

The Current

A Publication of Cotton Electric Cooperative Inc.

A Touchstone Energy® Cooperative

"The Current - Informing Our Members Since 1957"

VOLUME 60

September 12, 2016

NUMBER 2



Come on out!

78th Annual Meeting is in Lawton's Great Plains Coliseum

By Karen Kaley

Pull out your calendars, Cotton Electric members, and put a big red circle around Sept. 29. That's the day for the 2016 Annual Membership Meeting.

On that Thursday, come to the Great Plains Coliseum at 920 SW Sheridan Road in Lawton. Starting at 5:30 p.m., members can turn in registration slips – the top right corner of this page.

Next, we'll treat you to a barbecue dinner and all the fixin's, cooked up by Adventures in Catering of Mustang.

There will be time to stroll around the venue and visit many points of interest. Cotton Electric employees will have booths set up for members to gather information about our right-of-way program, home energy audits and how to report a power outage. We'll have a place to register to vote and get Co-ops Vote stickers. Co-op Connections partners will be on hand, too.

All Cotton Electric employees will be present, so be

sure to take advantage of this opportunity to put a face with a voice on the telephone, to voice a concern or learn more about what the co-op does for its members. The co-op's board of trustees, composed of members representing nine districts, will be on hand as well.

Cotton Electric's Annual Meeting is also a great chance to take a ride up in the bucket of a utility truck.

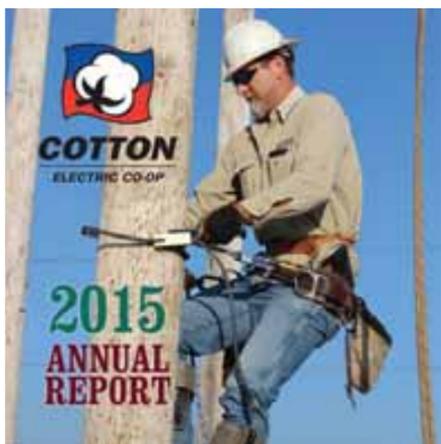
A children's area will feature kids' goodies, bounce houses and face painting. Kids can also fill out registration forms for prize drawings at the end of the evening.

There will be adult goodies, too. Each registered member will get a gift ticket to exchange for one gift bag containing a limited edition cap and other surprises.

The business meeting required by the co-op's bylaws begins at 7 p.m. on the dot. Board President Ronnie Bohot will call the meeting to order and other board members will present reports. Jennifer Meason will address the membership for the first time as CEO.

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

Food, fun and prizes. What a great way to spend the evening. We hope to see you there!



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.



Official Registration Card

2016 Annual Meeting

of Cotton Electric Cooperative, Inc.

Sept. 29 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.



Each light bulb represents 100 kWh, illustrating the 492 kWh of electricity consumed by the average Cotton Electric member in 1940. Cost was \$0.07645 per kWh. See the same representation applied to 2015 consumption and cost on Page 2.



Electricity remains a good value over time

By Karen Kaley

As we all know, the price of everything seems to keep going up. If we are of a certain age, our memory of what something cost decades ago compared to today's cost can seem distressing. This notion seems to apply to everything ... with electricity being a notable exception.

Let's start with apples, as an example. During the 1960s, the fruit was sold for about 16 cents per pound. According to the U.S. Department of Labor, the average price of a pound of apples in July 2016 was about \$1.46 cents. That's an increase of more than 800 percent!

When thinking about the change in cost of things over time, it is important to remember that income

has changed, too. Both prices and wages have risen, though many feel one does not keep pace with the other.

Let's take it a little further back, to when Cotton Electric was just getting started. The co-op was incorporated in 1938, but figures from 1940 are more readily available.

In 1940, the minimum wage was 30 cents per hour and the average annual household income of \$1,225 often came from a single earner. The price of apples was 25 cents for two pounds.

Today's minimum wage is \$7.25. In many homes, there are two wage-earners. Apples cost more than they did in 1940, but they are affordable, priced correctly for 2016.

Fuel costs over time are more difficult to plot. The cost of any type of fuel swings very high and very low for many, many reasons. The changes in fuel cost can have an effect on the cost of generating electricity. However, the cost to the Cotton Electric member remains low.

Members are charged for kilowatt-hour (kWh) use. In 1940, the average member used 492 kWh that year. Electricity was used to power a few light bulbs, maybe a radio, an ice box and a water pump.

A total of \$25,956 was billed that year. Spread out among the 690 Cotton Electric members of record, the cost works out to \$0.07645 per kWh.

See Consumption, Page 2

Power Cost Adjustment Calculated

The power cost adjustment now being applied to bills mailed after Sept. 1, 2016, is (\$0.01161) per kWh.

On a member's average bill of 1500 kilowatt hours (kWh), this will amount to a credit of \$17.42 on the September bill.

August 2016 Temperature Extremes

Day	High	Low	Avg.	Day	High	Low	Avg.
1	104	76	90	16	96	61	79
2	104	68	86	17	95	64	80
3	107	71	89	18	88	70	79
4	104	76	90	19	87	65	76
5	103	81	92	20	86	66	76
6	102	74	88	21	89	61	75
7	105	73	89	22	90	58	74
8	96	76	86	23	94	75	85
9	91	74	83	24	96	72	84
10	102	77	90	25	96	69	83
11	105	75	90	26	94	70	82
12	97	75	86	27	95	70	83
13	96	74	85	28	93	69	81
14	94	70	82	29	95	69	82
15	95	70	83	30	95	71	83
				31	95	73	84

Source: srb.noaa.gov/oun/

Average Daily High: 96 Average Daily Low: 70

Did You Know?

Is your name on our list?

Cotton Electric recently mailed out thousands of G&T Capital Credit checks to the last known address of active and inactive members. More than 2,000 were returned. A list is on Pages 14 and 15.

The next issue of The Current should arrive in mailboxes Oct. 11, 2016.

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.

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More news at cottonelectric.com

CLIP OUT AND BRING TO ANNUAL MEETING

BE SURE TO LEAVE NAME LABEL ATTACHED

From the CEO

Hope to see you at Annual Meeting

Fall, my favorite season, is just around the corner. Each year, I anxiously look forward to cool autumn temperatures, turning leaves and the opening kickoff of football season.

Fall also marks an important time of year for Cotton Electric as we gear up for the Annual Meeting.

Employees have been planning for months, working hard to make the meeting a success. We're just missing one last thing – you!

I would like to personally invite you to join us for the 78th annual meeting of Cotton Electric Cooperative on Thurs., Sept. 29, at the Great Plains Coliseum in Lawton.

