A Publication of Cotton Electric Cooperative Inc.

A Touchstone Energy® Cooperative

"The Current - Informing Our Members Since 1957"

September 11, 2017

## Come on out! 79th Annual Meeting is Sept. 28 in Duncan

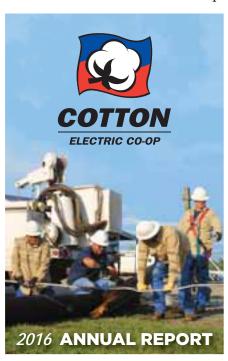
By Karen Kaley

**VOLUME 61** 

Pull out your calendars, Cotton tang. Electric members, and put a big red day for the 2017 Annual Membership Meeting.

Stephens County Fair & Expo Center just south of Duncan on U.S. basket of a utility truck. Highway 81. Starting at 5:30 p.m., members can turn in registration have booths set up for members to slips - the top right corner of this gather information about our rightpage.

dinner and all the fixin's, cooked up



by Adventures in Catering of Mus-

photo booth, complete with props On that Thursday, come to the to make it look as though you and

of-way program, home energy au-Next, we'll treat you to a barbecue dits and how to report a power outage. Co-op Connections partners will be on hand, too.

will be present, so be sure to take advantage of this opportunity to put a face with a voice on the telephone, been discussed and the business to talk about your concerns or learn more about what the co-op does for its members. The co-op's board of trustees, composed of members rep-great way to spend the evening. resenting nine districts, will be on We hope to see you there! hand as well.

and will come in a separate mailing.

Cotton Electric Charitable Foundation.

The report includes financial information pertaining to

The official annual report on the income and expenses of the cooperative has been revamped

goodies, bounce houses and en-There will be time to stroll around tertainment from Star Spangle the circle around Sept. 28. That's the the venue and visit many points of clown. Kids can also fill out registrainterest. A new feature this year is a tion forms for prize drawings at the end of the evening. There will be adult goodies, too.

A children's area will include kids'

NUMBER 2

your friends and family are in the Each registered member will get a gift ticket to exchange for one gift Cotton Electric employees will 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 pres-All Cotton Electric employees ent reports. CEO Jennifer Meason will also address the membership.

When all cooperative issues have meeting is adjourned, prize drawings will be held.

Food, fun and prizes. What a

Cotton Electric (

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.

BE SURE TO LEAVE NAME LABEL ATTACHED

Another point on the grid Cotton's newest substation introduced on Pages 6 and 7.

#### Power Cost Adjustment Calculated

The power cost adjustment applied to bills mailed after Sept. 1, 2017, is (\$0.01345) per kWh.

On a member's average bill of 1500 kilowatt hours (kWh), this will amount to a credit of \$20.18 on the September bill.

	Day	High	Low	Avg.	Day	High	Low	Avg.
_	1	82	71	77	16	92	72	82
	2	90	70	80	17	91	70	81
5	3	96	66	81	18	92	70	81
,	4	93	69	81	19	97	74	86
	5	100	69	85	20	95	72	84
	6	94	71	83	21	94	74	84
	7	86	72	79	22	93	71	82
2	8	89	69	79	23	88	69	79
8	9	89	68	79	24	87	66	77
t	10	97	74	86	25	80	68	74
,	11	89	70	80	26	88	69	79
ı	12	78	71	75	27	90	66	78
	13	86	70	78	28	88	65	77
	14	89	70	80	29	85	63	74
	15	90	74	82	30	84	61	73
	C	1	/ /			0 =	- /	

Average Daily High: 90 Average Daily Low: 70

August 2017 Temperature Extremes

### Did You Know?

Is your name on our list?

ly mailed out thousands need to place an ad? If so, of G&T Capital Credit checks to the last known 2,000 were returned. A list com. is on Pages 16 and 17.

rive in your mailboxes on Oct. 10, 2017.

### Contact Us

Do you have a story idea C Cotton Electric recent- for The Current or do you ( let us know.

We can be reached at I address of active and in- 580-875-3351 or by email active members. Nearly at info@cottonelectric.

You can also drop us a line at Cotton Electric ( The next issue of The Current, 226 N. Broad-Current is expected to ar- way, Walters, OK 73572.

### What's Inside

Operating Stats2
Co-op News 2
Community 3-4
Co-op News 5-9
Puzzles 11
News12-13
Nutrition 14
Recipes 15
Capital Credits 16-17
Classifieds 18-23
More news at

cottonelectric.com

### From the CEO

# Looking forward to seeing you

Did you know every cooperative is required to conduct an annual meeting of the membership?

The purpose is to update members on the status of their co-op, share important finan-

cial information, occasionally vote on other matters such as by-law changes and, of course, enjoy some tasty barbecue and great door prizes!

Cotton Electric's annual meeting is a community gathering where members can catch up with their neighbors and meet new



Jennifer Meason, CEO

ties.

ones. As our lives get busier with the "errands of life" and more of our interactions with others are online (via social media), we must renew the value of face-to-face human connections.

Very few organizations are uniquely positioned like Cotton Electric to bring together all members of our local communi-

While rural Americans probably do a better job of staying connected to our neighbors, in part because we need to, it is not something we should take for granted.

The simple act of smiling, saying hello and shaking someone's hand truly lifts both parties.

Cotton Electric's annual meeting is designed to take care of the important business of your co-op and the equally important business of building a real sense of community. All cooperatives serve both an economic and social purpose. While safe, reliable and affordable electric power is crucial to our mission, improving the quality of life for all members is at the core of what we do every day.

If you have not attended the annual meeting in the past or if it has been a few years, I urge you

to take the time to be with your fellow co-op members, enjoy a delicious barbecue meal with your family, and meet the employees of Cotton Electric who work for you every day.

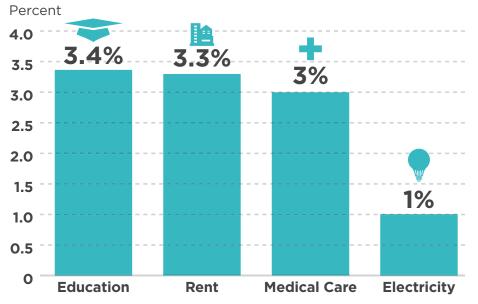
We get out of life what we put into it. Cotton Electric is connected to you by more than just power lines. We are your neighbors, and we look forward to seeing you at your annual meeting on Sept. 28 at the Stephens County Fairgrounds. We'll open registration and the meal lines at 5:30 p.m., and the business meeting will begin at 7 p.m.

I hope to see you there!

### ELECTRICITY REMAINS A GOOD VALUE

The cost of powering your home rises at a slower pace than many of your typical expenses. Compare the average price increase of these expenses each year over the last five years, and the value of electricity shines.

### Average Annual Price Increase 2011-2016



Sources: U.S. Bureau of Labor Statistics Consumer Price Index



Oklahoma lawmakers paused for a photo during a recent visit to Cotton Electric Cooperative's headquarters in Walters. Pictured from left are Jeff Simpson, vice president of finance and accounting; District 65 State Rep. Scooter Park; CEO Jennifer Meason; 4th District U.S. Rep. Tom Cole; Mike Ottinger, vice president of operations; Bryce Hooper, vice president of marketing and subsidiary services; and Shane Bowers, staff assistant.

## Keep safety in mind when using portable generators

them properly, they can be dangerous. Safe Electricity has the following tips to vendor or electrician to help you determine what generator is best-suited to your needs.

• If you are installing a permanent generator, it must have a transfer switch. The transfer switch prevents energy from leaving your generator and going back

Portable generators come in handy into power lines where it could harm a and lights before you begin operating the cannot form puddles or drain under it. during long-term power outages. How- lineman, a process known as "back-feed." portable generator. Once the generator is ever, if you do not know how to use Aqualified electrician should install your running, turn your appliances and lights generator and transfer switch.

- If you have a portable generator, opuse generators safely. Contact a qualified erate it outdoors in an area with plenty of ventilation. Never run a generator in a home or garage. Generators give off cially when operated in wet conditions. deadly carbon monoxide.

  - and cool before fueling it.
  - Turn off or disconnect all appliances structure on a dry surface where water electronics.

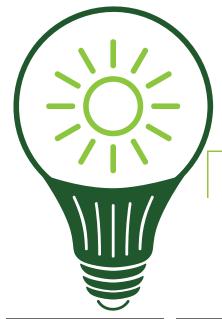
on one at a time to avoid overloading the unit. Remember, generators are for temporary usage, prioritize your needs.

• Generators pose electrical risks espeburn you during operation. Use a generator only when necessary • Do not plug a generator into the wall. when the weather creates wet or moist • Be sure the generator is turned off conditions. Protect the generator by

Always ensure that your hands are dry before touching the generator.

• Keep children and pets away from portable generators at all times. Many generator components are hot enough to

Safe Electricity suggests that these safety guidelines and basic operating instructions be posted in the home and with the generator. Remember to read and follow operating it under an open, canopy-like manufacturer's instructions with all your



## **Energy Efficiency** Tip of the Month

Cooler temps will be here soon! No matter what kind of heating system you have in your home, you can save money and increase your comfort by properly maintaining and upgrading your equipment. Contact a licensed professional to inspect your system before the winter chill arrives.

Source: U.S. Dept. of Energy



#### **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 2017 Operating Stats

	O	
	<u>2017</u>	<u>2016</u>
Total Amount Billed/Accrued	\$5,976,166	\$6,120,576
Cost of Purchased Power	3,869,305	4,014,453
Taxes	113,610	115,064
Total Operating Expense Per Mile	1,050	1,100
Average Farm and Residential Bill	179	183
Average Farm and Residential kWh	1,594	1,687
Total Meters Billed (farm, residential)	18,282	18,313
Miles Energized	5,166	5,159
Density Per Mile	3.54	3.55
New Service Connects YTD	157	126
Services Retired	86	58

## The Current

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

Jennifer Meason ......CEO Bryce Hooper...... Vice President of Marketing Karen Kaley.....Editor Jennifer Kriz......Display Advertising

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

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

"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

This institution is an equal opportunity provider & employer.

# Community Spotlig

listed in the October issue, please submit 12:30 p.m. information by Sept. 27 by calling 580-875-4259 or send an email to info@cottonelectric.com.

### Geronimo birthday bash this weekend

bash with a parade and fire department barbecue dinner beginning at 6 p.m. Sept. 15. A barbecue dinner, dessert aucgins at 8 a.m. tion, pow wow, live music and dancing will follow.

firehouse breakfast at 7:30 a.m. A kids' fishing derby begins at 8. The day's ac-chair racers will start five minutes before tivities include a softball and a corn hole runners. tournament, game booths, turtle races, Little Mr. and Mrs. Geronimo and a thon of young walkers and runners who songwriter's competition. Bull riding begins at 4:30 p.m. Cross County Revenue on the final miles at 2 p.m. will provide music for a street dance beginning at 8.

For celebration information, call ly stroll or family fun run at 3 p.m. Geronimo City Hall at 580-355-5511, email gevents@yahoo.com or find Thomas Park in Lawton. Geronimo Events on Facebook.

### 'Evening of Shorts' returns to DLT

Duncan Little Theatre continues the 2017 season with a return of the popular "Evening of Shorts." Presentations of short skits of comedy, drama and more from new playwrights and local writers will be at 7:30 p.m. Sept. 15 and 16 at Marlow Opera House.

Tickets can be purchased at the door.

#### Byron Berline opens CTAC Live

CTAC Live concert series opens the 2017-18 season with Byron Berline Band, a bluegrass and western swing band offering upbeat, fun-filled shows that all ages enjoy. The band features three-time National Fiddle Champion Byron Berline.

21 in the Simmons Center. Tickets are 7. Registration begins at 8 a.m. for this available at the door or through the Ch- annual event sponsored by the Walters isholmTrailArts.com website.

### Comanche Nation Fair is Sept. 22-24

Set against the picturesque backdrop of the Wichita Mountains, the annual Comanche Nation Fair will be Sept. 22-24 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.

information, visit chenationfair.com or call 580-492-3573.

### Parade starts International Festival

Elmer Thomas Park is the site of the annual International Festival to be held Sept. 22-24. 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.

ment 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.

Find detailed information at the International Festival page on Facebook.

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

There is no charge for the meal, but donations are accepted during this an-

If you would like your community event nual fundraiser. A cake auction begins at

For information, call Guy Shipley at 580-351-8916.

#### SOS adds bicycle rides

Spirit of Survival has added a bicycle Geronimo kicks off its annual birthday feature for 2017. Bike rides of 62, 52 and 26 miles will set off at 7:20 a.m. Sept. 30. A Family Fun bike tour of 13 miles be-

Running and walking events are on Oct. 1. The quarter- and half-marathons Festivities continue on Sept. 16 with a leave the starting line at 7:30 a.m. A 5K run takes off 15 minutes later. Wheel-

> The day continues with a kids' marahave already logged 25 miles embarking

> Participants in the 1-mile Leah M. Fitch Spirit Walk will begin their leisure-

> All events begin and end in Elmer

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

### LCT presents 'Oklahoma!'

Lawton Community Theatre opens its 66th season with "Oklahoma!" A favorite in this state, the musical tells the story of cowboy Curly McLain and his romance with farm girl Laurey Williams.

Performances are set for Oct. 6 through 15 at John Denney Playhouse, 1316 NW Bell Avenue in Lawton. All performances are at 8 p.m. except those on Sundays, which are at 2 p.m.

For information, visit LCT-OK.org.

### Car cruise plans to 'Thrill Ya'

"Thrill Ya to the Bone" is the theme of Performance is set for 7:30 p.m. Sept. the 2017 Walters Car Cruz set for Oct. 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. 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 Monster Mash, bubble gum blowing, skull mask decorating, skull tossing, 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 580-483-8298 or find Walters Car Cruz on Facebook.

### Magic Lantern presents classic films

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

The Oct. 13 offering will be "Beetlejuice," a 1988 comedy-fantasy film directed by Tim Burton. When a recently-deceased ghost couple find their now-vacant home invaded by an obnoxious family, they hire a sleazy ghost who gets rid of humans to help them. With Michael Keaton in the title role, the cast includes Alec Baldwin, Geena Davis and Winona Ryder.

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 Spotlight on Page 4

### **Upcoming Deadlines for The Current**

#### October Ad Sales Sept. 22 Classified Sept. 28 Publish Date Oct. 10

#### November Ad Sales Oct. 27 Classified Nov. 2 Publish Date Nov. 13

#### December Ad Sales Dec. 1 Classified Dec. 7 Publish Date Dec. 18



While AT THE FAIR in Stephens County, Cotton Electric member Kayse Taylor snapped this photo of her husband, Cody, and their daughter, Kynlee, talking it over before she took her pig, Linda, into the show ring. The York gilt placed first in her class and was named breed champion. Kynlee celebrates birthday number 3 on Sept. 15. See Kynlee and Linda in the ring and many other contest entries on the Cotton Electric Facebook page.

