family in southwestern Oklahoma. After coaching, working as a high school principal and operating a stockyard, Ken pursued his life-long dream of becoming an attorney. Upon graduating from the College of Law at the University of Oklahoma, he became a prosecutor in the Comanche County District Attorney's Office. For the next 30 years, Ken represented individuals and small businesses throughout southwestern Oklahoma. *Ken is one of us.* His everyday experience along with his commitment to the law, is exactly what we need on the bench.

WWW.KENGRAHAMFORJUDGE.COM
Paid for by Friends of Ken Graham for District Judge

Small change adds up to big donations over time

By Karen Kaley

It was a bright, sunny morning in the Wichita Mountains when a handful of people representing Cotton Electric Charitable Foundation (CECF) and Meers Volunteer Fire Department gathered for a "big check" photo.

It was a quiet but significant moment for Operation Round Up and CECF. With the presentation of a \$4,409 CECF grant to Meers VFD, contributions Cotton Electric members have made to area communities passed three-quarters of a million dollars.

To be exact, with the disbursement of \$15,009 in grants after the second quarter of 2014, the total amount distributed since 2004 is \$760,363.47.

Funds supporting the program have been collected, literally, pennies at a time. More than 80 percent of Cotton Electric's members participate in Operation Round Up. Their power bills are rounded up to the nearest dollar, which means an individual monthly contribution may be as small as a penny or as large as 99 cents.

The change is pooled into a fund administered by the charitable foundation, composed of Cotton Electric members serving as president, vice president and secretary-treasurer. They are Danny Marlett, Carly Douglass and Carter Waid, respectively. The group is rounded out by the co-op's CEO Warren Langford and Tim McCary, president of the board of trustees.

The CECF board gathers quarterly to consider applications for grants. The first four grants were issued in September 2004. Since then, 333 grants have been issued



in amounts ranging from \$100 to \$10,000.

The grants have been made to a variety of applicants including youth shelters, veterans' facilities, churches, civic clubs and townships. The funds have been used to purchase things like school and administrative supplies, medical equipment, uniforms, bunker gear and large appliances. Several facilities have made much-needed structural improvements thanks to CECF grants.

Contributions to 32 volunteer fire departments throughout the Cotton Electric service area have totaled \$216,348. CECF board members feel VFDs provide a vital service to rural Oklahoma, where the majority of co-op members reside and work.

The VFDs have used the funds for station renovation and truck enhancement and to purchase protective clothing. Equipment purchased with CECF funds includes hand-held communication devices and Hurst cutters for Jaws of Life.

Meers VFD has received three CECF grants totaling \$10,209. Funds have been used to insulate the original building, to build an addition and to install a fire alarm system.

Contributions to area communities and organizations supporting

them have totaled \$152,981.55. From Velma to Elgin to Chattanooga to Temple and many points between and beyond, funds have benefitted things like public playgrounds, arts councils and fair associations.

Programs benefiting young and old have received CECF grants. Youth-oriented projects have received \$107,773.11, while another \$83,666.26 has gone directly to schools. Grants for groups helping senior citizens have totaled \$28,849. Civic groups and churches have sponsored individuals with special needs, receiving \$47,750 in CECF grants.

Public safety issues like disaster relief, 211 call centers and installing security cameras have had help from \$41,799 in grants. Groups providing services such as family counseling, hospice care and food closets have received \$81,196.55 from CECF.

The grants are more than just money to the recipients, they are a vote of approval for the groups working for the benefit of their community.

Ben Cheek, who served as Meridian VFD chief in April 2011 when a contribution to that department brought donations to the half-million dollar mark, put it this way: "We appreciate the fact that Cotton Electric members contribute to Operation Round Up. It's like we have a symbiotic relationship: We serve the community and we are supported by the community."

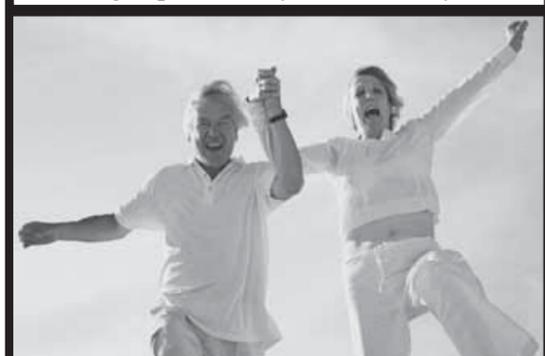
That's the basic idea behind Operation Round Up: The small change from members of Cotton Electric makes a big difference in the area where they live, work and play.