This event is a great chance to visit with family and friends while also learning about



Jennifer Meason, CEO

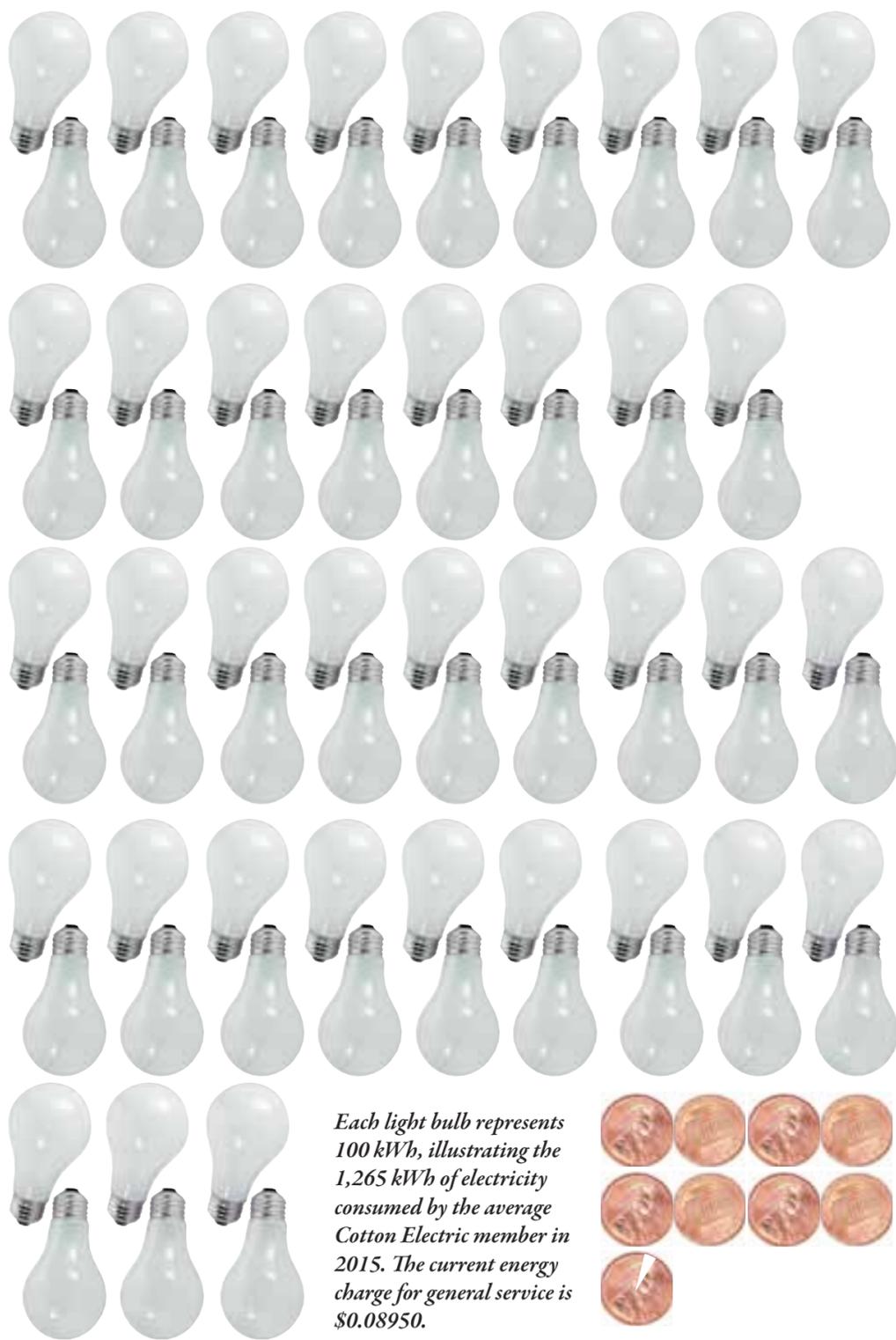
programs offered by Cotton Electric. Plus, all cooperative employees and board of trustees are on hand to answer your questions and give you the opportunity to get to know your co-op staff.

Our annual meeting makes it possible for us to gather feedback from you by providing a forum where you can let us know how we can better serve you and your family. We will have educational booths providing information about energy efficiency

and our right-of-way program. This year, we are adding an area where members can discuss service quality issues with our operations staff. Our member services team will also be on hand to answer your billing questions or help you download the SmartHub app on your mobile device.

I hope you'll accept our invitation and attend your annual meeting later this month. It will be an evening of good food, fellowship and democracy in action. Plus, you'll have the chance to win some fantastic prizes. It's a great way to spend a beautiful Oklahoma fall evening.

We look forward to seeing you.



Consumption rises, cost stays stable

Continued from Page One

Now let's look at today. The energy charge for general service is \$0.08950 in 2016. That's an increase of \$0.01305, or just over a penny per kWh.

The kWh cost has increased by 17 percent since 1940.

While the cost of electricity has remained somewhat stable over time, many other factors have changed. What has really changed is the demand for electricity.

Cotton Electric's service territory has expanded and power is delivered to more than 18,000 farms and homes. Those homes have multiple light bulbs in every room, some have TVs in every room, too. If the house doesn't have central air conditioning, it has window units. There are computers and video games consuming energy, while cell phones charge and almost no one hangs clothes out on a line anymore.

As the number of appliances and devices in homes has increased, so has energy consumption. Average use in 1940 was 41 kWh per month and it jumped to 185 in 20 years. Consump-

tion went over 1,000 kWh per month in the mid-1970s. At the end of 2015, average use was 1,265 kWh per month.

Energy consumption has increased by nearly 3,000 percent!

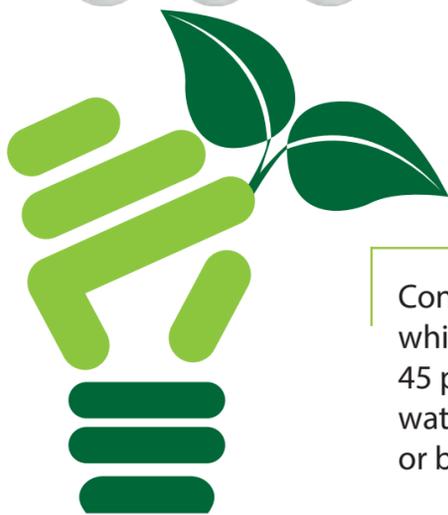
So many numbers. So much math. Enough to make a writer's head hurt.

The simple message is this: Electricity has remained a good value over time. The key to lowering a power bill is to control how much electricity is consumed.

As your electric cooperative, our focus is on keeping your electricity affordable and on helping you manage your electric use. Toward that end, we offer free home energy audits and tips such as adjusting your thermostat, unplugging appliances not in use and turning off lights and fans when you leave a room.

Those suggestions are easy ways to really make a difference on your power bill.

Sources: 1940s.org, ThePeopleHistory.com, Cotton Electric annual reports



Energy Efficiency Tip of the Month

Consider insulating your water heater tank, which could reduce standby heat losses by 25 to 45 percent and save you about 4 to 9 percent in water heating costs. You can find pre-cut jackets or blankets available from around \$20.

Source: energy.gov

The Current

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This institution is an equal opportunity provider & employer.

July 2016 Operating Stats

	2016	2015
Total Amount Billed/Accrued	\$6,120,576	\$6,219,273
Cost of Purchased Power	4,014,453	4,071,661
Taxes	115,064	124,608
Total Operating Expense Per Mile	1,100	1,091
Average Farm and Residential Bill	183	178
Average Farm and Residential kWh	1,687	1,524
Total Meters Billed (farm, residential)	18,313	18,253
Miles Energized	5,159	5,150
Density Per Mile	3.55	3.54
New Service Connects YTD	126	194
Services Retired	58	107



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.

Community Spotlight

If you would like your community event listed in the October issue, please submit information by Sept. 29 by calling 580-875-4259 or send an email to info@cottonelectric.com.

DLT presents melodrama opener

Duncan Little Theatre opens the 2016-17 season with "Someone Save My Baby Ruth or ... Foil That Villain," a melodrama that focuses on a small candy shop and a man who wants to destroy the business so he can purchase it. The play constantly breaks the fourth wall and invites audience participations.

Performances are 7:30 p.m. Sept. 16 and 17 at the Marlow Opera House. Tickets can be purchased only at the door.

Central High plans spaghetti dinner

In a first-time joint effort between the school and town of Central High, the Stephens County community is building a park and ¼-mile walking track to promote healthy living. In an effort to add more amenities to Broncho Trail Walking Park, a spaghetti dinner fundraiser is planned for 5 to 8 p.m. Sept. 23, the evening Central High meets Carnegie on the football field.