Enter your "best shot" in our Photo of the Month contest. Theme for October is SUNRISE/SUNSET. 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.



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** 



### Community Spotlight

### Farmers Market continues through October

Lawton Farmers Market is open from 7:30 a.m. to noon on Saturdays from April through October at the Comanche County Fairgrounds, 920 SW Sheridan

The season will close with a Harvest Festival and 4-H Pumpkin Show on Oct. 28.

In addition to local seasonal produce, expect to see specialty foods such as jams, jellies, salsas, baked goods, wine, freshly roasted coffee beans, as well as handmade soap, herbs, plants, eggs, beef and an assortment of handcrafted items and food concessionaires.

For information, visit Lawton Farmers Market on Facebook.

#### Exhibit explores influence of printed imagery

Westward expansion was one of the most transformational elements in American life throughout the 19th century. Printed imagery played an important role in the dissemination of knowledge and understanding about the West and those who inhabited it. "Imprinting the West: Manifest Destiny, Real and Imagined" is a traveling exhibit featuring 48 hand-colored engravings and lithographs that explore these depictions and the influence artists had on the perception of the wild West.

Chisholm Trail Heritage Center will host the Mid-America Arts Alliance exhibit through Oct. 20. Located just north of the Simmons Center at 1000 Chisholm Trail Parkway in Duncan, the heritage center is open from 10 a.m. to 5 p.m. Monday through Saturday and from 1 to 5 p.m. on Sunday.

Cotton Electric members can present a Co-op Connections Card to get \$1 off the admission price, per card per visit.

#### Prairie Circuit finals Oct. 19-21 in Duncan

Top cowboys and cowgirls from Oklahoma, Kansas and Nebraska will ride into Duncan Oct. 19-21 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.

### Bark in the Park returns Oct. 22 to Fuqua Park

For the 12th 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 at 580-641-0667.

### Honor Flights remembered

### Local group hosts screening of 'Journey to Honor' documentary

By Karen Kaley

Known as members of the Greatest Generation, World War II veterans are also an aged generation whose numbers are dwindling. The Honor Flight program was launched when it became evident that many of those veterans would never get to see a national monument dedicated to them but completed in 2004, some 60 years after their service.

Honor Flights out of Oklahoma began in 2010. Over the next 6 years, more than 2,000 Oklahoma veterans have toured the final resting place of fellow vets in Arlington National Cemetery and visited the many memorials elsewhere in Washington, D.C., particularly the one dedicated to honoring their service and sacrifice.

Pat Goss was among those Oklahoma veterans to make the one-day trip to the nation's capital. At 94 and a half, she is the oldest female Marine Corps veteran living in Lawton.

"It was a long, hard day," she recalled of Sept. 16, 2015. "We left Oklahoma City before daylight and got back after dark.



Pat Goss

"I wouldn't have missed it for the

Goss said the group visited the in June. cemetery and all of the monuments dedicated to veterans. The monument she found most appealing was one that can be seen from anywhere in the city, the Washington Monument. "I like the shape of it and the way it shows up in the Reflecting Pool."

She said one of the best moments was toward the end of the day. The group was late getting back to Oklamy fellow Oklahomans, waiting is open to the public.

there at the airport.

"There was a line of people on both sides of the aisle, shaking our hands, and thanking us for service. There were people of all ages, military, ROTC, small kids. They waited for us even though we were delayed.

"It was a nice end to a very long day. They made us feel welcomed home."

Oklahoma Honor Flights have been memorialized, too. "Journey to Honor" is a documentary focused on the final flight made in April 2016. The film premiered at the 2017 deadCenter Film Festival

The film captures the Honor Flight experience of three World War II veterans and the impact it had on them and their families.

A special screening of "Journey to Honor" is set for 1 p.m. Saturday, Sept. 16 in Room 300 of the Worley Center Building at Great Plains Technology Center, 4300 SW Lee Boulevard in Lawton.

Sponsored by the American Herihoma City, but "I was so proud of tage Girls Troop OK8601, the event

### Booths available at fall craft show

Duncan Arts, Crafts and Hobbies Association is making preparations for a Holiday Craft Show on Nov. 3 and 4 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 which include a flute, handmade by Duane Paul.

The group has booth space available and encourages those who have never brought their crafts to the public eye to consider this event. For more information, call Rachael at 209-914-9112 or send an email to ILUVMYCOT35@ gmail.com.



Cotton Electric CEO Jennifer Meason was on hand to present awards recently to Shalyn Bowles and Clay Graham, members of Cotton County 4-H, for their electric demonstrations and speeches. Congratulations, Shalyn and Clay!

## PUBLIC AUCTION

**Saturday September 16, 2017** 10:00AM 117 North Rush Avenue Rush Springs, Oklahoma

Gary Criswell Auction Service & Real Estate, Inc. has been commissioned by SPECIALTY SALES & MANUFACTURING, INC. to offer Public Auction their Shop Equipment, 30 Ton Press and Machines situated at 117 North Rush Avenue. NOTE: THE REAL PROPERTY HAS BEEN SOLD! Shop Equipment: PRESS MASTER - Press 30 ton, Press Dies, ALVA ALLEN Punch Press-8 Ton (2), LEHMAN BANTAN IRON WORKER, Bateman Shear (SN 4734-6), Do All-Model C-5A Metal Cutting Semi-Automatic Band Saw (3 Phase), Miller CV-DC Vintage Wire Feeder Power Source with Argon Regulator, MR DEBURR Machine with 2 Boxes of Deburr Rock and MAX ITT Vise - 4" with Metal Stand.

Additional Shop Tools: DAYTON- Chain Hoist/Electric-300 pounds, Industrial Metal Shelves, DELTA- Drill Press- 8''(4), Carousel-Paint-35' Track, Paint Carousel-14' Track, Paint Vat-40 Gallon, Paint Vat-20 Gallon, Pallet Carousel 40" Diameter, BT LIFTERS Pallet Jack (4,500 pounds), a HAND PALLET TRUCK, Welding Stands (3), Bateman Shear Pipe Rollers (4). Miscellaneous: PETER WRIGHT- Shop Anvil- 82 pounds with Stand (approximately 100 years old), Metal Racks 32"x 26"x 22" (19), TECHWELD-ER 70S-6 Wire (new box), BAND-IT Machine with Banding and Clips, REM LINE- Tool Chest, Shop Vac-16 Gallons, ISM Box Stapler, John Deere Green-Paint (20 Gallon), Variety of Wood Pallets and Desk-Roll Top. Terms of Sale: Personal Property - Cash, Personal or Company Check accepted. Positive I.D. required. Buyers Must provide Auction Company a copy of Sales Tax Permit to avoid Sales Tax.

Preview of Personal Property: will be held Friday afternoon, September 15, 2017 from 1:00 p.m. - 6:00 p.m. Announcements made day of sale supersede any and all other

Auctioneer's Note: Mr. and Mrs. Stover (Jerry and Mickie) have sold their Real Property. They are retiring and Selling their Shop Equipment. Please plan to attend this Public Auction! (Auctioneer/Broker) website: garycriswellauctioneers.com

Gary Criswell Auction Service & Real Estate, Inc. 580-255-8162 · 806 West Main · Duncan, OK · 580-467-2248

### Parker Ranch Fall Production Sale

Monday, Oct. 9, 2017 • Noon



Selling 120 Registered & Commercial Angus Bulls: 45 Registered Angus Bred Heifers • 47 Commercial Angus Bred Heifers

Sires Represented: All In • Weigh Up • Top Hand • Composure • Rampage • Prophet • Comrade • Tour of Duty • Black Granite • Payweight • Butkus and grandsons of Ten X.



All registered bulls and heifers are parent verified and sell with genomically enhanced EPDs.

Bulls grown in large pastures to ensure good feet, legs and longevity. Developed on a growing ration, not a hot ration. Ready to turn out.

For Sale book: Call or text Karen Parker 580-313-0249 or email parkerangusranch@gmail.com Sale information: Contact Eddie Parker at 580-313-0248.

For information, contact:

Sale live on the internet by Superior Productions.

### **Parker Angus Ranch**

Eddie & Karen Parker • Casey & Ruslyn Ramsey and the bosses: Cody and Caitlyn Ramsey 17114 E. 1940 Rd. • Waurika, OK 73573 Eddie's cell: 580-313-0248 • Karen's cell: 580-313-0249 parkerangusranch@gmail.com • www.parkerangus.com





By Anne Prince

Kitchen sizes, styles and configurations have changed dramatically through the years. As consumer lifestyles and tastes have changed, kitchen lighting has evolved to reflect these shifts. In the past, a simple florescent ring placed in the center of the ceiling operated by a single switch was the norm for a typical American kitchen. Now, the proliferation of TV networks and shows higher standards and expectations for a home's appearance. Lighting, now an integral part of home décor and function - particularly in a focal area such as the kitchen.

Layering effect

light source can be too much light lighting. in one area and not enough in othfrom different sources is not only a smart plan, but it makes good sense from an efficiency perspective.

where they are most needed under for lighting and thereby allow for the cabinets. Another option is the greater energy efficiency. However, thin-diameter fluorescent tube that when installing dimmer switches, use about 25 percent of the electricity of halogen or incandescent LED lights. bulbs and have a much greater life span. Regardless of the type of light selected, when installing the lights, place them toward the front of the heart of the home and is a high cabinet so they illuminate the whole countertop rather than the wall. Most types of under-counter lights devoted to every aspect of home can be plugged into a standard decorating, remodeling, building outlet. Overhead lights, whether and sales reflect current consumers' from a central fixture, track lights or recessed, can offer indirect illumination and complement the task once considered an afterthought, is lights. Where possible, utilize Energy Star and LED options.

### Shine lights on flexibility

Efficient lighting in the kitchen does not necessarily mean more The effect of a single overhead lights, but rather more versatile

Dimmer switches create more ers. Layering different types of light flexible lighting options for existing lights. There are times when maximum illumination is required for tasks such as food preparation or Task lighting, such as under-counclean-up. At other times, it makes ter lighting illuminates a particular more sense to turn down the lights work surface without a shadowing to create a cozier ambiance. By placeffect. Energy efficient options typi- ing different sets of lights on dimcally feature LED-powered puck mer switches, you increase your

make sure they are compatible with

Lighting accounts for up to 15 percent of a home's energy budget, and since the kitchen still remains traffic hub, it makes good sense to focus here. For basic energy efficiency in the kitchen and elsewhere, sometimes small adjustments can make a big impact.

The simplest area to focus is on the light itself. LED lights use a small fraction of the energy of CFL, halogen or traditional incandescent bulbs and they are known for their longevity and efficiency. Energy Star-rated LED bulbs typically are the most energy efficient.

At its best, a good kitchen lighting plan is functional, attractive and energy efficient. Whether your kitchen is large or small, old or new, one reliable recipe for energy savings is utilizing more efficient lighting in the heart of the home.

Anne Prince writes on cooperative issues for the National Rural Electric Cooperative Association, the service arm of the nation's consumer-owned, not-for-profit electric cooperatives.



1, 2 and 3 Bedroom Apartments Available For Rent.

CHA, carpet & mini blinds, stove & efridgerator, washer/dryer hookups, aundry facility & playground on site. Rental assistance available for qualified applicants.

**HUD Section 8 Accepted** <u>USDA</u> **(L** TDD 711

505 N. 5th - Rush Springs, OK (580) 476-2655 **Contact Julie** Tuesday & Thursday: 8am - 12pm

### Sterling Village **Apartments** 401 E. James, Sterling, OK

(580) 215-4762 2 or 3 Bedroom Apartments

Central Heat & Air,

Stove & Refrigerator, Carpet & Mini Blinds, On-Site Laundry Rental Assistance available for qualified applications HUD Section 8 Accepted. This institution is an equal

opportunity provider & employer.

### Thornton Supply

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

-Gaso -Kerr -Wheatley -FMC

-Aeroquip Hydraulics -Anvil Pipe Fittings -Weld Bend Fittings & Flanges -Petroleum Tank Truck Hose

-Matco & Apollo Valves

-Ouincy -Garden Denver -Jacuzzi -Zoeller

COME BY & SEE US AT 202 Ea. Main Duncan, OK 580-252-5866

## **Lawton Meat Processing** 353-6448

**Custom Butchering** and Processing

**In Business Since 1911** (formerly Lud Mieling)

603 East "F" - Lawton, OK (Across Street from Sears Service Center)



## 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.

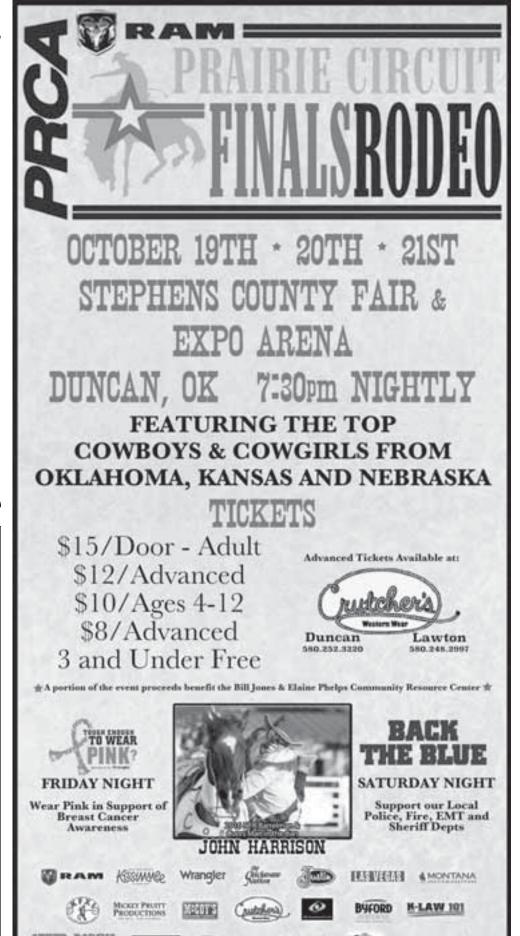
### **Benefits of a No-Salt Water Conditioning System:**

- 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 Clothing will last longer
- Reduces iron staining
- Extends appliance life by 50% or more
- Descales inside of pipes & water heater
- Cleaner bodies, clothes, and dishes
- 1 25% or more reduced detergent use
- Cleaner more refreshing water

Improves water heater efficiency and thus lowers energy bills

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





www.prairiecircuitfinals.com

A contract workers installs 138kV Vee-switches on a chilly March morning.

Photo courtesy of Tom Caton, project manager

## New substation near Randlett ...

By Karen Kaley

membership. Some things are economical, quick and easy to implement. Others ful of dirt was turned, Western Farmers are large investments of time and money, requiring a long, thoughtful approach for the best outcome.

A recent addition to the Cotton Electric plant was the result of the latter.