**FREE TO JOIN!
FUN TO PLAY!**

Members can receive special discounts, including instant Comanche Credits & participate in promotions based on carded play. New members will receive \$7 Comanche Credit.

Sign up at the Player's Club today!



Senior's Day!

Seniors 50 & up can join us from Noon - 6 p.m. every Tuesday for a \$5 Comanche Credit & \$5 free meal. Valid ID Required. Exclusions Apply. See Player's Club for details.

Over 100 Gaming Machines
Sunday - Thursday
Noon - 11 pm
Friday - Saturday
Noon - 1 am

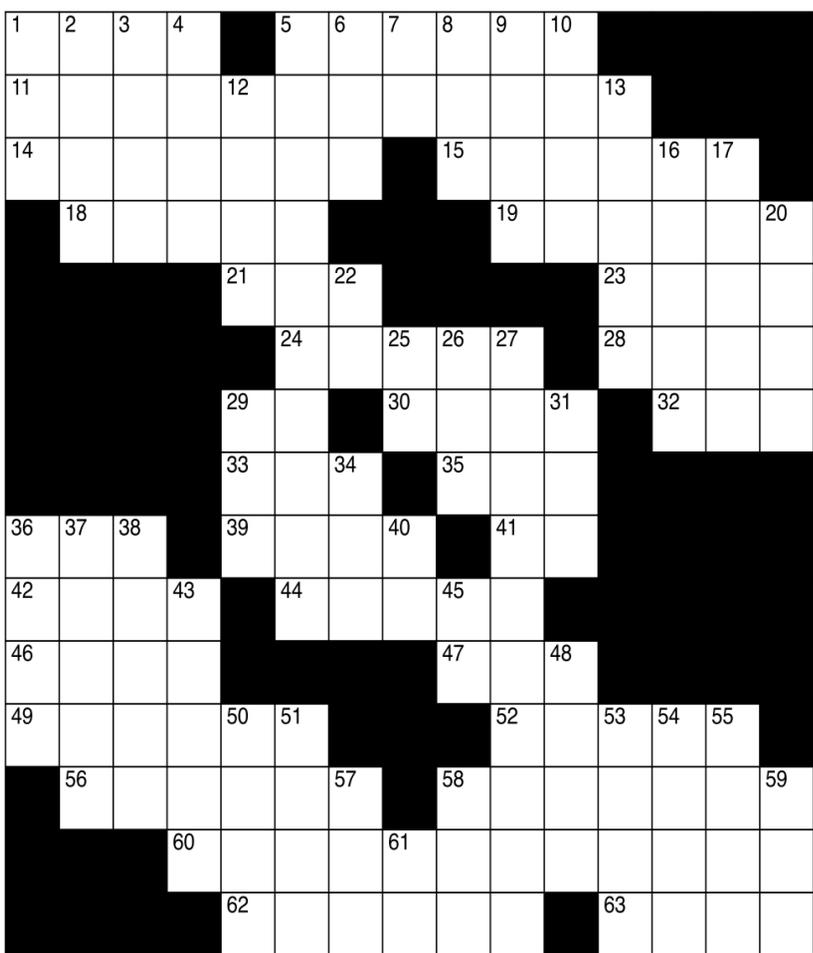
Comanche Star Grill
Sunday - Thursday
Noon - 10 pm
Friday - Saturday
Noon - 11 pm

580-250-3100
ComancheNationCasinos.com
Route 3 Box 82A • Walters, OK 73572

See Casino for details. Must have valid ID. Management reserves all rights. ©2011 Comanche Star Casino

ACROSS

- 1. Branch of Islam
- 5. Spookier
- 11. April holiday day
- 14. Assumed authorship
- 15. Skewered foods
- 18. Mails
- 19. A millionth of a meter
- 21. Intentionally so written
- 23. New Zealand parrot
- 24. A light splash
- 28. Appear to be true
- 29. Of I
- 30. 17th Greek letters
- 32. Point midway between S and SE
- 33. Stallone nickname
- 35. NW German river
- 36. Possessed
- 39. Common seasoning
- 41. Integrated circuit
- 42. Hebrew unit of measurement
- 44. Take without consent
- 46. Enlarge a hole
- 47. 9th month (abbr.)
- 49. Animal disease
- 52. Afrikaans
- 56. Fate or destiny
- 58. Ester of citric acid
- 60. Levels classified by criteria
- 62. Rendezvous
- 63. Lofty nest of a bird of prey