Using a spaghetti recipe borrowed from Immaculate Conception Church in Marlow, the meal will include salad, bread, homemade dessert and drinks. It will be served in the Central High Community Building or the meals can be taken out.

Donations will help with the construction of a gazebo and basketball court. The community is also looking for donors to sponsor benches.

For information about the project or the fundraiser, call Julie McKinney at 580-641-2974.

Bethel VFD serving hamburgers

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. 24 at Bethel United Methodist Church, 19503 SE Lee Blvd., Lawton.

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.

International Festival is Sept. 23-25

Elmer Thomas Park is the site of the annual International Festival to be held Sept. 23-25. There is no admission or parking fee for this family-oriented extravaganza of fun, food, children's games and activities, demonstration artists and multicultural entertainment.

Three days of concerts and entertainment kick off with a Parade of Nations beginning at 5:45 p.m. Friday, followed by 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.

Walters Car Cruz rumbles on Oct. 1

"Rockabilly Rumble" is the theme of the 2016 Walters Car Cruz set for Oct. 1. Registration begins at 8 a.m. for this annual event sponsored by the Walters Chamber of Commerce.

The car show features 27 classes, with first- and second-place trophies for each class. Best of Show wins cash and a trophy. The motorcycle show will have the same type of awards. All entrants will be eligible for cash drawings.

The day will feature a poker run for anything with wheels, a car cruise until midnight and a burnout contest. Other activities include contests involving the Twist and bubble gum blowing, guitar design, frozen T-shirts and a carhop relay. There will be a rock wall, live entertainment, a children's area and vendors offering a wide variety of foods.

For information, call 580-695-1350 or find Walters Car Cruz on Facebook.

Masons holding fish fry fundraiser

A fish fry fundraiser is set for 4 to 7 p.m. Oct. 1 in the Chattanooga School cafeteria. Proceeds will support the Chattanooga and Grandfield Masonic Scholarship fund and Prevent Blindness program.

The event will include a drawing for a fishing trip.

For information, call Lee West at 580-351-8585.

SOS activities set for Oct. 2

Spirit of Survival 2016 is set for Oct. 2 in Elmer Thomas Park. The quarter- and half-marathons leave the starting line at 7:30 a.m. A 5K run takes off 15 minutes later. Wheelchair racers will start five minutes before runners.

The event continues with a kids' marathon of young walkers and runners who have already logged 25 miles embarking on the final 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 2:45 p.m.

Registration fees and availability of race shirts are more favorable for early registrants.

For information and to register, visit spiritofsurvival.com.

LCT presents 'Spamalot'

Lawton Community Theatre opens its 65th season with "Monty Python's Spamalot." Lovingly ripped off from the classic film comedy, "Monty Python and the Holy Grail," "Spamalot" retells the legend of King Arthur and his Knights of the Round Tale, and features a bevy of beautiful show girls, not to mention cows, killer rabbits and French people. Did we mention the bevy of beautiful show girls?

Performances are set for Sept. 30 through Oct. 9 at John Denney Playhouse, 1316 NW Bell Avenue in Lawton. All performances are at 8 p.m. except on Sundays, which are at 2 p.m.

For information, visit LCT-OK.org.

Magic Lantern offers classic films

Magic Lantern Film Society of Cameron University screens DVD presentations of classic films each month in the CETES Conference Center, Room B. Most screenings begin at 7:30 p.m.

The Oct. 14 offering will be "Silence of the Lambs." Jodie Foster portrays an FBI cadet seeking the aid of an imprisoned killer to help catch another serial killer. Anthony Hopkins and Scott Glenn also star in this 1991 psychological thriller directed by Jonathan Demme.

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.

Comanche fair is Sept. 30-Oct. 2

Set against the picturesque backdrop of the Wichita Mountains, the 24th annual Comanche Nation Fair will be Sept. 30-Oct. 2 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, call 580-492-3384 or visit ComancheNation.com.

Horse club plans fall fun ride

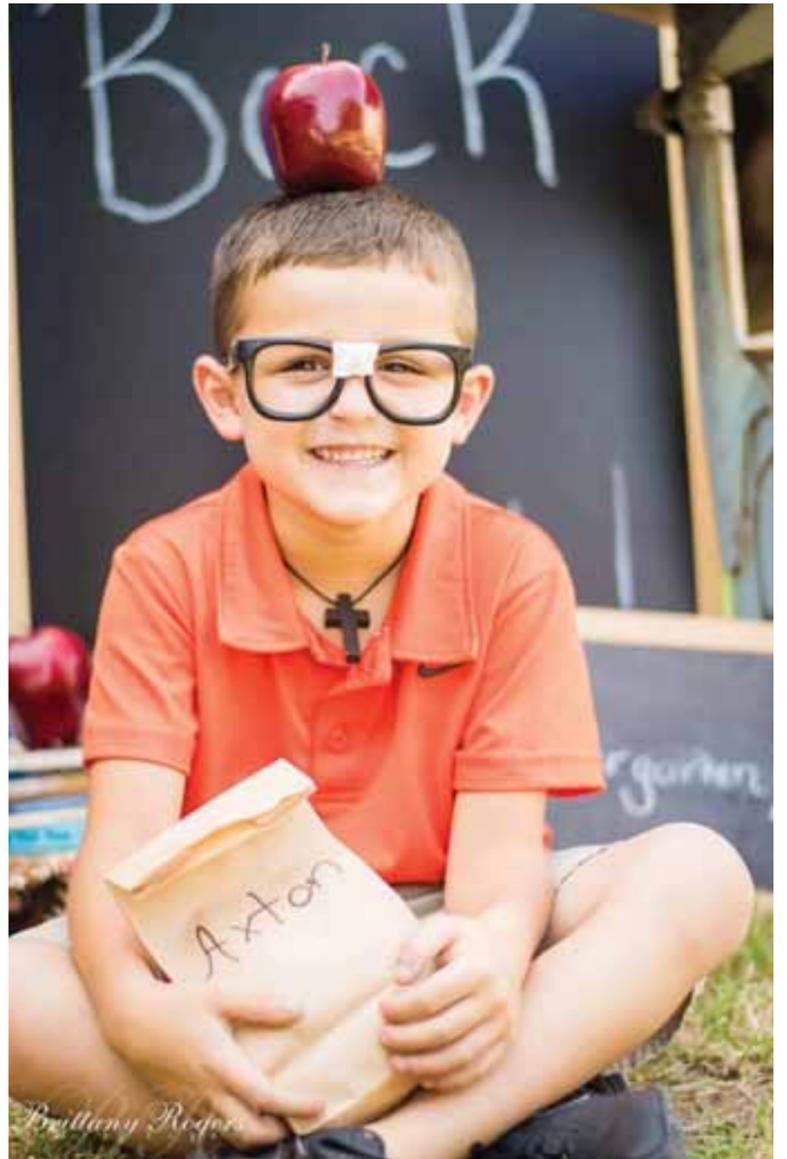
Duncan Lake Horse Club is planning a Just For Fun Fall Trail Ride on Oct. 8. The ride will leave the lake pavilion at 10:30 a.m.

There will be no charge for the ride. Participants should take a sack lunch. The club will furnish the evening meal, which will be served at 4:30 p.m.

Negative Coggins required. The \$2 trail fee should be paid to the City of Duncan. For information about the ride, call 580-475-7190.

More Community Spotlight on Page 4

PHOTO OF THE MONTH



SCHOOL DAYS is the theme of this photo of Axton Ramirez, 6, taken by Brittany Rogers of In His Image Photography. Axton is the son of Haley Woods and Dito Ramirez.