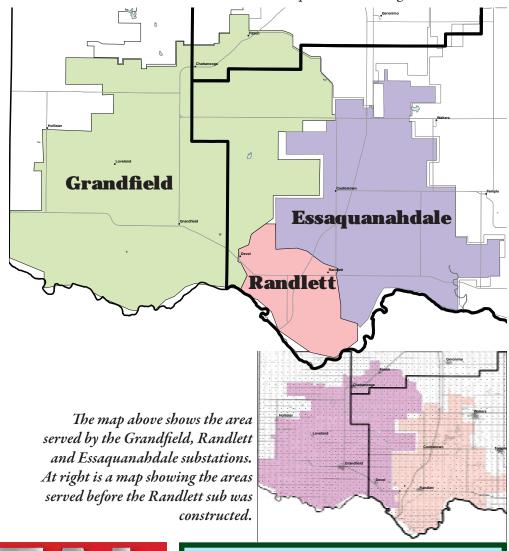
There was a load increase, analysis of data, feasibility studies. Followed by land surveys, routes suggested, routes adjusted, land and rights-of-way acquired. Then there were weather delays. Transmission line was built. Earth movers, trucks came along. They installed culvert pipe, copper grounding grid, steel framework, underground conduits, giant Veeswitches and enormous fuses. A crane hoisted a transformer into position. A spread, and power lines built to distribute.

The design of this new element rep-At Cotton Electric, we are always resents an accumulation of knowledge working on ways to better serve the gathered over decades. It took years to propose and plan. After the first shovel-Electric Cooperative (WFEC) had a new substation up and energized in just a few months.

WFEC is the power supplier for distribution cooperatives in Oklahoma and New Mexico. Substations, owned by WFEC, are the hand-off point between the generation and transmission cooperative and distribution cooperatives such as Cotton Electric.

The newest sub in the Cotton service gravel spreaders, form builders, concrete territory is known as the Randlett substation. It serves 112 miles of line, mainly in the towns of Randlett and Devol and the surrounding area.

During the past 10 years, that area experienced some growth, resulting in a chain link fence was built, more gravel higher demand for electricity. The new sub is a nearby power source in place for more potential future growth.





# WATER SOLUTIONS

**Complete Water Well Service Irrigation Systems Service** And Drilling.

580-251-1929 817-832-0612

### POND PROBLEMS?

- Weed & Algae Control-Licensed & Insured
- Fish Surveys & Water Quality Checks
- 37 Years of Pond Management Experience

Call: Pond-ology (580) 529-3712



**Management** 

6209 W Gore Blvd, Lawton

80-536-0575

Introducing Our... **Elite Checking** 

Annual Percentage Yield\*

The account that pays you

Applies to balance of \$0.00 to \$25,000.00

Apache ★ Blanchard ★ Elgin ★ Chickasha

**Lawton** ★ Medicine Park

Insured & Bonded

Serving Lawton Since 1980

LNBOK.com \* 855.351.2265

#### **Nobody Does Customer Service Better** ★ Mobile Banking ★ Mobile Deposit ★ POPMoney

- ★ Wallet Pay
- ★ Bill Pay
- \* Visa Debit Card
- f **y** □

Annual Percentage Yield is effective August 2017 and is subject to change without notice. Minimum to open account is \$100. When the Elite Checking qualification: are met, the interest rate on your account and corresponding annual percentage rate will be tiered. If your average daily balance is \$25,000.00 or less, the interest rate paid on the entire balance will be 1.98% with an annual percentage yield (APY) of 2.00%. An interest rate of 1.00% will be paid only for that portion of your average daily balance that is greater than \$25,000.01 but less than \$50,000.00. The annual percentage yield for this tier will range from 2.00% to 1.50% depending on the balance in the account. An interest rate of .10% will be paid for that portion of your average daily balance that is \$50,000.00 or greater. The annual percentage yield for this tier will range from 2.00% to .57% depending on the balance in the account. When the Elite Checking qualifications are not met, the interest rate on your account will be .10% and the annual percentage yield (APY) will be .10%. Rates may change after the account is opened. Fees may reduce earnings. Statement cycle requirements of 12 debit card transactions, one recurring direct deposit or electronic payment and e-statements are required to qualify for APY. Statement cycle requirement of 12 debit card transactions is required to qualify for ATM fee refunds up to \$12.



For more information, call Arts & Humanities Division of 580-581-3470/3471 or visit the website www.lawtonck.gov 2017 Poster com design by Maderiene Emerson



Aclara meters are recording power use at all residential and most commercial locations served by the Randlett substation. All Cotton Electric meters are labeled with unique identifying numbers. Numbers on Aclara meters are prefixed either with AA, AD or AC.

## ... meters are new, too!

The Randlett sub adds strength and flexibility for Cotton Electric members served by it and by other substations. The area it is serving had been fed by the Grandfield and Essaquanahdale substations. The Randlett sub's location shortens the distance electricity has to travel from sub to member, thus shortening line exposure to factors that can interrupt power delivery.

The benefit extends to those served by the Grandfield and Essaquanahdale substations, too. Feeder lines loop between the three substations, providing a backup power feed option when there are challenges in the southwest corner of Cotton's service area.

"The value of having another sub in the area has already been proven," Chace Penn said.

Referring to heavy storms in the weeks after the sub came online in April, the system engineer said contingency plans were tested and improved the co-op's ability to restore power quickly.

While Penn cautioned that it will not solve all outage problems in the area, particularly when there is a transmission issue, he said, "The Randlett sub has definitely strengthened our plant in that corner of our system."

Subs also serve as communication points. Meter information is transmitted through powerlines, gathering at the substations before pushing on to the co-op. Cotton Electric took advantage of the opportunity the new substation presented.

"This gave us a way to explore new meters that offer more flexibility and options," Cody Pennington said.

The grid communications specialist pointed out that metering technology is advancing, as it does with so many things in the modern world. He explained that the co-op's metering system is nearing end-of-life and it is time to evaluate options.

Looking for a two-way automated communication system (TWACS) that would offer flexibility and enhance service to the co-op's members, Pennington and other employees selected devices made by Aclara.

One reason is because Aclara meters use the same powerline carrier method to deliver information to the co-op's billing system. Another is that many other Oklahoma co-ops have used Aclara products for years and Cotton will benefit from their experience.

At the end of July, Cotton employees installed Aclara meters at all residential and most commercial locations served by the Randlett substation. A few weeks later, Pennington was feeling quite positive about the results.

"We are seeing better speed and reliable delivery of readings. We've not had any failures or missed read-

ings." He said members in that area may notice better outage management. The meters provide more precise information that will help pinpoint problems.

"Having a better idea of where to send a line worker should speed up power restoration," Pennington said.

He feels pretty optimistic about the Aclara metering system and hinted at more advantages in the future.

"If we get more and more of them out there, I think we will wind up with an excellent tool for our mem-

Just part of what Cotton Electric employees are always doing – working on ways to better serve the membership.





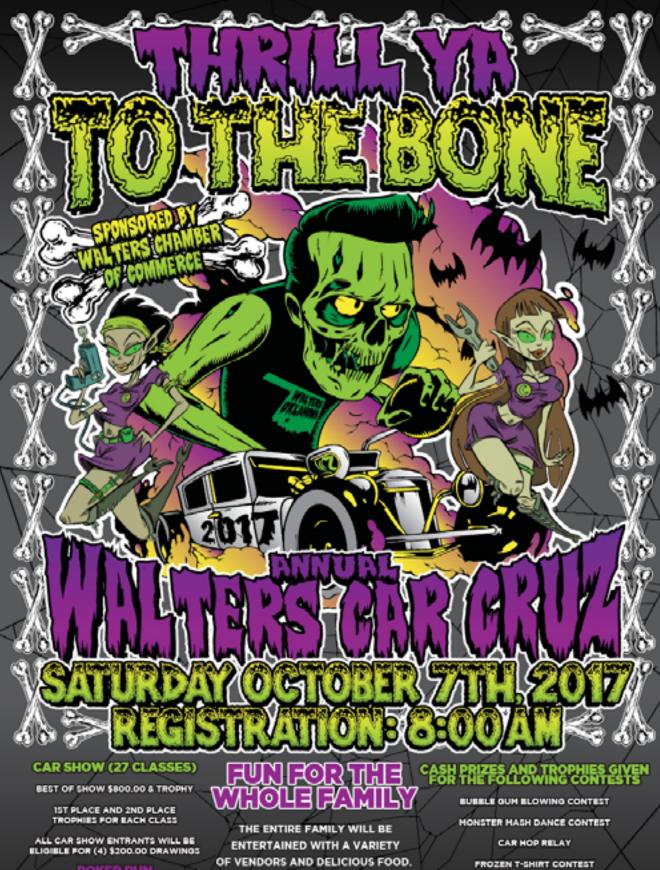
Over 30 Years of Surgical Experience

Glaucoma - Cataracts - Diabetic Eye Disease









WE WILL HAVE LIVE ENTERTAINMENT

AND A CHILDRENS' AREA FOR

THE KIDS TO EXPLORE. ALSO,

CLIMB THE ROCK WALL AND PLAY

IN OTHER INFLATABLES FOR FREE.

CALL LIZ AT 580-483-8288 FOR MORE INFORMATION \* VISIT OUR FACEBOOK PAGE "WALTERS CAR CRUZ"

SKULL MASK DECORATING CONTEST

SKULL TOSS - CHANCE TO WIN CASH

55" VIZIO COLOR TELEVISION OR J & M FIREARMS GIFT CERTIFICATE

ANYTHING WITH WHEELS!

CAR CRUZ TIL MIDNIGHT

CASH PRIZES AND TROPHIES FOR THE BURNOUT

### Significant Women in Oklahoma Agriculture Highlight: Terry Stuart Forst

## 5th, 6th generations see Stuart Ranch into 150th year

All 99 degrees of the July sun beat down on the parking lot outside the Stuart Ranch Headquarters in Waurika. Inside, the walls of the log cabin-style building are lined with awards and family photos, most of which include horses and cattle. The sound of boots on a concrete floor echo down the hallway as Terry Stuart Forst rounds the corner and greets a visitor with a smile and a handshake.

Forst is the general manager of the 46,000-acre operation, a title she's held since 1992 when her father handed her the reins.

She pulls out a bench and sits at a long dining table as she reflects on memories and stories of the ranch.

Forst has had agriculture in her blood from day one. Some of her earliest memories as a child include going with her siblings to play at "Big Daddy's Playhouse", which was the scale house her grandfather used to weigh cattle. "When I was growing up, if I was on a horse, I was happy," Forst said.

Upon graduating from high school in Oklahoma City, Forst went on to attend Oklahoma State University, which she credits with giving her some of the best friendships in her life. There she received her bachelor's degree and returned home to the ranch. However, before she took the position of general manager, she tried her hand in a few other roles across the region.

"I got my real estate license and lived in Dallas for a while," Forst said. "I felt like a duck out of water and really was not happy."

Forst decided to apply for Texas Christian University's Farm and Ranch Management Program on a whim. She received a phone call the next day for an interview.

"When things just start falling into place perfectly, you know it's God's plan," Forst said.

Shortly thereafter, she got her son, Clay, enrolled in a local school and her youngest son, Robert, into a day care close by. When everything began to fall into place, Forst knew she was headed in the right direction. After graduating first in her class from the Farm and Ranch Management Program in 1992, she and her sons returned home to the ranch for good.

"We will be 150 years old next year," Forst said explaining the history of Stuart Ranch. "I am the fifth generation, my sons Robert and Clay are the sixth, and my grandchildren are the seventh."

The Chisholm Trail Museum in Duncan comes up in conversation between Forst and her visitor.

"Do you want to see it?" Forst asked.

"The museum?" the visitor asked.

"No the actual Chisholm Trail," Forst said. "It runs right through our land. I'll take you to see it!"

She climbs into her white Ford Expedition, looking over her grandkids' car seat as she backs out of the drive.

A white cloud of dust trails the car as Forst drives down Jefferson County roads reminiscing on the his-



Terry Forst checks cattle on the ranch east of Waurika.



Terry Forst and her sons, Robert, left, and Clay, manage all aspects of Stuart Ranch and are the fifth and sixth generations to do so.

tory of the ranch - a subject that Forst is a scholar on.

The ranch, which was founded in Caddo, OK, in 1868, is the oldest in the state of Oklahoma under continuous family ownership. To help the reader grasp the age of the operation, it was founded a few months before Ulysses S. Grant was elected president, five years before barbed wire had been designed and half a century before World War I broke out.

"Caddo is the oldest part of the ranch," Forst said. "Daddy bought this place [Waurika] in 1993. When he died in 2001, we started realigning to make this our headquarters. It just made more sense. It's a very new move relative to our operation."

The operation of 46,000 acres has now expanded into an area just east of Waurika, where their headquarters is located today. The ranch is separated into three categories: horse, cattle and outfitting divisions. Much to Forst's delight, her two sons followed her footsteps and made the choice to live and work on the ranch.

The horse division is managed by Forst's younger son, Robert, and has a history and tradition as deep as the ranch itself. The horse operation has had worldwide success over the past century taking home several world champion titles. Stuart Ranch received the American Quarter Horse Association's Best of Remuda award in 1995 for their quality of working horses.

"We bred a little under 50 mares this year," Forst said. "We do all of it in-house with artificial insemination."

This is just one of many ways Stuart Ranch has diversified and adapted to ensure their success and growth.

The cattle division is composed of 60 percent Black Baldies and 40 percent Herefords. Cows calve in one of two 60-day calving periods; February through March and September through October. Forst oversees the cattle operation and has four "camp men" that reside on the ranch to ensure things are taken care of properly.

The hunting division, Stuart Ranch Outfitters, is an Oklahoma Agritourism destination managed by Forst's oldest son, Clay. The outfitting operation offers package hunts at both Caddo and Waurika locations. Hunters have an opportunity to hunt whitetail deer, turkey, waterfowl and feral hogs on 46,000 acres ranging from tallgrass prairies to rolling rocky hills.

Between the three divisions of the Stuart Ranch, no one would argue that Forst has a full plate when it comes to work. With 150 years under its belt, you can bet that Stuart Ranch has weathered a few storms and fought its fair share of uphill battles as well.

Forst has a way of dealing with difficult times in life. "I told my boys at a young age that sometimes all we can do is put one foot in front of the other, pray and keep trucking," Forst said.

Forst goes on to talk about her love for the agriculture community. While that community encompasses

thousands of families, she has never hesitated to help her neighbors - even if they're 300 miles away.

When wildfires struck farms and ranches in northwest Oklahoma and southwest Kansas this March, Forst hurt with them. She rounded up 11 volunteers, 11 miles of fence, skid steers, trucks and countless tools and headed north.

"You've gotta help when you've gotta help," Forst said. "The neat thing to me was seeing thousands of trucks loaded with hay and then you see one old man with a stock-rack pickup hauling two bales. Everyone just gave all they could. I can hardly talk about it."