- 3. A small island
- 4. Egyptian sun god
- 5. Saint Anthony's fire
- 6. Election Stock Market
- 7. Atomic #44
- 8. Writing liquid
- 9. Mild Dutch cheese
- 10. Am. Nobel physicist Isodor
- 12. Am. football wings
- 13. Boisterous laughs (slang)
- 16. Hillsides
- 17. Lordship's rights of holding court
- 20. Entity designation capital
- 22. Gable's wife's initials
- 25. Atomic #18
- 26. The woman
- 27. The art of preaching
- 29. Manuscripts (abbr.)
- 31. No. Canton, OH college
- 34. '63 NFL MVP QB initials
- 36. German title
- 37. Nautical vertical position
- 38. Abu __, UAE
- 40. Initials of GE founder
- 43. Anabaptist sect
- 45. Equally
- 48. Course of action
- 50. Discharge
- 51. Psychic medium
- 53. Solo vocal piece
- 54. Open threadwork
- 55. Heavenly body
- 57. Attempt
- 58. Early TV tube
- 59. NYSE for Callaway Golf Co.
- 61. Atomic #33

DOWN

- 1. A large body of water
- 2. Belongs to "2001" computer

llsprinkler.com
580-248-1967



John 4:14 "Whoever drinks of the water I shall give him, shall never thirst again."

SPRINKLER CO.



Lawn & Landscape Co.
"Where Jesus Is Lord"

Call us today!
580-510-9983

"From Design To Installation"

www.4dlawns.com



Hard work defines Norman Condit

By Karen Kaley

Norman Condit says “living” is the keyword to an honor he recently received. It’s true. If it wasn’t for a lucky break – or his hard head – he might not be among the living.

In turn, his good fortune has been a benefit for his community.

Condit has lived in Stephens County all his life. Raised near Lake Fuqua, he was one of nine seniors in the last graduating class of Doyle High School. Consolidation still sticks in his craw a bit.

“Back then, you didn’t dare put Doyle and Bray together,” he still says with a bit of a scowl. “They were rivals.”

Those early rural years were full of hard work that built a toughness in him. He is the kind of fellow one would expect to rub dirt into an injury and get right back to work.

Work defines him. He served first as a line worker for the city of Marlow, and for the past 40 years has worked for Cotton Electric.

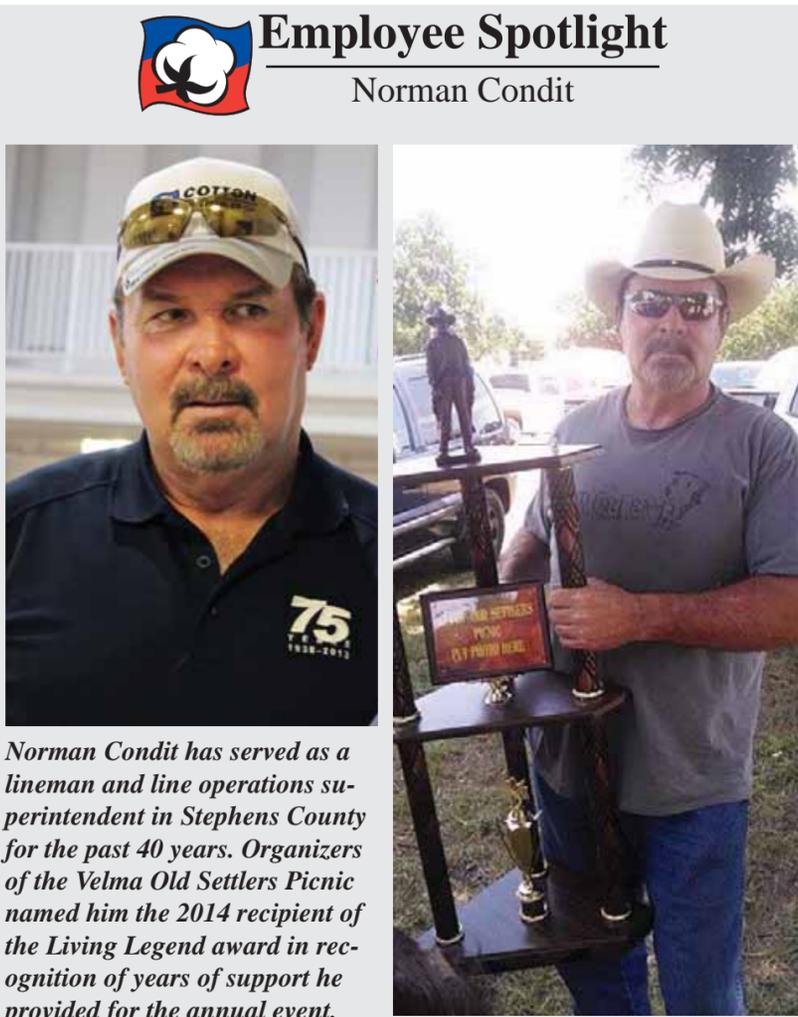
He moved to Velma in 1974 to serve as the district lineman. He eventually became the line operations superintendent for the eastern area served by Cotton Electric.