Enter your "best shot" in our Photo of the Month contest. Theme for October is VOTE! We want to see "I Voted" lapel stickers or snapshots of people holding the "I'm a Co-op Voter because ..." sign. You can find examples and one to cut out on Page 10 or send an email to the address below for a PDF.

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.

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
A Touchstone Energy® Cooperative

TOGETHERWESAVE.COM

Community Spotlight

Auditions begin for LCT musical

Auditions for Lawton Community Theatre's second production of the 2016-17 season, "A Christmas Story, the Musical," will be at 7 p.m. Oct. 3 and 4 at John Denney Playhouse, 1316 NW Bell Avenue.

Auditioners should arrive early to fill out forms. Musical auditions require a prepared song. Accompaniment is also required and will be provided. Dress appropriately for dancing.

"A Christmas Story" follows a 9-year-old's quest for a BB gun. Rebuffed at every turn, he plots numerous schemes to achieve his desperate desire.

Performances are set for Dec. 2-11.

For information, visit LCT-OK.org.

Bark in Park returns on Oct. 22

For the 11th year, 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. Oct. 22. 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 onsite 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.

Prairie Circuit finals in Duncan

Top cowboys and cowgirls from Oklahoma, Kansas and Nebraska will ride into Duncan Oct. 20-22 to compete in the Prairie Circuit Finals Rodeo. Performances begin at 7:30 p.m. each night in the Stephens County fairgrounds arena. Steer roping will be Oct. 20 only.

Prairie Circuit winners in bareback riding, saddle bronc riding, barrel racing, steer wrestling, team roping, tie-down roping and bull riding will compete for cash prizes and a spot in the Ram National Circuit Finals Rodeo. Tickets for all performances are available at Crutcher's Western Wear in Lawton and Duncan or at the door.

CTAC presents Dressed to Kill

CTAC Live concert series continues the 2016-17 season with Dressed to Kill (DTK), one of the nation's premier KISS tribute bands.

Entering its second decade as a KISS tribute band, DTK brings the big show to the local stage for an intimate KISS experience you can't get in an arena. The iconic characters as well as faithful reproduction of the music and show elements will come to life in a blistering, classic

KISS-style rock 'n' roll performance.

Performance is set for 7:30 p.m. Oct. 28 in the Simmons Center. Tickets are available at the door or through the ChisholmTrailArts.com website.

Booths available at fall craft show

Duncan Arts, Crafts and Hobbies Association is making preparations for a Fall Show on Nov. 4 and 5 at the Stephens County Fair & Expo Center. A variety of crafts will be showcased, demonstrating the talents of the people of Duncan and surrounding areas.

Entrance to the show is free. Visitors should pick up tickets at the big wheel booth to be eligible for drawings.

The group has booth space available and encourages those who have never brought their crafts to the public eye to consider this event. For information, send an email to lammey13@aol.com.

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.

Cecil Gardner's famous homemade Indian tacos are featured at the Indian taco sale 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. Live music is provided by Wichita Sounds Band.

An Evening of Line Dancing is on the schedule every fourth Saturday night. The fun begins at 7:10 p.m.

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.

Honor Guard serves area veterans

Seeing a need in the area, several military veterans formed an honor guard in 2007 to provide services at funerals for all military veterans. The guard is made up of veterans from all branches of the armed forces and three veterans' organizations.

The uniformed guard furnishes a 21-gun salute, plays taps and folds a flag for presentation to the family. The guard travels anywhere in Stephens, Cotton, Comanche and Jefferson counties, and has made special trips into Grady and Carter counties.

There is no charge for the service, though donations are accepted.

For information about joining the guard or securing its services, call L.D. Williams at 580-439-8244.

Museum unveils 9/11 exhibit

General Tommy Franks Leadership Institute and Museum has opened its newest permanent exhibit, "9/11: Never Forget," at the Stanley building, 301 S. Washington Street in Hobart. A commemoration ceremony marked the grand opening on Sept. 11, the 15th anniversary of the 2001 World Trade Center attack.

"Never Forget" showcases a 14-foot-long, 3,000-lb. steel I-beam from the World Trade Center, one of the few remaining pieces to be released from The Port Authority of New York and New Jersey. The interior I-beam was part of the flooring system of the World Trade Center, and was damaged by the crushing force of the collapse. Areas are also dedicated to the Pentagon and Flight 93.

In addition to the I-beam, visitors will experience a variety of interactive and vi-

sual features as well as artifacts from the attack. The exhibit is designed to place visitors into the day in New York City and give them an opportunity to pay homage to the nearly 3,000 men, women and children from 93 nations who perished that day.

The General Tommy Franks Leadership Institute and Museum was created as a historical foundation dedicated to telling the story of the United States military and education. Its mission is to advance the understanding of historical events, encourage leadership development and inspire enlightened decision-making by providing a forum for critical thinking through scholarly research, exhibits and public programs.

For information, call the museum at 580-726-5900 or visit TommyFranks-Museum.org.



Teach children early about safe practices around electricity.

Electrical safety important for kids

By Meghaan Evans

We all know electricity plays a major role in our everyday lives, and it is a powerful resource that should be respected. Unfortunately, our children often do not understand the dangers of electricity. At Cotton Electric, we encourage you to share electrical safety tips and lessons with your little ones as often as possible. We also understand their attention spans run short, so here are a few creative ways to get them involved.

Depending on the age of your child, consider designating an "electronics deputy." The deputy should be responsible for pointing out electronics in your home that are not in use and keeping appliances safe from liquids. Reward your deputy for pointing out overloaded outlets or other potentially dangerous situations.

Emphasize the importance of fire prevention with your children, and create a family fire drill plan as an extra precaution. Incentivize your children by rewarding those who followed the plan and made it safely out of the home.

While it is fun and engaging to turn safety into a game, it is important to ensure your children understand the risks they are facing if they do not practice electrical safety.

One of the most important safety tips you can give your kids is to avoid any downed power lines. In fact, it is best to avoid power lines, transformers and substations in general.

A downed power line can still be energized, and it can also energize other objects, including fences and trees. Make sure your kids understand the potential dangers of coming in contact with a downed power line or low hanging wire. And, if they encounter a downed power line, ask them to tell you or another adult to call Cotton Electric.

Here are a few other safety tips you can share with your kids:

- Never put metal objects in outlets or appliances.
- Do not overcrowd electrical outlets.
- Never mix water and electricity.

No matter how you choose to get your kids interested in staying safe around electricity, Cotton Electric is here to help. To learn more about electrical safety, visit CottonElectric.com.

Meghaan Evans writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association, the Arlington, Va.-based service arm of the nation's 900-plus consumer-owned, not-for-profit electric cooperatives.

5th Annual
**Chisholm Trail
 Ram
 Prairie Circuit
 Finals Rodeo**
 Dinner and Auction Fundraiser



with Special Guest
**MIKE
 BREEZE**
 Stage Comedy Hypnotist
 from Duncan, OK

When: September 24, 2016
Time: 7:00 PM
Where: Simmons Center
 Chisholm Trail Hall
 800 Chisholm Trail Parkway

**Cost per person: \$25.00
 or Table of 8 \$150.00**

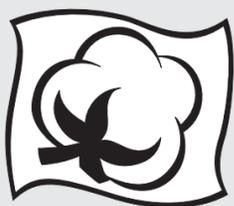
*Portion of the proceeds benefit the Stephens
 County Youth Shelter*

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



BARKER'S
 Trailer Parts
 Cache, OK
 580-429-3822
 Jimmy Barker, Owner

RE/MAX Each office independently owned & operated
 OF DUNCAN 1941 W. Elk, Duncan, OK 73533
 580-252-7800
SHORTY BROWN / SALES ASSOCIATE
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 CMA's upon request.
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 Real Estate Auctions
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Departmental Spotlight
Information Technology



Greg McComber, left, and Cody Pennington comprise the Information Technology department at Cotton Electric, which falls under the responsibility of Jeff Simpson, vice president of finance and accounting.