Forst has also received many awards and held positions that one simply does not attain without a strong work ethic and impeccable leadership skills. She served as the first female president of the Oklahoma Cattlemen's Association and was inducted into the National Cowgirl Hall of Fame in 2007, just to name a few.

Although, if you want to hear about Forst's accomplishments, don't go to her. Her humble attitude can make obtaining information about herself a challenge. She will, however, brag on and on about those who have helped her along the way and shaped her into who she is today.

"I have been very blessed to have some really, really great friends," Forst said. "The list goes on and on."

May 19, 2018, is set to be the ranch's 150th anniversary celebration. Some may wonder how the ranch not only stayed above water, but thrived through 150 years of trials and hardships. Forst is quick to attribute the ranch's success to God's grace and, as long as Terry Forst has anything to do with it, the ranch will be around many generations to come.

"It's interesting what God will do and how He's orchestrated things in my life," Forst said. "My whole life has been faith, totally and completely. I tell Him 'I'm not quitting, so don't quit on me, Lord!"

Editor's note: This is part of a continuing series of stories on Significant Women in Oklahoma Agriculture. The project is a collaborative program between the Oklahoma Department of Agriculture, Food & Forestry and Oklahoma State University to recognize and honor the impact of countless women across all 77 counties of the state, from all aspects and areas of the agricultural industry. The honorees were nominated by their peers and selected by a committee of 14 industry professionals. If you would like to make a nomination, visit http://okwomeninagandsmallbusiness.com/.





(Auctioneer/Broker) email: garycriswell@cableone.net (Cell Phone)





597-3316 or 597-2522



## Harvest workers urged to take time to reap safe harvest

It can be an exciting and exhausting time, the culmination of a season of hard work. However, the rush to harvest can also yield tragic outcomes. Each year, dozens of farm workers are killed and hundreds are injured in accidents involving power lines and electrical equipment.

"Things people see every day can fade from view and in the busy-ness of harvest time, it's easy for farm workers to forget about the power lines overhead," says Richard McCracken of the Safe Electricity Advisory Board. "But failure to notice them can be a deadly oversight."

Review with all workers the farm activities that take place around power lines. Inspect the height of farm equipment to determine clearance. Keep equipment at least 10 feet away from power lines above, below and to the side - a 360-degree rule.

"Always lower grain augers before moving them, even if it's only a few feet," says Bob Aherin, PhD, CSP & University of Illinois Professor and Agricultural Safety & Health Program Leader. "Variables like wind, uneven ground, shifting weight or other conditions can combine to create an unexpected result Also use extreme caution when raising the bed of a grain truck."

Farm workers should take these steps to ensure a safer harvest season:

- Use care when raising augers or the bed of grain trucks around power lines.
- Use a spotter when operating large machinery near power lines. Do not let drying equipment and other farm electhe spotter touch the machinery while it is being moved anywhere near power
- As with any outdoor work, be careful not to raise any equipment such as ladders, poles or rods into power lines. Remember, non-metallic materials such as lumber, tree limbs, ropes and hay will conduct electricity depending on damp-



Farm workers should stay aware and always keep equipment at least 10 feet away from power lines – above, below and to the side – a 360-degree rule.

ness, dust and dirt contamination.

- Never attempt to raise or move a power line to clear a path.
- Don't use metal poles to break up bridged grain inside bins. Know where emergency.
- Use qualified electricians for work on trical systems.

Operators of farm equipment or vehicles must also know what to do if the vehicle comes in contact with a power line: Stay on the equipment, warn others to stay away and call 911. Do not get off it is safe to do so.

ground, your body becomes the path and happened, tries to get back on the equipelectrocution is the result," Aherin said. "Even if a power line has landed on the ground, the potential for the area nearby ers and seasonal employees are informed and how to shut off the power in an to be energized still exists. Stay inside the of electrical hazards and trained in propvehicle unless there's fire or imminent er procedures to avoid injury. risk of fire."

> touching the ground and vehicle at the also available on the website). same time. Then, still keeping your feet together, hop to safety as you leave the

the equipment until the utility crew says ment, never attempt to get back on or than 400 electric cooperative members and even touch the equipment. Some elec- many others who share the mission of cre-"If the power line is energized and you trocutions have occurred after the opera- ating a safer, smarter world.

step outside, touching the vehicle and tor dismounts and, realizing nothing has

It is very important that all farm work-

For more information on farm electri-If this is the case, jump off the equip- cal safety, visit www.SafeElectricity.org ment with your feet together, without (Spanish versions of this information are

Safe Electricity is the safety outreach program of the Energy Education Coun-Once you get away from the equip- cil, a non-profit organization with more



### 7416 Shady Lane Duncan, Oklahoma (See Directions Below)

Real Property Consists of: a 4 Bedroom Frame Home (Approximately 1,465 Square Feet) with a Living Room, Kitchen with Dining Area, Utility Room and 1 3/4 Bath. Additional Improvements: Includes an Attached 2 Car Garage (30'x30'), a Farm Implement Shed (14'x24'), and a Large Well House (20'x20').

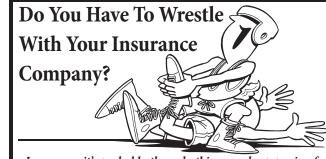
Improvements also Included with the Home: Nice Sheet Metal Shop (45'x60') with a Kitchen and 3/4 Bath, Insulated with a Concrete Floor, 110 and 220 Electric. All Situated on a Nice 9.18 Wooded Acres in a Good Location near Clear Creek Lake.

**Directions:** From North Highway 81, go East on Plato Road 7.0 Miles to Clear Creek Road; Go North on Clear Creek Road 5/8 of a Mile to Gardenhire Road; Go East on Gardenhire Road 1/4 of a Mile to Shady Lane Road; Go South 1/8 of a Mile to Real Property with Improvements.

\$110,000

**Gary Criswell Auction Service & Real Estate, Inc.** (Auctioneer/Broker) garycriswellauctioneers.com (Cell Phone) 580-255-8162 · 806 West Main · Duncan, OK · 580-467-2248

### **FORKLIFTS & EQUIPN** Sales • Service • Parts • Rentals **BUY • SELL • TRADE** Financing Available View our Inventory www.midconlift.com 40 ft. SHIPPING CONTAINERS Starting at \$3100 Delivered 517 W. Bois D'Arc Duncan, OK 73533 580-255-3867



Insurance, it's probably the only thing you keep paying for that you hope you never have to use. But when an unfortunat situation does occur, you shouldn't have to fight with your insurance provider to get the claim award you deserve.

At Bartling, we're always on your side and we'll do everything we can to expedite any claim you make in a timely manner. We're also proud to say that we offer the finest coverage for your health, your home, automobile and commercial property.

Put the strength of a solid performer behind you. Call us now for a free, no obligation, price quote assessment of your current insurance needs.



Comanche 580-439-8809

Waurika 580-228-2085

## Five Tips for Women Business Owners

Women are an integral part of the workforce, but they have had to overcome many mentioned above, your ability to contribute working women are familiar with the conobstacles along the way. Of course, challenges still remain, but women's success in the working world is worth commemorating which will happen on American Business Women's Day Sept. 22. Are you a woman considering "setting up shop" on your own?

If so, here are five tips to consider: Balance your goals. It's possible perhaps even likely - that your business goals will conflict with your personal financial goals. After all, if you're purchasing new equipment or services for your business, you've got less money - at least for retirement or your children's education. Hopefully, your investment in your business will pay off in greater income, but, in any case, you will need to balance your personal and professional goals.

Create a retirement plan. As to a retirement plan may be affected by the amount you put into your business - but that certainly doesn't mean you shouldn't have a retirement plan. In fact, for your future financial security, it's essential that you launch such a plan. Fortunately, smallbusiness owners have a choice of plans, including an "owner-only" 401(k), SEP-IRA and SIMPLE IRA. Although the various plans have different requirements and contribution limits, they all offer tax-deferred earnings, which means your money has the opportunity to grow faster than if it were the time being – to put away for your own placed in a vehicle on which you paid taxes every year. (Taxes are due upon withdrawal, and withdrawals prior to age 59 1/2 may be subject to a 10% IRS penalty.) Plus, your contributions to a retirement plan may be tax deductible.

flict between their careers and their roles taining an adequate cash flow will always as caregivers. Women are still more likely than men to drop out of the workforce for an extended period of time to care for young children or elderly parents. And your caregiving responsibilities won't end just because you are now a business owner. Consequently, you need to have someone you trust available to step in for you when your family obligations call you away from work.

Matt Rogers 580-656-3989

Design a succession plan. When you want to retire, would you like to keep the business in your family? If so, you'll need to create a succession plan that works for you and whomever you'd like to take control. Such a plan can be complex, so you will need to work with your legal and tax advisors – and you'll want to give your-

**Arrange for "backup."** Virtually all self plenty of time to work out the details.

Build an emergency fund. Mainbe a key task - one that involves your sales, billing cycles, inventory and other elements of your business. One way you can help yourself avoid troubles is to maintain an emergency fund consisting of a few months' worth of your business expenses. You'll want to keep this fund in a liquid, lowrisk account.

Running your own business can be extremely rewarding, but it's never going to be an easy road. However, with perseverance and careful planning, you can smooth out some of the bumps along the way — and give yourself reason to celebrate American Business Women's Day.

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



www.edwardjones.com

DES-8207-A

Member SIPC

Don Graham Jr

1621 W Elk Avenue

(580)252-9381

Kelsey E Avants

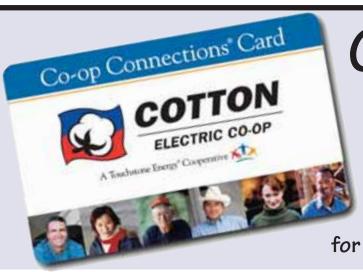
(580)658-2704

1214 North Hwy 81 Soite 102 Datesto, OK

(580)252-9048

1110 N 10th Street

(580)255-4408



## Co-op Connections Card

Local Participating Businesses · Great Member Savings!

If your business would like to participate in the Co-op Connections Program, call us at 580-875-4277.

Visit www.connections.coop for a complete list of national discounts at any of the participating businesses.

Redeem your discounts by showing your Cotton Electric Co-op Connections card

#### 3B Industries

Free car wash token w/purchase of 10. Wholesale pricing on pressure washers and Dixie Chopper lawn mowers 580-439-8876

Locations: Comanche - 301 S. Rodeo Dr. Duncan - 1606 W. Oak & 2015 W. Elk

### A&M Appliance Service

8 a.m. - 5 p.m. M-F • 580-467-1198 aandmappliance@att.net

#### A Touch of Bliss

Sherri Maxwell - owner 10% off store purchase \$5 off hour or 1/2-hour massage 804 N Broadway, Marlow Thurs-Fri. 10 am - 6 pm Sat 10 am-3 pm 580-658-9026

#### AA Computer Services, Inc. 20% off service, not to include services

already on special 3801 NW Cache Rd #22. Lawton 580-357-4482 Mon-Fri 7:30-7:00; Sat 10:00-2:00

#### ABC Transmission & Motor Company

10% off any service, not to include any service already on special. 8:30 a.m.-11 a.m. & noon - 5 p.m. 2308 SW Lee Blvd. Lawton 580-353-7725

#### <u> Aerola Bombuş</u> Children's Books

Educational books: Softcover, e-books, audio books and products. 10% off online orders - Code CE2011 AerolaBombus.com • 580-695-3235

#### A Scent for You

Angela Fremin, **Independent Scentsy Consultant** Member Discount on Monthly Specials 580-583-6888 angelafremin@gmail.com

### Antique Adventures,Ltd.

15% off total purchase 811 SW A Ave. - Lawton Open 10 a.m. to 4 p.m., Tue. - Sat. 580-351-0170

### **Arvest Bank**

Open new checking account, receive \$10 or 1st box of checks free. Valid at Lawton, Duncan, Walters and Chickasha branches. 580-250-4540

### Attractive Graphics

Custom screen printing & vinyl cutting 10% discount PO Box 1188, Cache, OK 73527 580-678-5786 attractivegraphicscsp@gmail.com

#### **Billingsley Ford** of Lawton, Inc.

10% off service department repairs up to \$40 per visit. 8209 NW Quanah Parker Trailway 580-510-0925

### Billingsley Ford L-M of Duncan, Inc

10% off service department repairs up to \$40 per visit. 3505 NW Hwy. 81 580-255-5500

### Bluff Creek Lodge

10% discount on all bookings **Eastern Stephens County** 580-255-9592 • 580-470-5976 Lyndel Strain, owner

### **Brooks Meat Market**

10% off meat purchases over \$20 1711 N. Hwy. 81, Duncan 580-255-1421 • 8:30-6 M-F; 8:30-3 Sat

### **Cast & Bang Outfitters** Authorized ASF Dealer

10% off MSRP on any All Season Feeders products and/or 5% discount on local guided hunts. 405-633-3122 15050 SW 11th St., Geronimo www.castandbang.com Find Us On Facebook @castandbang

#### Chisholm Trail **Heritage Center**

\$1.00 off admission per card per visit 10 a.m. - 5 p.m. • 580-252-6692 1000 Chisholm Trail Parkway, Duncan

#### Cool It, Inc.

\$20 off service call \$250 off complete system 2407 SW Lee Blvd., Lawton 580-355-1749 BobChambersHVAC.com

#### Cosmetic Specialty Labs, Inc.

50% off open stock products. 210 SW Texas Ave., Lawton 580-355-2182

### **Country Closet Resale Shop**

10% off all purchases 1 mi. south of Hwy. 70 on Hwy. 81 Waurika • 580-228-2928

### Cowboy Opry Music Store

10% off all purchases 300 Oak Main, Comanche Tues. -Fri. 11-6p Sat. 10-2p 580-439-8111

### **Debbie's Little Books**

10% off regular purchase price of personalized books. debbieslittlebooks.com 580-492-4672 • Elgin

#### **Edward's Family Vision** 10% off of complete glasses

1619 W. Elk, Duncan, OK Mon - Fri • 9:00-5:30 580-255-1172

### Eastside Sod Farm

Free estimates and 10% discount 580-591-3360 • Lawton

### **Elegance & Events**

**Full Service Salon & Event Planning** 10% off any salon service, 20% off any event planning service. 1322 S. Broadway, Marlow Tue.-Sat. Hours Vary 580-756-0053 eleganceandevents@gmail.com

### Gene Burk Auto Glass

2302 SW Lee Blvd., Lawton 580-355-3890

### **Horse Sense Graphics**

Jamon Kelley - owner 15% off orders over \$100 580-512-7047 horsesensetradingpost@yahoo.com

#### Infinity Computer Systems

10% off all labor. 2322 W. Gore Blvd. 580-351-2911 • Lawton

### Johnson & Johnson Locksmith and Door

10% discount, present card prior to service and ordering of parts. 1913 NW Cache Rd., Lawton 580-355-KEYS (5397) or 580-355-8749

### Just Between Friends

Children's Consignment Lawton FREE Admission to events & \$5 off purchase of \$25 or more. 2 Sales A Year, Spring & Fall jbfsale.com 580-656-3073

#### Lakeside Golf Course \$5 green fees all day on Mon. & Tues.

Hours: 7 a.m. to dark Walters, OK 580-875-3829

### **Ligon's Garden Center**

301 S. Highway 81 580-470-8848 • Duncan

### Linda's Carpet

Free vacuum cleaner with purchase of \$2,000 on Stainmaster carpets 4010 N. Hwy. 81 ● Duncan

### Nancy's Antiques

20% discount storewide Hwy. 70, west side of railroad tracks Waurika, OK 580-228-2575 or 228-2011

#### **Nita's Flowers**

**Helen Thomas - owner** 10% discount 114 N. Broadway, Marlow • 580-658-2714 Mon.-Fri. 8:30-5 • Sat. 8:30-2

#### On The Hill Gypsy Horses

Horse Breeding & Sales \$100 off of breeding fee, or purchase

By Appointment: 580-641-2022 or 580-656-2475: lee@on-the-hill.net

### Osage Animal Hospital

\$5 off professional examination 1500 W. Osage, Duncan ● 580-255-4200

Mon.-Fri. 7:45 a.m. - 5:30 p.m.