About four years into his tenure with the co-op, he made what he readily calls a dumb mistake that could have cost his life.

Condit said it was a hot day that Halloween of 1978. The line he was working on was also hot, a term linemen use when referring to a situation where equipment is energized.

“I was working out of a basket, installing switches. I took the neutral line off the pole, had it dropped down out of the way while I put the switches up.”

He described the under arm switch as having a blade that hangs down about 14 inches.



Norman Condit has served as a lineman and line operations superintendent in Stephens County for the past 40 years. Organizers of the Velma Old Settlers Picnic named him the 2014 recipient of the Living Legend award in recognition of years of support he provided for the annual event.

Condit dropped down to get the neutral to put back on the pole. As he came down, “I took my gloves and my hard hat off. That was the first mistake.

“I thought I was finished with anything dangerous, and that all I was going to do was take the neutral wire up to attach it.”

He raised up to a spot that would keep him clear of the energized line, but had forgotten to account for the blade hanging down below it.

“When I raised the bucket up, I stuck my head into the end of that hot switch and had the neutral in my hand. So 7,200 volts entered the top of my

head and came out my hand.”

Dirt couldn’t help Condit with his injury this time. He bears a skin graft scar about the size of a nickel on his left hand. A much larger indent where charred bone was removed is hidden in a surprising crop of curly hair, the result of seven surgeries to pull his skin together.

The jolt didn’t stop him for long. Condit went back to work the day after Christmas 1978.

As the years passed, Condit began to put some of his efforts into supporting the Velma Old Settlers Picnic. Carrying out the cooperative principle

of Concern for Community, he used his expertise to ensure the power and lights were in good working order at the picnic grounds.

He and his paint horse, Sonny, would participate in the ranch rodeo as part of the TJ Ranch team. By the mid-1980s, Condit was organizing cattle for the rodeo events.

Eventually, he became a formal member of the picnic’s planning committee and served as president for several years during the ’90s. It was a lot of hard work, so it suited Condit well.

After about 10 years on the committee, he stepped aside “to let some of the younger people have the opportunity to serve,” he said.

The Velma Picnic began in 1890, but it wasn’t until the 102nd year that the committee named Slim Whaley its first Living Legend.

Condit described it as “a way to honor people who have contributed a lot, worked hard to keep the Picnic going.”

The list of recipients includes three Elys, four Fosters, former Cotton Electric trustee Ed Ketchum, and now, two Condit. Lynn Condit, Norman’s second cousin, received the honor in 2006.

The Velma Picnic began as a time between harvest and planting when farm families could gather for an annual reunion. The tradition continues, and Condit was surrounded by family when he was handed the Living Legend trophy in August.

“I have a wonderful bunch of girls,” said the father of four daughters. He is grandfather to four, soon to be five.

After 40 years, he still works hard for the co-op and plans to for a while longer.

“I don’t know when I’ll retire,” he said. “I’m going to keep doing my job as long as I love Cotton Electric and Cotton Electric still loves me.”