Tiny department, big jobs

McComber, Pennington keep the information flowing

By Karen Kaley

Information technology, commonly known as IT, is a two-person department at Cotton Electric Cooperative. The scope of responsibilities assigned to Supervisor Greg McComber and Grid Communications Specialist Cody Pennington means they never have to look for something to do. Usually, the tasks find them.

In other words, they get the call when some gizmo isn't doing what it should.

"We deal with everything technical," McComber said, "and some things non-technical."

Pennington puts it another way: "If it's a device, if it has software, we service it, for employees or for members."

This can mean devices for sound, video, computing and printing. They work with meter readings and billing software. They monitor security as it pertains to computer software and building doors.

And, in that weird way some jobs ab-

sorb unrelated tasks, Pennington orders pens, receipt paper, sticky notes and other supplies needed to run a business office. McComber has become the unofficial expert on the huge backup generator that serves the co-op headquarters in Walters.

McComber and Pennington's offices flank a room filled with banks of blinking servers. Their desks are surrounded by typical IT accumulations: shelves of retired computers and monitors, boxes of cords good for connectivity or powering up, tools for stripping wire or for measuring voltage. The computers they work from have multiple screens for multiple tasks.

The nature of their jobs takes them out of the office frequently. Backup servers are in a different location. Metering issues mean trips to substations. Technical support is needed at the office in Duncan, the warehouses in Velma and in Chattanooga and points in between.

Pennington and McComber's jobs boil down to about two things: Problem-solving and project execution. Sometimes the problem-solving is part of the project execution. Sometimes project execution is delayed by unrelated problem-solving.

But, thanks to the perseverance of Cotton's IT department, the business offices have a new phone system in place. Computers are synched to update more efficiently. Employees are more savvy about protecting those computers from dangerous cyber-criminals.

Cooperative members also benefit from the areas of expertise these two bring to the table. Pennington provides support for members with questions about using SmartHub. He works closely with the billing department to ensure accurate meter readings generate accurate power bills.

McComber focuses on security. As the co-op has explored more payment avenues, he has ensured that the payment

kiosk in Duncan and the credit card readers in both offices are well-covered with layers of security.

Projects in the works for the two include fine-tuning the co-op's disaster backup plans and contributing to the planning of a new substation for the best outcome in metering.

The two are also becoming familiar with fiber-optics, a method of communication that will improve service to cooperative members. It will also make for smoother communication between the various offices and warehouses that keep the eight-county co-op running.

Smooth operation is what the IT department is all about.

"We try to keep everything working well, safe, and protected," McComber said.

"We are the employees who are often behind the scenes, making sure everything's running."

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Use 'Open Enrollment' to Improve Financial Outlook

It's Open Enrollment Season, so if you work for a medium- or large-sized company, you will need to make some choices regarding your employee benefits — and these choices can have a big impact on your financial situation.

Depending on your employer, your benefits package may include various types of insurance, plus access to a 401(k) or similar retirement plan. Here are some suggestions for getting the most out of these benefits:

Health insurance – Companies regularly change plans and providers, so the coverage and premiums you had last year may not be the same this year. In any case, look at all aspects of your coverage options – premiums, deductibles, co-pays and total out-of-pocket limits. A lower premium may seem attractive, but you could end up paying even more if the coverage is not as good. So, choose wisely.

Life insurance – You may want to take whatever life insurance your employer offers, but it still might not be enough. To determine how much life insurance you need, consider a variety of factors – your age, income, family size, spouse's income, and so on. If your employer's coverage is insufficient, you may want to supplement it with a separate policy.

Disability insurance – This could be a valuable employee benefit – but, as is the case with life insurance, your employer's disability coverage may not be enough for your needs, especially if you'd like to protect yourself against an illness or injury that could sideline you from work for a long time. Consequently, you might want to consider purchasing your own disability policy.

Apart from reviewing your insurance options, you may want to examine your 401(k) or similar retirement plan. Of

course, your employer may allow you to change your 401(k) throughout the year, but you've got a particularly good opportunity to do so during open enrollment, when you're already looking at all your employee benefits. So look at your contribution level. Are you putting in as much as you can afford? Your 401(k)'s earnings can grow tax deferred, and you typically contribute pre-tax dollars, so the more you put in, the lower your taxable income for the year. (Taxes are due upon withdrawal, and withdrawals made before age 59½ may be subject to a 10% IRS penalty.)

At a minimum, invest enough to earn your employer's matching contribution, if one is offered. And increase your own contributions whenever you get a raise.

As far as your investment choices, you'll want to spread your dollars among the different investments within your 401(k) in a way that reflects your risk tolerance and

time horizon. During the early stages of your career, when you have many years to go until you retire, you can probably afford to invest more heavily in growth-oriented accounts. These will fluctuate more in value, but you have time to potentially overcome the downturns. When you're nearing retirement, you may want to shift some of your assets into more conservative vehicles – but even at this point, you still need some growth opportunities. After all, you may spend two or three decades in retirement, so you'll need to draw on as many resources as possible.

Open enrollment isn't just a time to fill out a bunch of papers. It's also a chance to reconsider – and maybe even upgrade – many areas of your financial outlook.

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

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Plastic recyclers will return to southwest Oklahoma



Follow Cotton Electric's Facebook page for announcements about time, date and place.

By Karen Kaley

September. That time of year when farmers, ranchers and Cotton Electric's right-of-way crew start to think about closing down the growing season and stowing or disposing of items used to enhance it. Time to call in the plastic recyclers.

One of the ways Cotton Electric manages vegetation growth is with selected herbicides applied at regular intervals to stop regrowth of trees. The herbicides are dispensed from single-use 15- and 5-gallon plastic containers. Rather than send the used containers off to a landfill, Cotton found a way to recycle them.

In the fall of 2015, Scott Mosely and his crew paid a visit to the cop's headquarters in Walters. Mosely is the general manager for USAg Recycling, Inc. based in Waller, Texas. It took very little time to grind about 100 containers down to about 300 pounds of dime-sized chunks of plastic. The chunks were repurposed later to become corrugated pipe.

Plans are in the works to have USAg Recycling come to southwest Oklahoma again. As announced earlier in 2016, the service will be available for Cotton's members, too.

"We want to remind farmers and ranchers in the Cotton Electric service area that we will offer this and to think about preparing the plastic containers," said Scott Crew, Cotton's interim contractor coordinator.

Crew said a date for the recycling has not been established yet, "but we think it will be late October or early November."

"When we get a firm date, we'll announce it in The Current, if the timing is right, and definitely on Cotton's Facebook page."

Crew said members interested in bringing plastic containers to Cotton Electric during the designated pickup time can also send their contact information to info@cottonelectric.com or leave a message at 580-875-4253.