#### Plumb Right

5% discount on services. Elgin, OK • 580-512-3903 werplumbright@gmail.com 9am-5pm; 5pm-7am Emergency Hours

### **Rick Wylie Construction**

5% discount on 8x10 & 6x8 storm shelters; 10% discount on 8x12 and larger. 580-656-5031 • 8:00 am - 8:00 pm

### Ringtail USA

Monogramming, screen printing Buy 12 caps or T-shirts, GET ONE **FREE** 

rwstormshelters@gmail.com

P.O. Box 1763, Duncan, OK 73534 http://ringtailusa.com • 580-439-6560

### Rose's Custom LLC

10% discount on purchases over 580-252-9633 Fax: 580-255-6897

Mon - Fri 8 -5 • 604 S. 7th, Duncan rosescustom@yahoo.com

#### Shane Burk Glass & Mirror Free mobile service in Stephens,

Comanche, Grady, Jefferson, Caddo or Cotton counties or 15% off any residential or business windows or in-shop glass replacement. 580-252-5939 shaneburkautoglass.com

### Showman's Choice

10% off Professional's Choice M-F 8-5:30, Sat. 10-2 1205 SW Sheridan, Lawton 580-355-7469

### **Solid Plumbing**

10% off all service calls, \$125 sewer camera, \$175 slab leak detection 2809 NW Sheridan Rd, Lawton 580-353-2863

### Southern Maid Donuts

10% off donut & pizza purchases 101 Thoma Dr. #A, Elgin, OK Open 5 a.m.-noon & 4 p.m.-8 p.m. Tue. - Sat. 580-492-6123

#### Southern Trophy

10% off items in Gifts to **Treasure shop** 9-5 Mon.-Fri. 908 W. Main, Duncan 580-252-7866

#### **Stephens County Humane Society**

\$10.00 off adoption fee 714 Martin Luther King Blvd. 580-252-7387

### Steppin' Outdoors

15% off all guides & tours. 20% off sponsorship rates. 580-450-1599 SteppinOutDoorsToday.com

#### Studio 17 **Salon & Gifts**

15% off products or retail purchases 8176 State Hwy. 17, Elgin 580-492-4744 Sharla Spencer, owner

### Sue Cabelka, Realtor

**Jay Kinder Real Estate Experts** \$500 off seller's closing costs 201 SW 7th St., Lawton 580-699-5566 • 580-591-3362

### Sylvan Learning

**Tutoring/Education** Schedule an assessment and \$60 will be deducted from the cost. This is a lifetime assessment fee, no charge for further testing at our center. 2603 NW Cache Rd., Suite 2, Lawton 580-351-9100

### The Salt Cellar

15% off non-sale items, excluding boxed cards and gift cards 3801 NW Cache Road, #23, Lawton 9 a.m. - 7 p.m. Mon.-Sat. • 580-357-5443

#### The Vine & The Fig Tree

Event center with catering & tea room. 5% off Food/ Up to \$25 off in-house catering and 5% off Rentals. Regular prices only & must present card. 1304 W. Hwy. 7, Marlow 580-658-3377

### Wichita Furniture

10% off new purchases 1127 NW Cache Rd, Lawton 580-355-7425 9am-6pm: Mon-Sat



My Co-op.



Keep up with all the local and national discounts by downloading the Co-op Connections Card phone app at www.connections.coop.

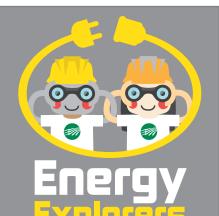
**Cotton Electric Co-op members get extra relief** by presenting their Co-op Connections Card when getting prescriptions filled at participating pharmacies.

discounts on 1,104 prescriptions not covered by insurance. A total of \$34,061.86 was discounted for an average savings of \$30.85 per use. The card is free to all members and can be obtained by calling 580-875-3351.

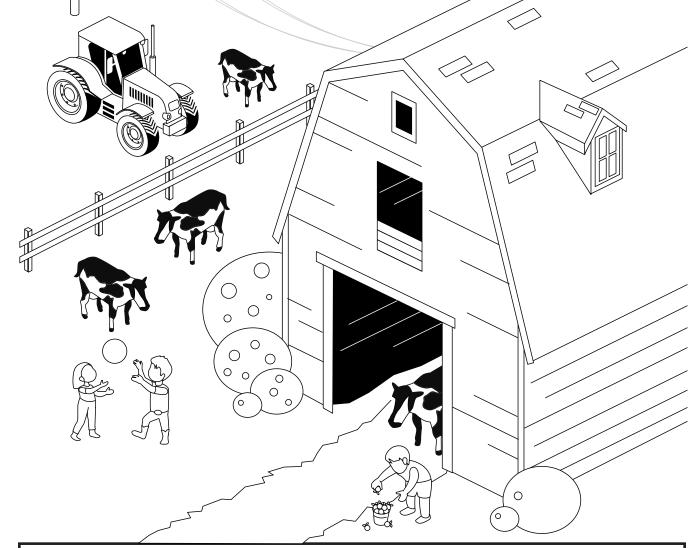
To find a participating pharmacy, call In 2016, members used their cards for Member Services at 800-800-7616 or visit www. locateproviders.com. Type 2203OK19 into the Group field and click 'log in' to start your search.



## **FARM SAFETY COLORING SHEET**



Farm Safety Week is September 17-23, 2017! Whether you live on a farm or in the city, always remember to avoid playing near power lines and other electrical equipment.



### **ACROSS**

- 1. Cereal grain
- 5. Small constellation
- 8. Pouch
- 11. Beef comes in these
- 13. Chest muscle 14. Maine city
- 15. Salian
- 16. Int'l fraternal organi zation
- 17. Greek god of war
- 18. Canadian harbour 20. Firearm
- 21. Deities
- 22. North, Central and South
- 25. After the 16th
- 30. Used in herbal medicine 31. Whale (Norwegian)
- 32. Excessive fluid accu-
- mulation in tissues 33. Insect appendages
- 38. Relative biological effectiveness (abbr.)
- 41. Small Arab monarchy 43. Former U.S. Presi-
- 45. Short-lived, slender insects
- 47. Forms after a cut
- 49. Fuel

dent

- 50. Made of wood 55. Whale ship captain
- 56. Small bed
- 57. Supreme being
- 59. NY Giants owner
- 60. Consumed
- 61. Jewish spiritual leader
- 62. Promotional materi-
- als
- 63. Business term 64. Famous cartoonist

#### 10 11 12 13 14 15 16 17 20 21 18 22 30 31 32 35 36 39 40 42 43 44 45 46 49 47 48 53 51 54 55 56 58 59 60 61 62 63 64

### **DOWN**

- 1. Former CIA
- 2. Expression of sorrow or pity
- 3. Rhythmic patter in Indian music 4. Invests in little enter-
- prises 5. Highest point
- 6. Incomes
- 7. Poisonous plant
- 8. Period in astronomy 9. Passed with flying
- colors 10. Professional certificate

HAMMOND

VETERINARY

HOSPITAL

118 N. McKinley, Marlow

(580) 658-7300

- 12. Dublin college scholar
- 14. Heroic tale
- 19. Satisfy
- 23. \_\_ student, learns healing
- 24. Beloved golfer Rodri-
- 25. Car mechanics group
- 26. Not the start
- 27. Engage in a contest
- 28. Energy-saving module
- 29. Within reach 34. Forms adjectives
- 35. Snitch
- 36. Data executive 37. Hostelry

- 39. Helps people see
- 40. "MASH" actor Gould
- 41. Bridge building degree
- 42. Moreover
- 44. Spoke
- 45. Volcanic craters
- 46. Swedish rock group
- 47. \_\_ Veda: liturgical chant
- 48. Former footballer Ochocinco
- 51. Swiss river
- 52. Ku Klux \_\_
- 53. Italian Island
- 54. Catches
- 58. Baseball stat

### HOLT ELECTRIC **OVER 30 YEARS EXPERIENCE**

Residential Commercial **Industrial** 



**Estimates** Remodeling **New Construction** 

24 hour Service

580-365-4147

P.O. Box 131 \* Sterling OK 73567\*Lic#OK10531

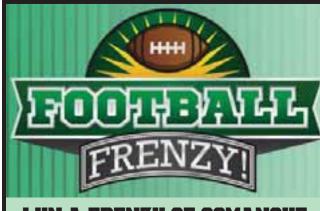




CREDIT AND CASH!

SEPTEMBER 1 -SEPTEMBER 30 DRAWINGS FRIDAYS AND SATURDAYS FROM 7PM - 11PM

Receive a drawing entry each time you earn five points on your Comanche Card Valid I.D. Required For All Promotions and Game Play



FRENZY OF COMANCHE

September 8, 2017 - January 3, 2018 Pick dates are Friday & Saturday prior to Sunday & Monday games. Check back on Tuesday & Wednesday to see who had the most wins! One participant per each award.



**Every Tuesday** 12pm - 11pmTake home a free T-shirt when you earn 25 points on your Comanche



New members get up to \$100 Comanche Credit & a T-Shirt!

See Player's Club for Details. Valid I.D. Required

### Senior Day

Every Tues. 12pm-6pm Guests who are 50+ years can receive \$5 Comanche Credit & a free meal after they earn 5 points on their C Club card.

### **★** 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

Dr. Jeff Hammond, D.V.M Dr. Juli Eaton, D.V.M hammondvet@yahoo.com

# HVAC Maintenance: Get Your Ducts in a Row

HVAC = Heating, Ventilation and Air Conditioning

### **Don't Get Burned**

WARNING SIGNS OF POTENTIAL PROBLEMS

Take note if your ENERGY BILL goes up without

increased use.





Clunking, knocking or other sounds.



Certain areas of the home are HOTTER OR COOLER than others.





HVAC breaker keeps tripping.

If your furnace is more than years old...

If your is more than

air conditioner

IT MAY BE TIME FOR A REPLACEMENT

### **Keep Your Cool**

**UPKEEP AND MAINTENANCE** 



Replace the HVAC air 90 DAYS



Keep intake and output vents clean and **CLEAR OF DEBRIS AND DUST** 



Have your heating and air conditioning systems INSPECTED by a qualified service professional at least ONCE A YEAR to make sure they are running at optimal efficiency and to diagnose any potential problems.

Some heating appliances may produce carbon monoxide (CO), a POISONOUS GAS that is tasteless, colorless, and odorless. Protect your home with CO alarms and TEST them MONTHLY to ensure they are working properly.





All repairs should be performed by a certified HVAC technician.





Visit www.esfi.org for tips on how to use portable heaters and air conditioning units safely.



Heating & Air Conditioning are usually the largest loads in a home and responsible for 40-50% of your annual energy

- 1. Install a programmable thermostat to save even more.
- 2. Turn off ceiling fans when leaving the room. Fans cool people, not rooms.
- 3. When installing new air filters, make sure they are facing in the correct direction (look for arrow on side of filter).
- 4. When heating or cooling, keep windows shut and locked.
- 5. Insulate electric wall outlets and wall switches with foam pads.
- 6. Caulk along baseboards with a clear sealant.
- 7. Caulk around plumbing penetrations that come through walls beneath bathroom and kitchen sinks.
- 8. Caulk electrical wire penetrations at the top of the interior walls in the attic.
- 9. Ensure attic access door closes tightly and is insulated. 10.Make sure insulation in your attic does not block soffit vents.



## GOING OUT OF BUSINESS

After many years serving the Lawton, OK and surrounding areas in superior home furnishings, M/M Rustic Ranch & Leather has made the painful decision to close it's doors forever!

### ALL MUST GO! EVERYTHING MUST BE SOLD AT ONCE!

All furniture and mattresses with styles ranging from Rustic, Transitional & Traditional will be sacrificed at **ENORMOUS DISCOUNTS.** 

No reasonable offer will be refused! Be prepared to have your offer accepted!

BRING YOUR TRUCKS & TRAILERS TO HAUL AWAY THE SAVINGS!

1511 NW CACHE RD., LAWTON, OK Monday - Saturday • 10:00 AM - 7:00 PM



## Air filters: Pay more now for avoided expense later

By Mike Stephens Energy Use Advisor

to think of it as an investment in your home and your health, two on.

Did you know that buying the sidered superior. cheapest air filter can cost you than others?

If you have a minute, I can ex-rating is considered premium. plain the reasons for choosing least expensive one.

You can pay as much as \$18 for an air filter that will trap 99 percent of air pollutant particles that will trap only 20 percent of around in your house.

Don't worry. You don't need home HVAC filters. to buy an \$18 filter unless you live in a hospital. A good filter ered the standard for all air filfor your home usually will cost tration charts. MERV rates all anywhere from \$3 to \$8, depending on quality and quan- microns of particles prevented

Think about your home or

air filter packaging to help se- These are the \$1 filters menlect one that offers the quality When selecting an air filter for needed for your location. You your home's HVAC system, try may see a combination of these four ratings:

**MERV** – Minimum efficiency things you don't want to skimp rating value. Rated 1 through 20, 1 being lowest and 20 con-

MPR - Microparticle permore money in the long run? formance rating. Developed by When you look at the prices of 3M, MPR rates their air filter's air filters, do you ever wonder ability to capture the smallwhy some are more expensive est airborne particles. Ranging from 100 to 2200, the highest

FPR - Filter performance crons thick. a more expensive filter over the rating. Used on filters sold at The Home Depot, the good-topremium scale of 1 to 10 is also color-coded.

HEPA - High efficiency smaller than the eye can see. Or, particulate air. Found only in for as little as \$1, you can get one the superior end of the MERV chart, HEPA filters are used in the airborne particles floating things like vacuum cleaners and electronic air purifiers as well as

> The MERV chart is considmaterials used in a filter and the from passing through it.