VOTE
Jay Walker
 ★ **DISTRICT JUDGE** ★

VOTE JAY WALKER
“THE PEOPLE’S CHOICE”

The Most Experienced & Qualified Candidate

With over thirty years of experience as a trial lawyer Jay Walker has a proven track record in criminal law and civil law jury and non-jury trials. He is committed to this community and a dedicated advocate for an independent and non-partisan judiciary. Jay has farmed and ranched in Comanche County since 1986 and has been a Cotton Electric member since 1990. He is familiar with the needs of the rural community and understands the demands upon producers. His experience in the legal field and his commitment to this community surpasses the current political appointee in every area of law and community service.

Article 7, Section 9 of the Oklahoma Constitution states: “District Judges... shall be elected by the voters...” The Oklahoma City politicians and their local financial backers have ignored the plain language of the Constitution and appointed Jay’s opponent 3 days prior to the election filing period in April, 2014. There has not been an elected District Judge in this district in over 20 years. No person who lives south of I-40 or west of I-35 was part of the selection process for Jay’s opponent. Now Oklahoma City lawyers and the local financial backers of the Oklahoma City Politicians are pouring money into the campaign of their newly appointed judge in order to ensure they maintain their influence over the judiciary.

Jay Walker is independent and has refused money from all lawyers and has financed his campaign from loans from local banks. The current political appointee has accepted money from Oklahoma City law firms and local lawyers that appear in front of him and from other individuals that seek influence. How can a judge remain independent when he is appointed by politicians that are controlled by their financial backers? How can a judge remain independent when his campaign is financed by lawyers that appear in his court?

Money and politics should not control our courthouse. A judge should not owe any favors to politicians who get them appointed nor to their campaign contributors. A judge should be fair, impartial and free from influence. Judges should be elected or appointed on merit not upon who they know in Oklahoma City.



VOTE JAY WALKER FOR DISTRICT JUDGE on November 4th. Return the voter’s right to elect our District Judges as provided in the state constitution and remove the influence of money and politics from our judiciary. Politicians have had their choice, now it’s time to hear your voice.

VOTE ‘JAY FOR JUDGE’ - ‘THE PEOPLE’S CHOICE’

Change things up with nutritious chia seeds

Why is a virtually tasteless seed used by the Aztecs now dominating superfood chatter? Chia seeds are high in many nutrients we could use more of and low in nutrients we could use less of. Plus, the chia seed is very versatile.

If you haven't checked out chia seeds yet, read on for some inspiration.

Chia is the seed of a plant called *Salvia hispanica*. It is native to Mexico and parts of South America but is now grown in many other parts of the world.

Chia became popular in the U.S. in the 1980s with Chia Pets, figurines covered in chia seeds that would sprout when watered.

Over the past decade, chia seeds have invaded the food scene, too.

Chia seeds are high in heart-healthy fats such as omega 3s, fiber, phosphorus, and manganese and higher in protein and calcium than other grains. It is a whole grain, and its nutrients can be absorbed by the body without the need to be processed, unlike flax seeds, which must be ground for best nutrient absorption.

While chia is more nutritious than other grains, research to support many of the health claims connected with chia seeds is still evolving. It has been connected with claims of aiding in weight loss, helping with autoimmune disorders, and improving blood pressure, cholesterol, and triglycerides.

It is not a magic bullet, but it is something that improves the quality of your diet.

Chia seeds are easy to add to foods you already



Kim Bandelier, MPH, RD, LD

Food For THOUGHT

make. Cereal, smoothies, yogurt, and baked goods are perfect mediums for adding chia seeds.

There are many commercially available chia seed products such as drinks, pudding-like products, and health bars.

Chia seeds become tapioca-like when water is added, making chia puddings prolific.

They are very popular in vegan and vegetarian diets, and they can be used as an egg-substitute in baked goods but are also a good source of protein.

Given the additional nutrients and unique versatility of chia seeds – they are gluten free! – if you are feeling adventurous, give them a try. I find they are best in a pudding or a drink – at least for your first try.

Chia seeds and chia products are expensive, so if you can't or don't want to spend the extra money on them or your first experience with chia seeds is not an enjoyable one, there are plenty of other foods that, in combination, provide the same nutritional benefits.

Healthy snacks are easy to provide

(Family Features) Another school year is underway and with it comes homework, play dates, team sports and more, which can make the task of feeding your kids healthy snacks a daunting one.

Fortunately, there are several ways parents can make snack time easier and more nutritious. Healthy, convenient and naturally sweet options, such as California raisins, are a great solution for snack time throughout the school year.