Here are some specifics from USAg about the type of containers eligible for recycling:

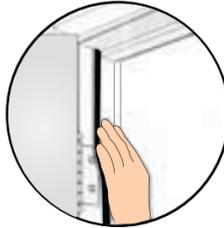
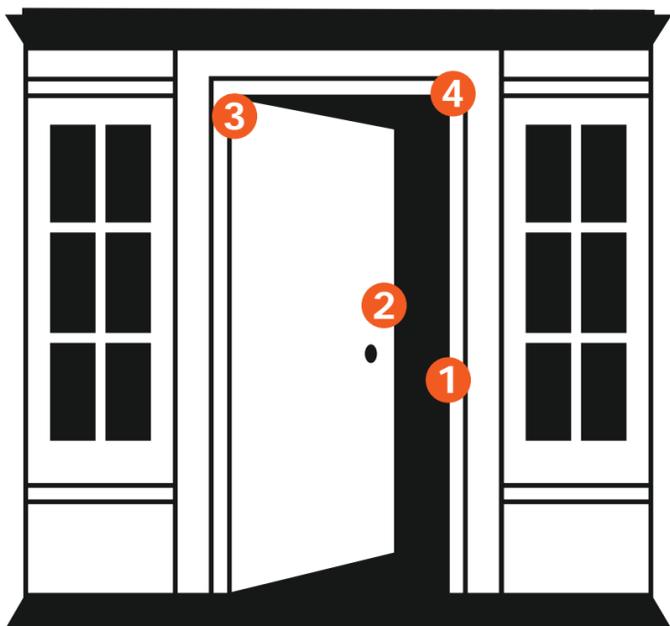
- USAg processes plastic containers used for agriculture purposes ONLY. These are HDPE (high density polyethylene) #2 grade containers that hold crop protection products such as fertilizer, pesticides and herbicides.
- No household plastics such as milk jugs, soap containers or pop bottles are accepted.
- No petroleum containers are accepted.
- All containers must be triple-rinsed and stripped of caps, foil seals and information booklets.
- Containers up to 250-gallon size are eligible. Some larger containers need special preparation. Some are not acceptable.

For information about container eligibility, preparation and rinsing, visit the website, USAgRecycling.com, or call 800-654-3145.

WEATHER STRIPPING DOORS

Capturing Energy Savings by Sealing Air Leaks

Save energy and seal air leaks by weather stripping exterior doors. How do you know if you need to weather strip? If you can see any amount of light between the door frame and the floor, weather stripping should be applied to eliminate energy waste. This DIY energy-saving project is relatively easy and inexpensive depending on the type of materials selected. The most common weather stripping material is self-adhesive foam strips, although rubber, vinyl, metal, or a combination of materials may also be used.



1 CLEANING SURFACES - Clean the door and door jamb to be weather stripped. For best results, weather stripping should be applied to clean, dry surfaces above 20°F.

2 MEASURING DOOR & DOOR JAMBS - To ensure greater accuracy, measure your space twice before cutting the material. It is best to plan for one continuous strip for each side of the door and door jamb.

3 CUTTING FOAM - Cut long pieces of self-adhesive weather stripping material (foam, vinyl, etc.) for each side of the door jamb and door.

4 APPLYING WEATHER STRIPPING - Peel back the self-adhesive foam. Apply one continuous strip of material snugly along each side. Make sure the weather stripping meets tightly at the corners and is pressed firmly onto the door and door jamb. The material should compress tightly between the door and door jamb, without making it difficult to shut.

SOURCE: Department of Energy

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Use the graphic above to tell us why you vote. Email your photo to info@cottonelectric.com to be entered into a photo contest to win a Cotton Electric goodie package.



Danny Marlett sits on the Cotton Electric Charitable Foundation board of directors. He is a Co-op Voter because he had family who fought for his rights.



Scooter Park represents District 65 in the Oklahoma State Legislature. This Co-op Voter says, "Your vote matters," and encourages all co-op members to vote.

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September is National Preparedness Month

Will your family be ready if disaster strikes?

Each September, the Federal Emergency Management Agency (FEMA) sponsors National Preparedness Month to help Americans be prepared for and able to respond to a variety of emergencies—including those Mother Nature brings to our doorsteps. From tornadoes to floods, storms can cause destruction and power outages. It is important to be prepared with needed supplies, a plan, and safety knowledge.

Put together an emergency preparedness kit that contains the essentials, including a first aid kit, flashlights, and batteries as well as enough food, water, and other supplies to last for at least 72 hours. Keep your kit somewhere handy in case you have to evacuate your home in a hurry.

Get a weather radio to stay up-to-date on changes in the weather. Sign up for alerts to know if storms are coming your way. It is a good idea to utilize different forms of media, including following local news

stations on social media. Some stations may even have an app that can be downloaded.

Make sure you are aware of the different weather terminology, such as the difference between a severe thunderstorm watch and a warning. In a 2013 survey by FEMA, only 55 percent of the respondents were familiar with local warning systems. A watch means there is the possibility of storms, and a warning means a storm has been reported and you should take cover.

Create a family plan for emergencies. Identify the responsibilities of each member of the family and places to meet in case you are separated. Ensure everyone knows what they need to do to stay safe.

Also be armed with important electrical safety knowledge should a severe storm or flooding occur:

- Do not step into a flooded basement or room if the water is covering electrical outlets, appliances, or cords.

- Never attempt to turn off power at the breaker box or touch an electrical appliance if you are wet or in standing water. Call your electric utility to shut off power at the meter.
- If an electrical appliance has been in contact with water, have a professional check it out before it is used. It may need to be repaired or replaced.
- If the smell of gas is apparent or if there is a suspected leak in your house, leave immediately and call your gas utility.
- If power lines are on the ground, stay far away from them and warn others to stay away. Contact the local electric utility because the lines could still be live.
- If driving, never get out of the car if there is a downed power line, and never drive over one.

For more safety information, visit SafeElectricity.org or the Residential / Safety tab at CottonElectric.com.

Severe Storm Preparedness Checklist

- Water – fill up bathtubs and containers with water for washing, and also stock up on bottled water for consumption.
- Food – at least enough for 3 to 7 days, non-perishable packaged or canned food, juices, foods for infants or the elderly, snack foods, non-electric can opener, cooking tools, fuel, paper plates and plastic utensils.
- Blankets, Pillows and Seasonal Clothing Items
- First Aid Kit / Medicines / Prescription Drugs
- Special Items - for babies and the elderly
- Toiletries / Hygiene items / Moisture wipes
- Flashlight / Batteries
- Radio and Clock - Battery operated, also consider purchasing an NOAA weather radio
- Telephone - Fully charged cell phone with extra batteries and a traditional (not cordless) landline telephone
- Emergency Numbers – Keep a list of emergency telephone numbers including the local utility company
- Cash (with some small bills) and Credit Cards - Banks and ATMs may not be available for extended periods
- Keys
- Toys, Books and Games
- Important documents – (in a waterproof container or bag) insurance cards, medical records, bank account numbers, Social Security card, birth certificates etc.
- Tools - keep a set with you during the storm. Some items include duct tape, screw drivers, work gloves, safety goggles, etc.
- Vehicle fuel tanks filled
- Pet care items - ample supply of food and water, proper identification, immunization records, medications, a carrier or cage, muzzle and leash.
- Keep family and friends out of flooded basements to avoid electrical shock.
- Keep family and friends away from all downed power lines during or after a storm.
- Be sure to follow all manufacturers' recommendations when using a generator to avoid tragedy. Never plug it into a wall outlet or directly into the home's wiring.

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- 240 Acres in S16 T3S R13W, Cotton County, List price:\$360,000, Deep Red area.

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Duncan



Looking south from the Duncan sub, power leaves substations via 3-phase distribution poles, beaded in all directions to serve Cotton Electric members.



Looking north toward the Duncan substation. The compact footprint dictates extra care during maintenance.



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Substations reflect demand, design changes

By Karen Kaley

Substations are like many other mechanical things built in America. They don't build 'em like they used to, they build 'em better. The older subs are very reliable and the newer ones have the benefit of improvements developed as time has passed.

A comparison of then and now is evident when looking at the substations spread across the Cotton Electric service territory. Of 26 subs, 14 serve members in Stephens County, a testament to growth in residential and industrial power needs in the rural parts of that area.

The nearness in proximity of the subs called Duncan and Empire is also an indicator of that growth. As more homes sprung up in the western part of the county, the Empire sub was built to even out the load and make sure all members are well served.