A filter with a MERV rating of business and its occupants. Are 1-6 offers the minimum effecthere health issues that would tiveness for an HVAC system, benefit from cleaner air? Is there stopping less than 20 percent of a problem with dust or pet hair? the air particles in your home Look for efficiency ratings on from going through your filter.

tioned earlier.

A MERV 20 filter is deemed the ultimate in filters and is used mainly in places like pharmaceutical manufacturers, surgical rooms and cleanrooms. These filters will stop a particle as small as .003-.05 microns, the size of viruses or bacteria, from passing through.

To give you an idea about the size of a micron, the human eye cannot see things that are smaller than 40 microns. A regular piece of paper is about 100 mi-

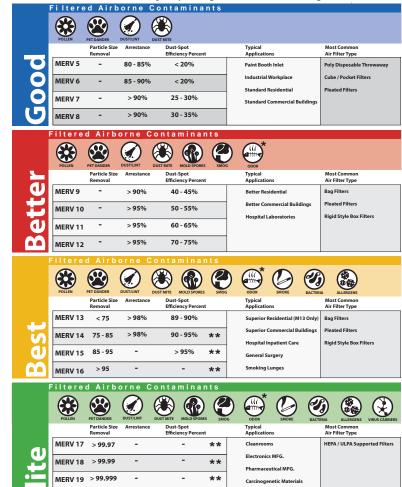
Filters are made of only three types of material. Spun fiberglass is least effective; polyester and pleated paper are better. Some filters are electrostatic and can be washed and reused and some filters are charcoal-activated.

If you are asthmatic, have allergies or other respiratory challenges, you may want to consider purchasing a filter in these ranges: MERV 7 to 13; MPR 1000 to 2200; or FPR 5 to 10. Change them at least every 90

Frequent filter changes will extend the life of your HVAC system. Choosing a good filter will improve the air you breathe in your home.

Information and chart source: AirFilterUSA.com

Minimum Efficiency Reporting Value (MERV) Rating Chart





\* Only Available with Carbon Filters

MERV 20

Energy Use Advisor Mike Stephens points out things to look for on an air filter. At left, install a filter so air flows in the direction indicated. Above, a MERV rating ensures selection of the correct filter for your home

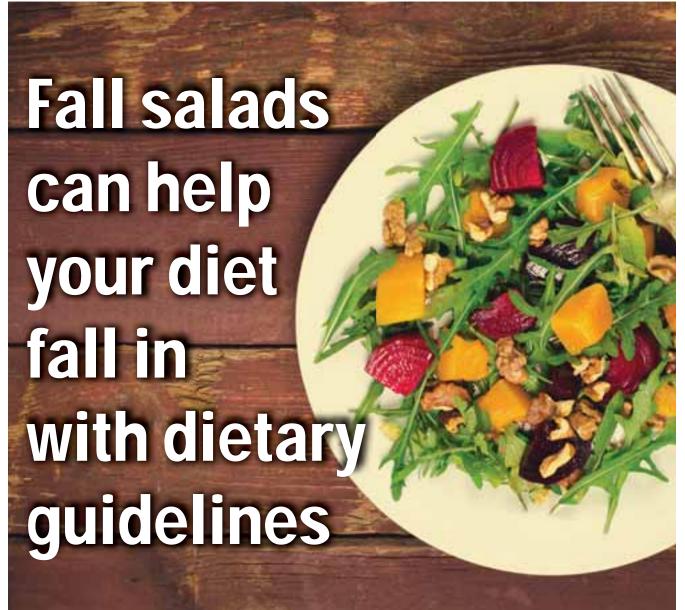












While it's still technically summer, the return to school tends to coincide with slightly lower temperatures and feelings of fall - not to mention the emergence of pumpkin spice everything-you-can-imagine and Halloween decorations two months ahead of the actual event. Lettuce-based salad is typically a summer thing, but fall salads can be particularly hearty and nutritious if you look to hearty fall vegetables to replace tender summer lettuce.

A salad serving as the main meal should consist of vegetables, fat and protein. Grains can be added for extra energy if needed or desired.

Fall vegetables in Oklahoma include beets, broccoli, Brussels a 475-degree oven for 30 to 40 minsprouts, cabbage, carrots, cauliflower, greens, potatoes, leaf lettuce, leeks, onions, parsnips, green peas, radishes, rutabagas, spinach, Swiss and spices to vegetables before chard and turnips.

and nuts.

Protein is typically added as a meat, bean, legume, and nut. Some get your diet in line with the 2015- on the weekend and refrigerated for grains contain protein, such as qui- 2020 Dietary Guidelines for Ameri- use all week long. It is still best not noa.

Many fall vegetables are best added to salads in roasted form. To our eating patterns do not align roast fall vegetables, remove non- with the recommendations in the to your meal rotation and see if edible skin, slice and chop into Dietary Guidelines. Specifically, you can shift your diet closer to one bite-sized pieces, toss in olive oil, 75 percent of the population does that meets the 2015-2020 Dietary spread evenly on a pan and roast in not eat enough fruits, vegetables, Guidelines for Americans.



Kim Bandelier, MPH, RD, LD



utes or until browned and softened to your liking.

You can also add different herbs roasting if you desire a different fla-Fat is typically added as an oil, vor. Thyme, rosemary, salt and pep- other vegetables and a dressing that mayonnaise, egg, cheese, avocado per are the most frequently recom- you do like and see if you can change mended for roasted vegetables. your opinion.

A fall vegetable salad can help you Fall vegetable salads can be made

Recent research has revealed that bles until you are ready to eat.

dairy and oils. More than half of the population eats enough grain and protein foods but is not eating enough from certain sub-groups think whole grains, fish, nuts, seeds, legumes, etc. Most Americans eat too much added sugars, saturated fat and sodium.

A fall vegetable salad can help you fall in line with the Guidelines if oils are used for dressing and protein sources include fish, nuts and legumes. It can also help you increase your vegetable intake and the variety of vegetables in your diet, which will add fiber and an assortment of vitamins and minerals that feed your immune system as we head into cold and flu season.

Fall vegetable salads are a great way to expand your vegetable repertoire. While you may not like the taste of raw cauliflower, beets or parsnips, try roasting them and mixing with

to mix the dressing with the vegeta-

Try adding fall vegetable salads

### BLOWN FIBERGLASS - ATTICS - BATTS. **COMPLETE INSULATION SERVICES** Owner Operated Since 1974 Don Spivey 1-800-522-1644

Dchsner

**Dozer-Trackhoe** 

Service

Pond, Terraces, Tree Clearing, Building Pads, NRCS Work, etc. For estimate on your job call Jeff

<u>580-704-2226</u>

SPIVEY INSULATION CO.

- FREE ESTIMATES -

SPRAY-ON POLYURETHANE FOAM FOR METAL BUILDINGS



We Service All Major Brands of **Electric & Portable Welders** Warranty – Service – Parts

109 Bois D'Arc, Duncan 580-255-0207 www.WelderRepair.net welderrepairs@att.net

### **Apache Auction Market**

Thursday 8 a.m.

Stockers, Feeders, Cows, Bulls & Pairs

Apache Video Wednesday 10 a.m. 800-926-9696

580-588-3840



Livestock Marketing, Inc.

### MILLER CONSTRUCTION & SONS INC.



**Backhoes** Rock Sand Dozers

**Trucks** Fill

NO JOB TOO BIG OR SMALL! 580-512-6378 580-439-6170

580-512-6376 580-512-6384

### Phipps Backhoe & Storm Shelters

PRIME LAND FOR SALE

170 acres on northwest edge of Waurika on

Hwy. 5. Borders Cow Creek on the east side. All improved grass, fences, pond and cattle lot

and large mature pecan trees.

Contact Countiss Farms at

580-228-2687

6300 E 1900 Rd. Waurika, OK 73573

### **Precast Storm Shelters** (10 Year Warranty)





### **Phipps Custom Brush Hogging & Tilling**

Build and repair gravel roads. Sand and gravel hauling.

580-467-1018 & 580-467-3514



24 Hr. Service - Licensed, Bonded, Insured mwtelectric@gmail.com

Residential • Commercial

### **UNCOMFORTABLE?**

### Does your home have any of these symptoms?

- Rooms that get too hot or too cold?
- High utility bills?
- Thermostat wars with your spouse?
- **High humidity in summer?**
- House just never seems comfortable?
- There doesn't seem to be enough airflow?
- □ Dust buildup within 2 days of dusting?
- Problems with your system since it's been installed?
- Anyone with allergies or asthma?
- AC starts and stops frequently or runs all the time, and house is still not cool?
- ☐ Have been told by other contractors that the problem cannot be fixed?

### If you answered <u>YES</u> to any of these questions, we can help!

Pippin Brothers has specialists that can pinpoint and correct these problems and, in many cases, you don't even have to replace your equipment, with the solution usually being easier and costing a lot less than you may think. There is no other contractor in Lawton more qualified than Pippin Brothers at diagnosing and correcting these annoying, inconvenient, unhealthy, comfort-compromising and energywasting concerns. Call us today and let us make your home Feel As Good As It Looks! After all, your home is your largest investment and you and your family deserve to be comfortable - don't you?



"Comfort Without Compromise"

Call Today:

580-248-7924 www.PippinBrothers.com

## Memory-making meals mark back to school

looking for ways to spend more time together, but managing the family schedule can be a daunting task, especially with extracurricular activities a new school year brings.

Hectic weeknight schedules during for enjoying dinner together.

(Family Features) Most families are overwhelming, pick a specific day each pasta sauces rich with bold, Italian fla- other room to allow for time to reconweek and block out time to have a meal vors and vine-ripened tomatoes. as a family.

the additions of nightly homework and Experimenting with recipes can add quick and easy new favorites to the family meal repertoire like Spaghetti and Turkey Meatballs, a modern twist on the back-to-school season don't need to get nostalgic family classic. As food trends in the way of quality time spent around come and go, RAGÚ continues to be a the dinner table with these simple tips culinary staple for family meals. For 80 years, RAGÚ has gathered families at the Designate a time. Write dinner time table to celebrate the tradition of creaton a calendar in the kitchen so every ing memories around a mouthwatering family member is aware of this special meal. Whether that's a new take on ravitime and can look forward to sitting oli or a family-favorite pasta dish, fami- Designate dinnertime as a no-cellphone down together. Even if your schedule is lies can count on serving up delicious zone. Leave your mobile devices in an-

**Create rituals.** To build a tradition in **Rely on foods rooted in tradition.** the kitchen, try involving the whole family by showing your kids age-appropriate ways to contribute to their favorite meal. Let them measure ingredients to create better-for-you turkey meatballs, carry ingredients from one place to another, mix and pour ingredients, and set the table. Creating a ritual of cooking a favorite back-to-school meal with your kids is a good way to help them build healthy habits and skills that will last a lifetime.

Step away from your cell phone.

nect with your loved ones and be fully present.

Create fun dinner table topics. Making the table a fun place to be is the best strategy for getting your family to dinner and keeping them at the table longer. Make a game out of sharing the best parts of your day with each other. This can be a great way to laugh together as well as an opportunity to offer much-needed advice and support.

Find more easy recipes to bring the family together during the busy back-toschool season and throughout the year at RAGU.com or on Facebook.

### Spaghetti & Turkey **Meatballs**

Prep time: 15 minutes Cook time: 15 minutes Servings: 5

- ounces spaghetti
- pound (85 percent lean) ground 1 turkey
- 1/2 cup Italian-seasoned, dry bread crumbs
- cup grated Parmesan cheese, plus additional (optional)
- cup chopped Italian parsley 1/4
- egg, beaten 1
- cup water, divided
- teaspoon kosher salt
- tablespoon extra-virgin olive oil
- cloves garlic, minced
- teaspoon crushed red pepper
- jar RAGÜ Homestyle Thick and Hearty Traditional Sauce

Cook pasta as directed on package, omitting salt; keep warm.

Combine turkey, bread crumbs, Parmesan, parsley, egg, 1/4 cup water and salt. Shape mixture into 25 (1 1/4-inch) meatballs.

In large, nonstick saute pan on medium heat, heat olive oil, garlic and crushed red once garlic is golden.

Arrange meatballs in sauce; cover through (165 F), stirring occasionally. meatballs.

Tip: Use a small ice cream scoop or and cook 10 minutes, or until cooked melon baller to easily make evenly sized



pepper. Add sauce and remaining water Serve with cooked spaghetti and additional Parmesan, if desired.



Marlow Kwik Lube & Kwik Kleen Car Wash

We Offer: Oil Changes

- Your Full Service Automotive Care Facility • Transmission Flushes Best Automatic Car Wash,
- New & Used Tires
   Flats Fixed
- Brake Jobs Minor Mechanical Work
- Tune-Ups

Self-Serve Bays, Vacuums Carpet Shampooer Fragrance Machine.

Come Visit Marlow's

1016 S. Broadway • Marlow • 580-658-2778

### HIGH'S AUCTION & REAL ESTATE SERVICE DETAILS AND PICTURES OF ALL LISTINGS AT

WWW.HIGHSAUCTION.COM 580-875-6500

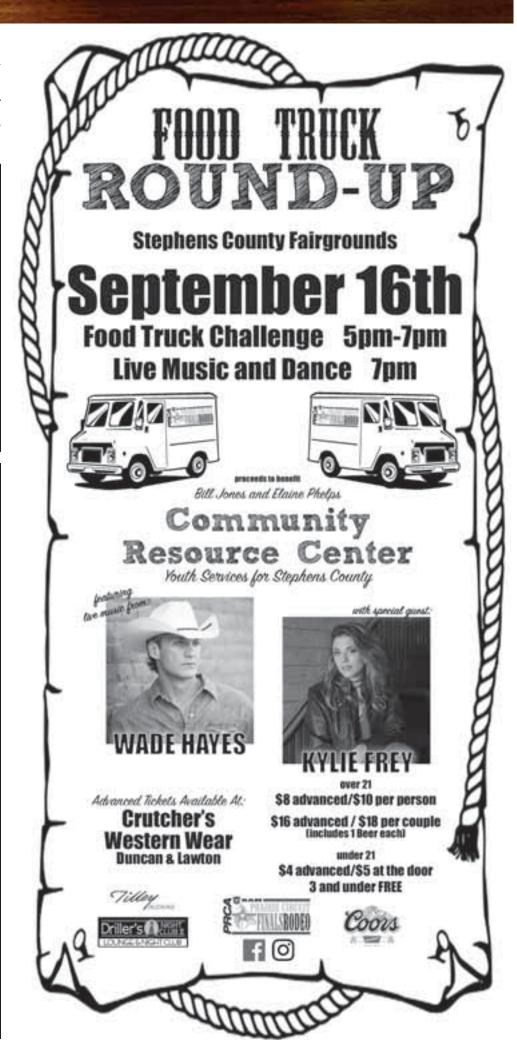
### RESIDENTIAL LISTINGS

WALTERS AREA

- 607 S. Broadway, Walters: REDUCED: \$165,000. 2958 sqft, 4 bed, 3 bath, 1 story, full brick. In-ground swimming pool for the hot summer, gazebo, basketball court, large shop, corner lot.
- 603 E. Kansas, Walters: \$197,000. 2279 sf, 4 bed, 2 bath. Close to youth park, newer construction, large yard, well maintained.
- 319 E. Colorado, Walters: \$69,000. 2114 sf, 4 bed, 1 bath. Older home, many updates, 2 story, large corner lot.
- 625 E. Texas: Price \$64,900. 3 bed, 1 bath, 1500 sqft, full brick. Updates include; Granite counters, cabinetry, roof and windows

### LAND LISTINGS

- 98 Acres East Cache Creek: \$117,600. From 277 & Logue Chappell go East 4.5 miles. All in cultivation with East Cache Creek border
- 60 Acres in SE S14 T3S R14W, Tillman County, All cultivation bordering Deep Red, PRICE REDU # \$1100 or \$66,000. ALL MINERALS OWNED TO BE TAILS ERRED. West of Walters and South of Apheatone COOP
- 280 Acres in S16 T3S R13W, Cotton County. PRICE REDUCED: 1100/ Acre: Excellent hunting, Full wheat base (197 acres). ALL MINERALS OWNED TO BE TRANSFERRED. West of Walters and South of Apheatone COOP



## Cotton Electric seeks addresses for returned capital credit checks

businesses listed here.