"California raisins are an all-natural, dried-by-the-sun fruit parents can feel good about giving their kids," says Larry Blagg, senior vice president of marketing for the California Raisin Marketing Board. "The ingredient list says it all – raisins."

Because they are 100-percent fruit with no added sugar, raisins contain zero empty calories, according to the United States Department of Agriculture (USDA) Food-a-Pedia website. In fact, a

recent study presented at the Canadian Nutrition Society, found that children who eat raisins as an after-school snack may prevent excessive calorie intake and may increase satiety (or feeling full) when compared to other common snacks.

For naturally sweet and satisfying ways to avoid falling into a snacking rut, follow these simple tips:

1.) Don't leave snacking to chance. Avoid unhealthy snacks by preparing nutritious options ahead of time. Try a no-fuss option like a hearty trail or snack mix and add California raisins for sweetness without the sugar.

2.) Make grab-and-go snacks. Make snacks that are portable. On busy days, having go-to snacks that travel well in backpacks, lunch boxes, your purse or car will save time and satisfy hungry tummies.

3.) Involve the kids. Create healthy habits by involving kids

in snack preparation. When kids are engaged in creating their own snacks, parents can make valuable connections between food choices and nutrition. Choose fun and simple recipes kids can make on their own or with little help.

4.) Don't forget the fun. Remind kids that snacking healthy can be creative and fun. Introduce them to the rainbow of colors, shapes, and tastes included in a healthy diet.

5.) Remind kids: healthy is tasty. It really is possible to make healthy snacks kids won't trade at recess. Prepare wholesome snacks, like this chewy and delicious Honey Nut Raisin Snack Mix, made with naturally sweet California raisins.

For more information about California raisins and more great recipes, please visit www.loveyourraisins.com, and sign up for a California Raisins snack pack on the California raisins Facebook page.

Honey Nut Raisin Snack Mix

- Prep time: 10 minutes
- Cook time: 5 minutes
- Cool time: 30 minutes
- Servings: 6 cups
- 2 tablespoons butter
- 1/2 cup honey
- 2 tablespoons almond butter
- 1/2 teaspoon cinnamon
- 1 1/2 cups brown crispy rice cereal
- 1 cup sliced almonds
- 1 cup rolled gluten-free oats
- 2 cups California raisins
- 1/2 cup California golden raisins



Line large baking sheet with parchment paper. Melt butter in large pot over medium heat. Add honey, almond butter and cinnamon and bring to full boil. Let boil for 5 minutes, stirring frequently. Remove from heat and stir in cereal, almonds and oats. Spread 1-inch thick on baking sheet then separate into 1-inch clusters. Let cool completely, then

sprinkle in raisins. Store in an airtight container.

Note: For crunchy clusters, spread cooked mixture 1-inch thick on a prepared baking sheet. Bake at 350°F for 5-7 minutes or until lightly browned. Stir to form clusters and let cool completely. Sprinkle in raisins.

Ochsner Dozer-Trackhoe Service
 Pond, Terraces, Tree Clearing, Building Pads, NRCS Work, etc.
 For estimate on your job call Jeff
580-704-2226

Home Grown Trees
Balled & Burlapped
DON'T MISS THIS DEAL!
 5 Trees for the Price of 4!
 •Red Oak •Bald Cypress
 •Lace Bark •Silver Maple
 •Elm •Golden Rain
 •Pine •Crape Myrtle
 •Sweet Gum •Bradford Pear
 •Chinese Pistache
 580-656-7273 - 580-656-7383
 2116 N 5th, Duncan, OK

HORN SANITATION, INC.
 •Front & Rear Load Dumpsters •
 •Rural & Commercial Trash Routes •
 Serving Lawton & Surrounding Areas
 Please Call for Pricing And Availability.
218 SE H AVE • LAWTON, OK • 580-248-2424

Thornton Supply
 Waterwell Systems, Oilfield Compressors, Injection Pumps, & Accessories!!!