A striking difference between the two subs is the footprint, the area

within the security fence. The yard of the Duncan sub is compact and safety precautions are stringent. Prior to powering the substation down for maintenance, electricity is rerouted through other subs to keep from interrupting service to members.

The two subs are near the center of Cotton's service territory, which provides a great deal of flexibility when power must be diverted. This rerouting, or looping, is done through nearby substations. The Duncan substation loops with the subs known as Harrisburg, Stephens, Comanche and Empire. The Empire sub loops with Stephens, Duncan, Hulen, Comanche and Walters.

The Empire substation has a much larger yard than the Duncan sub. Power crews can safely drive a truck into the yard. Safety precautions are necessary at all substations, but this one was built to have plenty of room for safe work to be done with

less difficulty.

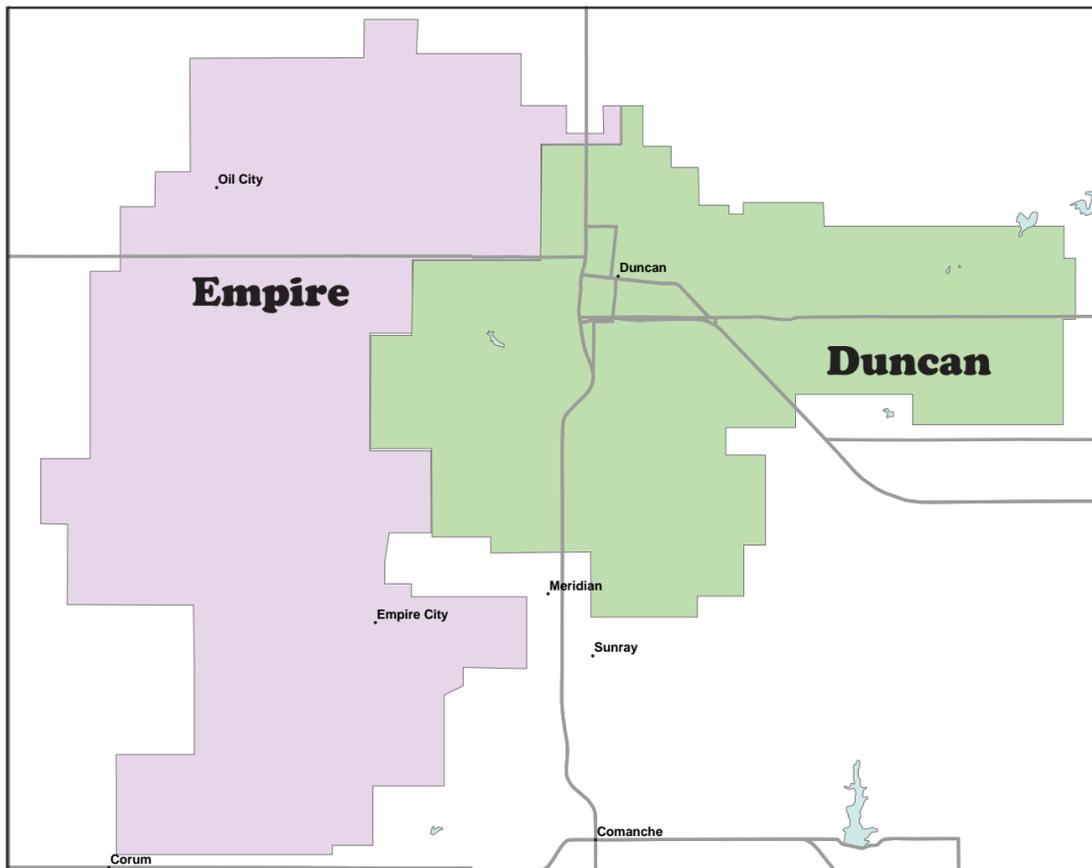
The areas served by the Duncan and Empire subs sprawl across several districts. Cotton Electric's service territory is divided into nine districts and a member of each district serves on the co-op's board of trustees.

District 6, represented by Tommy Jones, is small in square miles but dense in membership. The Duncan sub serves the entire district and to the east, a portion of District 1, represented by Shan Files, and, to the west, a por-

tion of District 8, represented by Dewayne High. The sub delivers power to 975 members along 104 miles of line.

The Empire sub serves an area that is primarily in District 8. The northern portion of its 162 miles of distribution line stray into District 2, represented by Ken Layn. The lines serve 1,082 members.

Both subs are sturdy constructions of galvanized steel, designed to serve Cotton Electric members very well for many years to come.



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<p>CAR SHOW (27 CLASSES) BEST OF SHOW \$800+TROPHY 1ST & 2ND PLACE TROPHIES FOR EACH CLASS ALL CAR SHOW ENTRANTS WILL BE ELIGIBLE FOR (4) \$200 DRAWINGS</p>	<p>FUN FOR THE WHOLE FAMILY THE ENTIRE FAMILY WILL BE ENTERTAINED WITH A VARIETY OF VENDORS AND DELICIOUS FOOD. WE WILL HAVE LIVE ENTERTAINMENT AND A CHILDREN'S AREA TO EXPLORE! CLIMB THE ROCK WALL AND PLAY IN INFLATABLES FOR FREE!</p>
<p>MOTORCYCLE SHOW BEST OF SHOW \$300+TROPHY 1ST & 2ND PLACE TROPHIES FOR EACH CLASS ALL CAR SHOW ENTRANTS WILL BE ELIGIBLE FOR A \$300 DRAWING</p>	<p>CHRISTMAS TOY DRIVE SPONSORED BY THE VIETNAM VETS/ LEGACY VETS MC, PLEASE SUPPORT AND DONATE A TOY!</p>
<p>POKER RUN ANYTHING WITH WHEELS</p>	<p>CASH PRIZES & TROPHIES FOR THESE CONTESTS: BUBBLE GUM BLOWING • TWIST CAR HOP RELAY • FROZEN T-SHIRT GUITAR DESIGN</p>

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Farm-raised fish versus wild-caught - which is better?

The 2015 Dietary Guidelines for Americans reiterated the recommendation for adults to consume 8 ounces or more per week of a variety of seafood, including fish and shellfish. Seafood contains EPA and DHA, omega 3-fatty acids, which have been shown to improve heart health. The challenge with this recommendation is supplying enough seafood for consumers as demand grows, hence the options of farm-raised and wild-caught at the grocery store. Which one should you choose?

Farm-raised and wild-caught seafood are similar in nutritional makeup and levels of contaminants like mercury or organic pollutants. Levels of EPA and DHA are not significantly different between farm-raised and wild caught but do vary among species of fish. For example, bass, cod, trout, and salmon are higher in EPA and DHA than catfish and crawfish, regardless of whether they are farm-raised or wild-caught.

The same is true for contaminants; studies show little difference between farm-raised and wild-caught fish. Contaminants are dictated by the environ-



Kim Bandelier, MPH, RD, LD

Food For THOUGHT

ment the fish live in, so it is important to pay attention to fish consumption advisories issued for the water source of the fish.

If you are pregnant or breastfeeding, it is still recommended to avoid certain types of fish due to their methylmercury contents. Those species to avoid include tilefish, shark, swordfish and king mackerel.

Adults should consume 8 ounces or more of a variety of seafood weekly, according to the 2015 Dietary Guidelines for Americans.



Otherwise, get to know the source of the fish, whether through a conversation with the manager of the fish counter at your local grocery store, or if the fish was caught locally, review the fish advisory for the specific body of water.

What is more important when eating seafood is purchasing from a reliable source or fishing in safe waters, practicing proper food safety techniques, and choosing healthy methods of preparing fish.