A refund of capital credits demonstrates how addresses. a not-for-profit electric cooperative works. margins can be refunded, members who contonelectric.com. tributed to those margins receive a share.

check was mailed to the latest known valid **MEMBER'S IDENTITY.** 

Bevington Tom E

Bickerstaff W

Billen John P

Bingham D R

Bird Geoffrey

Bishop Michael L

Black SR Daniel L

Blackerby Trenton J

Blackwell Barbara

Bittle Doyle E

Black Barbara

Blackburn J

Bishop A

Bishop L

Bhattacharya Sanjit

Billingsley Larry R

G&T capital credit checks amounting to address for the member. Checks addressed to \$1,037,640 were issued recently to people and members listed here were returned to the cooperative because of incorrect or insufficient

Cotton Electric Cooperative needs help Annually, money over and above the cost of finding the people listed here. If you see a operations and other necessary expenses and name on the list that you recognize and if you reserves is declared margins. When the board have information about a current address, of trustees determines that a portion of those please call 580-875-3351 or email info@cot-

TO CLAIM A CAPITAL CREDIT A share of the capital credits was allocated **CHECK, WE REQUIRE A SOCIAL SE**among active and inactive members and a CURITY NUMBER TO VERIFY THE

Culp A A

A Abbe Randy Abbe Roger G Abner Tiffany Abshire Darren Adams Angela Adams Bobbie J Adams David L Adams Ericka Adamson Bobbie Adamson Robert L Addison Sara J Alexander Dick Alexander Robert Alexis Trowny Alfred Debora Allen Gary W Allen Sidney Alsobrook Debra A Amero Linda Amick Kenna L Anderson Cheryl Anderson Danny Anderson Hollie C Anderson J Anderson Machelle K Anderson Melanie Anderson Terry Anderson Walter Anthony Peyton S Archer Jennifer D Arenz John Arguellez JR Raul Arterbury B Ashton Angelina Ashworth Melvin Atwell David L Auer Andrew S Auld Perry L Austin John W Austin Ray

Autrey Megan Ayers Betty L Babb David R **Baggett Jeremy** Bagwell Jason Baker Freddie E Ballard Karen K Ballard Shay L Ballou Karen Banks Keagan D Barber James D **Bardsher Charles** Bare Kyle L Barfield Jerry D Barker Lucy B Barnard Sara L Barnes Glen Barnes William S Barnes Willis G Barnett Debra Barnett Elliott Barnett Mildred Barnett Steven D Barrett C B III Barry Robert Barthel Linda Bartling Teddy Barton William L Base Arthur Bass Ronnie E Batt Mark S Baugh Talisha Baughman Lee A Baughman Marvin L Baxter Roy O Bazan Hector Beaird Curtis R Bear Nathan Beasley Barbara Beck David L Beck Jennifer R Beck Mollie Beck Roy Beck Vera Belcher J Z Belford Christina L Belinson Katrina D Bell Andrew I Bellamy Robert E Bench Beau T Bender Trina A Benedict Frankie Beniot Debbie K Bennett Carl H Bennett Greg L Bennett Maggie Benson James E Benson Joey Benson Rufus Bentley Gerald D Benton J O

Bernard Andrew

Berry Thomas E

Berryhill Norris L

Berryman Lee N

Berry Randi

Blackwell Patrick Blair David Blair Rachel L Blanke Raymond Blevins Dustin Blount Jared A **Blount Terry Bogard Benny** Bohl Jack L Bojanowski Scott Boley Joe Bollen Alice B Boman Ashley R Bonfanti Charles J Borgman Bernard J Boss Thomas F Boulanger- Alv Bettina P Bowen B Bower Billy R Bowman Allen R Bowser Barbara J Boyd Heather L Boyer Michael J Bradford Don A Bradford Ramona Bradshaw Bill Braley Keith W Brame Larry N Branscum Claud J **Brantley Brenda** Brashears Lowell B Bratcher Raymond Braudrick Debbie K Brede Dodie Brewer Jenny A Brewer Ray A **Brewer Ricky** Brezinka Jennifer J Bridgers Rusty Bridgers Stacey L Brigham John H Briscoe Craig A Briscoe Randy A Briscoe Shannon D Briscoe W **Britz Aloysius** Brock Brenda R Broer Jimmie M **Brooks Christie** Brooks Christopher E Brooks Don Brooks Phillip Brousseau Matthew Brown Harry C Brown Johnny Brown Nieya C Brown Randy T Brown Rhonda S Brown Tommy L Brown W Browning Lou A **Brownstead Michael** Bruce Malcolm Bryant Daniel L **Buchan Lance** Buchanan Len E Buckman Steven R Burch Brad A Burgess Mary E Burk Peggy Burleson Earl Burns Heather K Burris Stevie Burton Eddie Burton H **Busby Delbert** Busby Randall K Bussus Nolen L Butler Billy J Butler Kaylee M Byerly Ginger Byerly Kenneth D Bynum Laverne F

Cagle Wayne D Cain Frank Cain Sarah L Caldwell Betty L Caldwell Casey N Caldwell William W Calhoun Bob Camp Gerald

Byrd Harvey G

Byrne- Gray Lisa

Camp James R Campbell Jessica L Campiche A A Campiche Ronald L Cannon Mary E Cannon Ronald W Cantwell Fred W Carden Ruthie Carpenter Joy D

Carpenter Judy Carr Stephanie L Carroll Ashley B Carroll David Carroll James E Carroll Robert E Carson Lourdes R Carter Carter David Carter James R Carter Lisa Cash L G Cates Amy Catlin Michael L **Cavender Perry** Chadwick Tony Chambers Annette

Chambers Christi **Chandler Walter** Chapman Derick Chapman Timothy Charter Ernestine Chase Rex W Chasenah Roselyn Chebahtah Joseph N Cheshire Ronald D Chichin Michael Childers Matthew D Chitton Ross Christal Maria Christmas Stephan M Chupp Dennis R Church Michael

> Ciochetti Joyce M Ciprian Racheal Cisneros William E Claborn Marie Clark Brandon D Clark Diana L Clark Justin Clary Raymond H Classen Tyler R Clay Robert P Clement Calvin E Clifton Bryon K Clinton Jean M Clogston Mike L Clopton Everett

Clowdus Randal Coaly Lelia B Cobb Bill F Cobb Bobby Cobb R Crag Coberly Rick L Cochran Kenneth G Coe Jimmy Cohee Chris Coleman Crystal L Collet Patrick T Collins Andy Collins Jimmie

Clopton Kenneth F

Collins Shawn L Combest Joe Compton Cynthia E Condit Michael R Condreas Jose C Conley Morton C Connelly Carmen Converse Bret D Conway Sherry Cook B

Cook Gregory D Cook Ira Cook Jordan L Cook Nigel R Cook Verna Cooksey Terrence Cooper David L Corley Clyde H Corridan Pearl M Corwin Joshua I Couch Thomas

Crow Donald

Crow Terry L

Crowley Lauren E

Crowson Janna D

Crume Vernon L II

Crow Kyle

Cox Jimmy Eaton Barry C Cox Michael D JR Edgar Leah B Cox Oscar Cox Sharon Coyoterobe Shana L Cozart Rick L Cozby Tereasa Ehlers Kevin Crawford Tim J Ehlman Herman Creighton Dean M Crider Victoria Elam William F Crites Jake Croom Paul R Elkins Opal Cross G Eller William C

Elliott Jay

Elliott Johnny P

Elliott Kasey L

Ellisfritz Patsy

Ellsworth Chris

Cullins Sasha L English L B Cunningham J B Cunningham Pat A Epps E Cunningham Tim Curtis Billy G Curtsinger Bill Cvikich Jonathan Ftter Ritz Dahlgren Dan I

Dalrymple Carol Damato Mandy Daniels Christopher Daniels E Darst Dacia D Daugherty Dustin Davenport Ronnie Davidson A Davidson Donald C Davidson Dustin K Davidson Nathan R **Davidson Wendell** Davis Barbara G Davis Carl M Davis Carol J Davis Dewey L Davis Don M Davis James A Davis James B Davis Kari K Davis Leonard Davis Matthew C Davis Randy M Davis Ruthie C

Davis Shanna D Davis T J Davis Tommy E Dealy Tom Deboard Nicole M December June V Dees J W Delk Kirby D DeLong Lois M Dennis Jaqueline Dennis Kim

Desjarlais Raymond R Devine SR Robert H Devlin Kandi Dewbre Eddie Dhaenens Jerome F Dickerson Vernon L Dickson Delbert L DICKSON J Dickson Kenneth O Dismuke Rick **Dobbins Jamie** Dobson David F Doerfel John S

Doherty James R Donnell David C Dorman John P Dotson Junior C **Doty Duane** Doughty Carl R Douglas R S Douthitt John Dow Everett Dowd John D Dowy Ruby Doyal Becky Drake Floyd Drake Steven L Drennon Larie

Duffy Donna L **Duggins Finis Duggins Ima** Duke Robert **Dulworth Frank** Dulworth Raymond Dunklin E S Dunlap Erna Dunlap O Dunlap Willie J **Durbin Robert** 

Dwyer Stephen R Dyer Charles Ε Early Jessica Early Melisa Early Mikki L Eason Marguerit H Edmond Alexander M Edwards Antonio J Edwards Sandra K Edwards, Vinita J Eisenhauer Dale Elam-Wauqua Michael V Elliott Daniel G

Ely Jim Epperson James W Erickson Ishae L Ernest Marion D Esparza Susan Estridge Quentin **Evanoff Michelle** Evans James W Evens Sonny D **Everett Sally** Everett Scott E

F Farrell Michelle Farris Charlie E Fennell Tiffany D Fergione Sarah J Fields C Fields Charles L Figgins Ennis File Roy S Findlay Michael Fischer Joseph Fischer Vernon Fiscus Lori Fisher Chad Fisher Faye Fisk Sherb Fitch Frederick L Fitzgerald Troy Fitzsimmons S Fixico Doris L Fleetwood C W Flood Evan R Floyd Brian Forbus Michael R Ford Lissette Foreman B M Forge Justin Fortenberry Les Foster Charles D Foster P Foust Steven R Fowler Albert Fowler N H Fowler Raymond L Fox Anthony J Franks Dustin W Frederick Cleo B Frederick Richard Freeman Michelle French Charles A Friesen Vernon R **Fulford Robert** Fuller James E Funkhouser Rose M

G

Henry Jeff L Galdones Wilson G Hensch Misty V Gallaher Johnny W Henson Mary Gallaway Max Hernandez Cesar Gandy Roger A Herndon Donna L Garcia Jenny Herron Charles W Gardner Rayme Hersey Elwood Garrett Frank Hester J Garrett H Hettiger Joe A Garrett Robert L Hewes Hollie Garvin Leonard Hewett Howard G Gatliff David B Hickerson Larry D Gayanich Melody A Hicks Brenda K Gazaway Nicole Hicks John W Geis Carl Higgs Della F Gentle Robert Hight Don Gentry Rita N Hight Timothy K George Barbara Hilbert Elsie E Gibson Dadriaon Hill Billy J Gibson J Hill Brinda K Gibson JR Gary L Hill Crystal Gibson Mary J Hill Edward P Giddens Jim Hill Matthew Giles Jacob J Hill Philip Gill Eddie Hill Randal L Gillespie Jessica M Hill Troy M Gillis Carl D Hilty Lee A Gilmore Charles A Hines Loyd H Girdner J Hixon John H Givens Valerie Hodge Allen D Gladon Hester R Hodge Heather M Glasgow Ruth Hoff Nick B Glazebrook Beth A Hoffarth Scott L Gleason Jessica S Hoffman William R Glenn Chase D Hoffpauir Jesse Gobin Timothy Hohmann Kayla A Goeringer O Hokit Nada R Golden Harold J Holcomb Ricky P Gomez Sharon Holley Waylon Goodeagle Rhonda D Hollingsworth D C Goodman Alisa B Hollock Anna M Goodman Beverly Holmes James A Goodman Brandy M Holmes Jeffrey D Goodrick Karene Holsten Craig Goodwin Janet Holt Albert Goodwin Todd A Holt J Gordon Glenn O Holt Sherrie Gorham Jill L Holtzclaw Lorinda

Graham David A Graham E T Graham Suezann J Grant Jack W Grant Julie **Grav Dennis** Grayson Mae D Greb Pauline F Green E Greene D Greene Mickey J Griffin Billy J Griffin Glen D Griffith Don Griffith Greg W Griffith Richard Griffith Sheri A Griffiths Stella Griner John A Grissom Lakkoda Grohn Lawrence O Gronquist Melba Guadarrama Renee Guajardo Gilbert Gustus Steve E

Horn Bill

Horn Caroline K

Hornbeck Paula J

Horning Charles F

Horton Charles E

Houch Melissa L

Housholder Mae

Houston Robert C

Howard Glenn M

Howell Ronald G

Howell Sherrie S

Howell Tammie

Howell Tammy

Howenstine Jack F

Howenstine Lydia

Hovt Tammara K

Hubbs Kodye A

Hubbard Norman D

House W

Horn Robert J

Huber O **Hubmann Brian** Huckabaa Russell **Huckabay Gary Huddleston Allie** Huddleston Eugene W **Huey Eurial** Hager Brenda S Huffaker Terry Hale Bill Hughes David M Hall John O Hughes Jerry W Hall Nichole Hughes Robert L Hall Rodney D **Hull Bernice** Halliburton Kenneth **Humphers Roxie** Hamblin O Humphreys Melvin L Hamilton Debra Hunt Hilda Hamilton J Huntley Lynda P Hamilton Robert D Hupp Cheryl Hamilton W R Hurst Gary L Hammack Dewayne Hurst John C Hamrick Samantha **Hutchinson Dustin** Hancock Billy J JR Hutchinson Jim Handshy W **Hutchinson William** Hanners Jason Hutson Gary A Hansell Tracy Hyde Randy L Hanson Jack E Hardzog R Iker Cliff Harper C Harrell Verlan W lles Jeff Harris Ann M Imlay Lauren D Ingle Robert Harris David A Harris Donna S Inman Brette L Harris Geariann L Irvin Jamarr L Harris Walter G