- Gasco
- Kerr
- Wheatley
- FMC
- Curtis
- Aeroquip Hydraulics
- Anvil Pipe Fittings
- Weld Bend Fittings & Flanges
- Petroleum Tank Truck Hose
- Mateco & Apollo Valves
- Quincy
- Garden Denver
- Jacuzzi
- Zoeller
- Gates Belts

CARQUEST AUTO PARTS COME BY & SEE US AT **CARQUEST AUTO PARTS**
202 EA. MAIN DUNCAN, OK 580-252-5866

SMITH CATTLE CO., INC.
 - BONDED CATTLE BUYERS -
 CATTLE BOUGHT, SOLD, AND CONTRACTED
Fresh Native Cattle
 Bought to your specification, Guaranteed to your satisfaction.
If it involves Stocker and Feeder cattle, we do it.
 Office **492-6161**
 Mobile **585-0350**

COOP
Time for Preplanting
Contact Walters Co-op
 for all of your fertilizer needs!

Walters Co-op Elevator Association
580-875-3345
We Appreciate Your Business

A Touch of Bliss
 Hand Painted Furniture, Home Decor, Jewelry and MORE...
LOTS, LOTS, LOTS
 Lots of NEW items from Market!
 Lots of changes going on at the store, come by and see us!
 "Like" Us On Facebook To Keep Up With All Our New Items Coming In Every Week!
 Ashlie Magby
 Massage Therapy
 580-641-2275
 Thursday, Friday, & Saturday 10 a.m. - 6 p.m.
 213 W. Main, Marlow, OK 580-658-9026

BACK TO School BACK TO Savings

Donate school supplies for SRTC to pass along to needy children in area schools, and in return you'll receive savings on the installation of Telephone, Internet or SRTC Television service. Bring your donation of school supplies (or a backpack) to any SRTC location and place your order for Telephone, Internet or TV service and we'll waive the standard installation charge for your new or additional service. Plus, you can enter your school district in a drawing for an additional \$100 in school supplies to be donated at the end of the month of September. It's a win-win offer. You get great communication and entertainment services, and the kids in area schools benefit from the donated school supplies.

Examples of needed supplies -

- Notebooks
- Glue
- Folders
- Packages of facial tissues
- Packages of crayons
- Hand sanitizer
- Packages of pencils

SANTA ROSA Cooperative

VERNON OFFICE 7110 US Hwy 287 E Vernon, TX 76384 (940) 886-2217 (888) 886-2217	HASKELL OFFICE 113 N Ave. D Haskell, TX 79521 (940) 863-1125 (888) 863-1125	SEYMOUR OFFICE 310 W California Seymour, TX 76380 (940) 889-1125 (877) 889-1125
---	--	--

ask@srcaccess.net
 Offer available September 1 - 30, 2014. Some restrictions may apply. Up to three connections waived. After three connections, \$20 each. Services where available.

Simple savory meals boast flavor, texture

(Family Features) Think a grilled crust is only meant for steak? Think again. Whether it's with peppercorn, blue cheese or Parmesan, adding crust to juicy, versatile pork chops builds texture, perfectly complements their mild flavor and delivers a mouthwatering result the entire family will love.

For your next backyard barbecue get-together or a quick and simple weeknight dinner, explore a new flavor pairing with Parmesan-Crusted New York Pork Chops. The savory coating adds a slight crunch to tender, juicy pork and unbeatable taste. Plus, preparing them is so easy:

- First, look for new chop names at the meat case. The center cut chops are now called New York Pork Chops.

- Make sure to select pork chops that are dark pink with a small amount of fat trim. Pork that is pale pink and showing a lot of moisture in the package will not provide the best tasting product. Avoid packages with tears, holes or leaks.

- Once you're ready to cook, brush the pork chops with oil, season with salt and pepper and place them on the pre-heated grill. Then, sprinkle on a mixture of panko bread crumbs and Parmesan cheese about halfway through cook-



Parmesan-Crusted New York Pork Chops

Parmesan-Crusted New York Pork Chops

Servings: 4
 Prep time: 5 minutes
 Cook time: 10 minutes
 4 boneless New York (top loin) pork chops, about 1-inch thick
 1 tablespoon olive oil
 1 1/2 teaspoons coarse salt
 1 teaspoon freshly ground black pepper
 1/3 cup panko bread crumbs, (Japanese-style bread crumbs)
 1/3 cup freshly grated Parmesan cheese
 Brush pork with oil. Season with

salt and pepper. Let stand for 15 to 30 minutes. In small bowl, mix panko and Parmesan together.