When purchasing fish, make sure the skin is shiny, eyes are bright and clear, the flesh is firm and moist, and of an appropriate color for the variety of fish.

Avoid fish and seafood with a strong

odor. Shells of shellfish should be tightly closed and not broken or cracked.

Frozen fish should be solidly frozen without ice crystals which indicate thawing and refreezing have occurred. Thaw fish by placing in the refrigerator. Never refreeze.

When cooking seafood or ordering at a restaurant, choose grilled, baked, sautéed or steamed most often. Reserve fried seafood for special occasions, as frying adds extra fat and calories that decrease the nutritious benefits of eating seafood.

A 4-ounce service is approximately the size of a deck of cards, so aim for at least 2 per week, trying to eat a variety of types of fish, for the biggest benefit.



Pan-Seared Cod over Minted Pea Puree

Serves: 4 Prep time: 15 minutes Cook time: 10 minutes
 1/2 cup water
 2 pounds frozen or fresh peas, blanched
 1 package (0.6-0.7 ounces) fresh mint, leaves only salt, to taste
 4 Alaska cod fillets, fresh, frozen or thawed (4-6 ounces each)
 olive oil
 1 teaspoon lemon pepper seasoning

Add water, peas and mint to blender or food processor; season with salt. Puree until almost smooth. Cover and keep warm.

If frozen, rinse ice glaze from cod under cold water; pat dry with paper towel. Heat heavy, nonstick skillet over medium-high heat. Brush both sides of fillets with olive oil.

In heated skillet, cook cod, uncovered, about 3-4 minutes, until browned. Shake pan occasionally to keep fish from sticking. Turn cod over and sprinkle with lemon pepper seasoning. Cover pan tightly and reduce heat to medium. Cook an additional 6-9 minutes for frozen cod or 3-4 minutes for fresh/thawed fish. Cook until fish is opaque throughout.

To serve, spoon pea puree onto 4 plates. Top each with cod fillet and serve immediately.

Nutrition information per serving: 319 calories; 5 g total fat; 1 g saturated fat; 13% calories from fat; 65 mg cholesterol; 37 g protein; 34 g carbohydrate; 12 g fiber; 393 mg sodium; 101 mg calcium; 28 IU vitamin D; 200 mg omega-3 fatty acids.

UNCOMFORTABLE?

Does your home have any of these symptoms?

<ul style="list-style-type: none"> <input type="checkbox"/> Rooms that get too hot or too cold? <input type="checkbox"/> High utility bills? <input type="checkbox"/> Thermostat wars with your spouse? <input type="checkbox"/> High humidity in summer? <input type="checkbox"/> House just never seems comfortable? <input type="checkbox"/> There doesn't seem to be enough airflow? 	<ul style="list-style-type: none"> <input type="checkbox"/> Dust buildup within 2 days of dusting? <input type="checkbox"/> Problems with your system since it's been installed? <input type="checkbox"/> Anyone with allergies or asthma? <input type="checkbox"/> AC starts and stops frequently or runs all the time, and house is still not cool?
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 Sale information: Contact Eddie Parker @ 580-313-0248.

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Feed your fitness

FAMILY FEATURES

Whether you're a competitive sprinter chasing a new record or an everyday gym hound looking to get the most from your workout, seafood is among the best foods to support an athletic lifestyle. It not only delivers great-tasting nutrition, but also provides one-of-a-kind health benefits.

The combination of lean protein, anti-inflammatory omega-3s and muscle-building nutrients found in Alaska seafood are why it's a staple for athletes like Ryan and Sara Hall.

"We like to incorporate Alaska seafood in our daily diet because it's a really high quality protein that helps to repair our muscles on a daily basis," said Ryan Hall, a two-time Olympian and holder of the U.S. half-marathon record.

After a run, Sara Hall – a 3,000-meter steeplechase and marathon runner, U.S. national champion and World Team member – relies on seafood as a go-to for low-fat meals with protein and simple-to-digest carbs.

Sample these dishes straight from the Hall kitchen, and find more recipes and nutritional values for your favorite seafood at wildalaskaseafood.com.



Cedar Plank Grilled Salmon with Sweet Potatoes

Serves: 4 Prep time: 10 minutes Cook time: 15 minutes
Cedar planks with enough surface area for salmon
 4 Alaska salmon fillets (4-6 ounces each), fresh, thawed or frozen olive oil spray
 1 tablespoon fresh (or 1 teaspoon dried) dill, thyme or rosemary
 salt and freshly cracked pepper, to taste
 4 large sweet potatoes, sliced lengthwise into wedges
 1/2 tablespoon ground cumin

Soak cedar planks for 1-2 hours (or overnight) submerged in water. Remove and pat dry.

Heat grill to medium heat (400 F). If frozen, rinse ice from salmon under cold water; pat dry with paper towel. Spray cedar planks and salmon with olive oil spray. Place salmon on planks; sprinkle with herb, salt and pepper. Place sweet potatoes in bowl; spray with cooking spray. Sprinkle with cumin and salt and pepper, to taste. Toss to coat.

Place cedar planks and potato wedges on grill. Cover and cook about 3-4 minutes; turn wedges over and continue cooking until potatoes are soft and cooked. Keep warm. Cook salmon 12-15 minutes, until fish is opaque throughout.

Nutritional information per serving: 350 calories; 11 g total fat; 2 g saturated fat; 27% calories from fat; 91 mg cholesterol; 33 g protein; 33 g carbohydrate; 4 g fiber; 277 mg sodium; 36 mg calcium; 1,700 mg omega-3 fatty acids.



Miso Halibut with Soba Noodle Stir-Fry

Serves: 4
 Prep time: 15 minutes
 Cook time: 15 minutes

- 1 package (12 ounces) prepared soba noodles (or noodle of choice)
- 4 Alaska halibut fillets (4-6 ounces each), fresh, thawed or frozen
- 3 tablespoons sesame oil, divided
- 2 cups roughly chopped bok choy
- 1 1/2 cups sugar snap peas
- 1 cup sliced mushrooms
- 1/2 cup chopped green onion
- 1/4 cup miso
- 1 cup water
- 1/4 cup teriyaki sauce

Prepare noodles according to package directions; set aside.

If frozen, rinse ice glaze from halibut under cold water; pat dry with paper towel. Heat large, nonstick skillet or wok over medium-high heat. Brush both sides of halibut with half of the sesame oil.

In heated skillet, cook fish, uncovered, about 3-4 minutes, until browned.

Shake pan occasionally to keep fish from sticking. Turn halibut over; reduce heat to medium and cover. Cook 5-7 minutes for frozen halibut or 2-3 minutes for fresh/thawed fish, cooking until fish is opaque throughout. Transfer fillets to plate; cover to keep warm.

Wipe out skillet/wok with paper towel. Add remaining sesame oil. Heat to medium-high then add and stir-fry bok choy, snap peas, mushrooms and green onions. Stir in noodles; turn off heat. Cover and keep warm.

In saucepan, blend miso, water and teriyaki sauce. Bring mixture to boil then reduce heat to a simmer and cook 1 minute. Stir sauce into warm noodle-vegetable mixture. To serve, divide and portion mixture into 4 bowls or plates. Top each with halibut fillet.

Nutrition information per serving: 571 calories; 15 g total fat; 2 g saturated fat; 22% calories from fat; 56 mg cholesterol; 38 g protein; 71 g carbohydrate; 7 g fiber; 1,643 mg sodium; 77 mg calcium; 219 IU vitamin D; 350 mg omega-3 fatty acids.

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Fundraiser to benefit the new "Broncho Trail" Walking Park, Gazebo, Benches, & Basketball Court for our community!

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Where: Central High Community Building

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