Prepare medium-hot fire in grill. Place chops on grill and close lid. Grill over direct heat for four minutes. Turn chops and sprinkle panko mixture over tops. Close lid and continue grilling for 4-5 minutes more, or until topping is lightly browned and internal temperature of pork on meat thermometer measures between 145°F (medium rare) and 160°F degrees F (medium). Remove from grill and let rest for three minutes.

ing and after you turn them over.

- Remember, for juicy, tender results, grill your pork chops like a steak — between medium rare (145°F) and medium (160°F), followed by a three-minute rest.

Serve these pork chops with your favorite sides,

such as bow-tie pasta tossed with green peas and butter. Add a finishing touch of chopped fresh basil, parsley or chives for extra flavor.

Looking for more deli-

cious recipes to grill this summer?

Visit www.PorkBeinspired.com, www.Facebook.com/PorkBeinspired and www.Pinterest.com/PorkBeinspired for endless inspiration.

CORNISH PAINTING & CONSTRUCTION INC.
 Insured & Bonded
 Serving Lawton Since 1980
 Commercial • Industrial
 Interior & Exterior
 • Drywall Finish
 • Spray Painting
 • Construction Management
 6209 W Gore Blvd, Lawton
 580-536-0575

Is Your Trailer Road Safe?

Hitches

- Gooseneck
- 5th Wheel
- Receivers
- RV Couplers
- Brake Controls
- Airbags for a smooth ride

Repairs • Brakes
Wiring, Lights • Inspections
Accessories

M&M Trailer Service, LLC
 Marlow, OK

Wood & Resistall® Flooring

2 Miles W. of Hwy 7 & 81, 1/2 mile N.
580-658-6510

Great Selection of trailer parts & pickup accessories

SPARKS CONSTRUCTION
DOZERS - TRACKHOES
WHEEL LOADERS - DUMP TRUCKS

GRADING EXCAVATION

Has The Drought Taken Its Toll On Your Stock Pond Water? Call For Your Estimate! To Clean Out Or Enlarge Your Ponds!

Ricky Sparks
 580-658-6442
 OR
 580-450-3673

USDA
Geronimo Village
 Apartment Homes
 TDD 1-800-833-7741
 202 Chippewa - Geronimo, OK
(580) 351-1365
 1 or 2 Bedroom Apartments with carpet & mini blinds, central heat & air, laundry facility, washer/dryer hookups & ceiling fans. Playground on site. Rental Assistance Available to Qualified Applicants. This institution is an equal opportunity provider & employer.

Keep **Rhonda Brantley** as your Comanche County Treasurer!

Elect Your Comanche County Treasurer Rhonda Brantley Experience Counts!

Experience Counts!

- ✓ Appointed Comanche County Treasurer May 1, 2014
- ✓ 26 years experience in the Comanche County Treasurer's Office learning and performing all office duties
- ✓ First Deputy to the Comanche County Treasurer for the past 7 years
- ✓ Trained under 6 Treasurers
- ✓ Earned Certification under the Oklahoma State County Training Program
- ✓ Knowledge of the Oklahoma State Statutes that the Treasurer's Office must uphold

FLINN FURNITURE COMPANY
QUALITY FLOORING
 Hardwood, Carpet, Ceramic, Laminate, Vinyl
 EST. 1969

Shaw FLOORS
 MOHAWK
 Bliss
 Emser Tile
 Karndean Designflooring
 Adura MANNINGTON
 CROSSVILLE

925 S Broadway, Marlow, OK 580-658-3459
 Mon - Fri 8:30-6:00 Sat 9:00-5:00

\$100 OFF * Any Job Over \$1000
 *With coupon. Certain exclusions apply. See store for details. Exp. 12/31/2014

FLINN FURNITURE
 EST. 1969
 925 S Broadway, Marlow, Oklahoma

Name Brand Furniture, Quality Mattresses, Home Theater Equipment
Free Delivery Within 30 miles!
 "Like" Us On Facebook
 580-658-3459
 Mon-Fri 8:30-6:00
 Sat 9:00-5:00

LA Z BOY
ASHLEY FURNITURE INDUSTRIES, INC.
BEST CHAIRS INC. our name says it all

When it comes to having plenty of choices, La-Z-Boy's got you covered. No matter what style of furniture you select, your piece can be upholstered in an unending choice that ranges from fabrics in all colors, textures and patterns to supple leather.