Harrison Herman E

Hart Casey

Hart Christina

Hart Michael

Hart Raymond H

Hasley Matthew W

Hassler Hershel T

Hatcher Keelynn E

Haviland Rodney D

Hawthorne Richard

Hatfield Alvin M

Hatfield Cheryl

Hayek George

Hayes Douglas J

Headley II Glenn R

Hearon Barbara A

Heath Courtney E

Heidebrecht Keith

Henderson Alberta A

Henderson Jimmy D

Henderson Loretta

Henderson Paul D

Henderson Steve R

Hendrick Finis E

Hennessee Paul

Hendrick Jerrell R

Henage Kenny

Heath Edward A

Heath Jesse

Heath J

Harvey Mark L

Hasty Leon

Hatch Gary N

Ives Donald Jackson Tara J Jackson Travis W James Justin W James Linda A James Mark Jaques Bill Jay Charley Jenkins Devon Jensen Dorothy M Jessup Robert Johns Ralph Johnson Aaron M Johnson Bruce C Johnson Earl L Johnson Golda Johnson Grant Johnson Harlan Johnson Jack N Johnson James H Johnson Jered B Johnson Lorne R Johnson Richard E Johnson Scott D Johnson Susan R Johnson Victoria Johnston Roy Johnston Santos Johnston Steve A Johnston Zelma Jones Chris L Jones Clayton Jones David I Jones Donny Jones Harold R Jones Olen J Jones Roman E Jones Ronnie L Jones Shevis D Jones William

Jordan Trenton G Jumper William Jung Dakotah R Karpe Lori R Kauley Ralph Kellett Mark Kelley Brian Kelley Judy G Kelley Roxanne Kelly Kendall Kelly Kerry L Kempton Wayne C Kendall Eddie Kennedy Kris M Kennedy Norma Kephart Eddie Ketchum Betty Key Joel A Key Nathan B Keys Brent A Keys Patricia K Kharazi Chris Kidd Jan E Kidd Larry Kilcrease Char Kimbrough W Kincannon Ronnie King Amy M King Dorothy King Robert King Trace Kirkes Fondia G Kirkland W Kiser Dale K Klementovich Betty Knott Maria Koen Raymond K Kohler Michael G Kolb Zella Komah Betty

Kopaddy Sammy

Kopf Richard R

Korhonen Katie Kouha Linzee Koweno Eudora Kraicek Rhonda Kraser Frank Krieger Charles Kriesch Tracey L Krudop Lois Krystia Ted Kuchynka Charlie Kuse Felicia Kuse Ryan

L

Lake A Lance Santonio Landrum Ronnie L Lane Kenn G Langford Roy G Lanham Michael Larock George Larsen Adam Larue Jean- Paul Laseter John W Latham Crystal E Laughlin Kasee D Laux Janice Lawler Jake Lawrence III Joseph E Lawrence Jeanine Lawrence Randy L Lawson V A Lazzerini Ashley Leaf Michael Leaper Andreanna Leathers Steve Ledford Diana Ledford Morris Lee Norma J Leed Kenneth J Lemay Bill R Lemons Gary J Lenhardt Herman M Leonhardt Kenneth K Leslie Dolores Levin Jaclyn M Lewandowski Kristoffer J Lewelling Jodie Lewis Gail L Lewis J Lewis J K Lewis Kirsten Lewis Nancy F Lewis Virgil G Lewis William J Liberatore David

Lievsay Joann Ligon John E Lile Mary Liles Jacob T Linam Elizabeth A Lindahl Bruce Lindgren Katie Lindsey Charles R Linker Edward Logan Mark Long Crystal L Long II Larry C Long Jill M Long Merl Longacre W G Longley Veryl L Loudermilk Deanna R Love H H Loveless Bonnie Lowry Beverly S Lowry Kim Lozeau Tracy Lucas Clayton Ludlow Andrew R Luna Karen Luttrell Fred Lynch Georjette Lynch Norma M Madden John

Magee Myron

Malcolm Todd

Malone Ronnie Malone Sammy Maness Mary L Mansker Pamela K Marcy Larry Marlatt Randall Marlin J Mars Kimberlee J Marshall Randall J Martin David W Martin III James C Martin Jessica D Martin Jimmy Martin Lauren R Martin Ryan C Martin W W Martinez Manuel A Martinez Tony Mason Tommy Massey Jimmy Mathis Linda Maurer Jeffrey D Maxey Christina Maxey Jr Darrell N Maxwell George G May Norman Maye Jerry D Mayes Gregory P Mayes H Mayes Loyd Mays Tyler McAdoo Mitch McAfee Ronda McAlester Jimmy L McBeth John McBride A McBride Chris

McBride John R

McCall John

McCarley Clay

McCarty Pete

McClarty Louis

McClellan D

McClanahan Maxine

McClelland Nathalie A

McClelland Tommy L

McClennen Randy

McClung Charles E

McCollum Chris

Gorman Joseph P

Gothard Kirsten A

**Graham Candice** 

Gower Floyd

Hood Vicki

Hooper Bob G

Hoopes Kristophe R

### TO CLAIM A CAPITAL CREDIT CHECK, WE REQUIRE A SOCIAL SECURITY NUMBER TO VERIFY THE MEMBER'S IDENTITY.

McComber Frances McCoy Brian W McCracken Barbie D McCracken Robert L McCracken Stephanie McCready William L McCune Holly D McCurry Eugene E McFarland Mariah D McGehee James D McGehee Roy McGinty JR Milton McGuffin Melvin J McKay W Mclain Barbara Mclure Johnathan W McMillan Cassandra McMinn Dustin R McNeely Tammy R McNeill April D Mcneill Betty A McNeill Phil McQueen Malinda G McQueen Timothy McVeigh McWilliams Jimmy Meadows W C Mealy Donald C Medcalf Deborah L Medcalf Mary Medina Sharefeh Melton Carrington L Melton Sara Melton Scott L Mercer Marsha D Merritt Edward D Merry Carl L Mesis Vincent Messano Gene T Messersmith Jerry L Metcalf Louella Metzger Chrysta Meurer Robert F Meyers Brad C Milchesky April Miles Destiny A Mille Pearl B Miller Alvin Miller C Miller George Miller Jimmy W Miller Lois Miller Ronnie L Miller Tommie L Miller William Millirons John Mills Jimmedda Minthorn Paul Minton F Miranda Carlos Mitchell Greg L Mitchell Melinda M Mitchell Pat Mitchell Sandra L Mitchell Sharon Mixer Donald H Moffit John A Moncrief Andrew J Monks Richard L Monroe Richard Monson Shela G Montellano Guadalupe III Montgomery Claude L Montgomery Mark W Montgomery Seth L Moore David Moore Estelle Moore Freddy Moore Jamie F Moore Jimmy D

Moore Melvin R

Moore Richard

Moore Ricky L

Moorer Gladys E

Moran Brian

Moreno Kim R

Morris Richard

Morton Christina

Mountford Michael C

Morris Roxie

Morton Mary

Moss Tom

Motley Alvin

Mowdy Allen D

Moore T

Mowdy Jerry I Muller Adam Mullins Rachel Mullins Rita K Munn Megan Murillo Frankie Murray C L Murray Curtis Murray Sidney E Musgrove Derrell Myers Ellen Myers Roger

Najera-Hernan Esau Nalley Karen A Nelson Ryan C

Nelson Sandra K Nelson Tina Nesahkluah Rayne Nettles Melissa J Nevins Bryan R Newell Tim M Newlin Alice A Newman JR Dwayne E Nichols Charlotte A Niedo Danny Nighengale Bob Nimmo R E

Nixon Harold Noble Bruce A Noble Carl Noble Roy L Noble Tom M Nobles Howard D Noey Melvin L Noriega Robin Norman Fred L Norman Sandra K

Northcutt Clinton R Novek Richard Nuncio Michelle L Nunley Christina G Nunley Mildred Nunley Patricia R 0

Oakman Dale O'Brien Brandon Ocasio Marie Ochsner R **Odom James** O'Donnell Neil E Ogden Kenneth R Ohlin Blesie N Oldham Lisa M Oligher Allen H O'Neal Dustin

O'Quinn Jesse G P Orsburn Beth Osburn Denese L Ostrowski Blake Overstreet Scott Owens Alan Owens Charlene L Owens Peter G Ownes Bernice Padgett Melvin A Padgett Phillip J Padgett Rodger I Pagano Mark C Palmer Barabara M Palmer Dorothy L Paradise Maria A Parrott Shauna I Parsley Paul Parsley-Thurman Sheryl L Parsons Ruby Parsons Teresa Passerini Joseph S Patten Walter Paul Kevin A Pavne Alice C Payne Caroline S Payne Jason

Payne John

Peabeashy Hugh

Peacock Della

Pearson Clyde

Pearson Gary

Pearson Trevor S

Pedigo Bennie E

Pekah Ronald K

Pemberton P

Penick R Pennington Coy W Perez Benny C Perez Joe F Perkins J A Perry Mike Person R P Peterson Teresa O Peterson W Pettit Kayla Pfalzgraf John C Phelan James Phelps Zada Phillips Jessi R Pickens Elnora Pickens Margie R Pierce Gregory E Pigg Gary Pinion Shirley Pipkin Shirley L Pippin Brittany Pixton JR Thomas R Plasencia Isiac Plotnick Kenya Y Poemoceah Silcott Poerschke Eric Pollock Olivia Polus Rick A Ponce Mark Pool Bobby A Porter Glen Porter Roma L Porter Victoria E Poston Pamela Powell Harold Prater Judy Pratt Heather D Pregrove Lonna J Presgrove J B Presswood Larry D Preston Charles L Prewitt Tim D Pritchard Bernard Proffitt Audie Pugh Leslie

Pendergrass Ashley A

Q Queener Michael

Pyron Lester W

Quinn Shauna I R Rabe Robert B Rabe Tina Raizen Harold Ramirez J Ramirez Matthew B Ramirez Pamela J Ramming Brenda S Ramming Nena M Ramos Jose Ramos Nataly Randolph Evelyn N Rather Nicole Ratliff Cluster D Rawlings Debbi Ray Charles Ray Cody Ray Eric Ray Malcolm Ray Patricia Rayborn Georgie Read Bunyon Read Jerry Readdy Jim Red Elk David W Reddin Michael Redding R R Reece Eva Reed Brett N Reid Duane Reilly William Reimer Bryan Reimer Courtney N Renfrow Bill E

Reynolds Jennifer L

Reynolds Michael R

Rhodes Eva

**Rhodes Janet** 

Riccitelli Kevin

Richardson Leeroy

Richardson Paris

Richter William O

Rich Kenny

Richard Joe

Riedel Diana I Ries Dustin A Rightettini Scott Riley Yvonne

Rickard Latisha A

Rinderer Lloyd W Risen Wallace Ritter E Rivera Krista Rivera Roberto Rivera Salvador Roberson Joe Roberts Becky Roberts Dia M Roberts Jason Robinson Susan K Roe Austin C Roedell Robert R

Roffman Kenneth G Rogers Melissa R Rojas Richardo D Rollins C Rose Chad Ross Deborah A Ross J S Ross Roy Rowe Virgil S Rowland Kevin Rowley Daryl D Rubadue William J Rudd Karl T Rule Melissa A

Rumple Ron Russell Devin P Russell Donald S Russell James E Russell Pamela Russell Randy Ryans Deborah K

Ryder L S Sales Lucille G Sanders Louis Sanner Jesse C Sanner Lelia F Sapp Kristin R Savage Angelina Savoy John M Scalf Nick R Scarbrough Teresa D Scharver Frederick A Schell Maude Schlosser Joesph L Schneberger Don Schofield Jessica M Schornichks Joe F Schrader W Schrick Curtis Schroeder Robert Schulte Chass Scogin Andrew J Scott Billy R Scott Crystal K Scott James E Scott Wayne Scruggs Lamar R Scruggs Lorene Seal C G Sears Tony L Selby Jeff Self Marvin Sellers Gloria D Selvidge Zachary S Selzer Kristen Seratte Fred J Setzer Adam Sevey Richard Shannon Michael D Sharp Randy L Shavers B W Shaw Melissa B Shaw R T Shaw Raschel Shearer Chris D Shelton Jeral D Sheppard E Shipman Ed Shipman Jerade D Shirley Julie A Sides Monty L Simmons Elton III Simmons L

Simmons Larry

Simpson James

Sinks Trisha

### Businesses

1st Bank Of Chattanooga Farmer's Gin First Call Energy Services Co **B-J Enterprises** First Southwest Bank **C&M** Pipeline Fluid Disposal Services LLC Caf Oil Cahoma Ind Develop Corp Fosters & Southerland Chickasha Cotton Gin Oil Co Cowboy Cornerstone H&R Farms

**D&T Well Service** Diamond JK Ranches Ditco Energy LLC Dominion E & P DTW Services LLC Dudley's Grill Duncan's Lake Concession Dunk-N-Slide FBI

Ken's Electric Loco Church of Christ

M K Oil

Eagle Media LLC

Slifer Dan C

Smiddy Mary

Smith Alfred

Smith Billie J

Smith C

Smith F J

Smith Gordon

Smith Greg

Smith Holly

Smith Izora V

Smith James N

Smith Jimmie R

Smith Joseph P

Smith Mary A

Smith Rhoda

Snider Donna

Snuggs Lily M

Snow Lynn

Snyder Ken

Soapes Bill

Solie Blaine J

Soper Karen

Sorensen James

Southard Charlie

Sowinski Aline A

Spence Glenn

Spence Merel G

Spencer Carrie

Spradlin W

Spencer Stephen

Spurgin Ralph E

Spurlock Darla A

Squyres Misty D

Standifer Leigh Anne

Standridge Jennifer N

Stanley Wendell P

Stanton Troy D

Stanzel Ronja

Stauffer J

Starck Donald S

Statton Jessica N

Stearns Michael A

Stephens Brande D

Stephens Chester E

Stephenson Christie

Sternadel George J

Stewart Jud

Stewart Richard

Stobbe Jeffery

Stoker Jimmy

Stone Denise

Stott Roger N

Strickland Carolyn

Stringfellow Marie O

Stott Roger

Straily Bill J

Strickland G

Strong Anita M

Stoll P

Stephens Christy

Stacy Carolyn

Stair Ola

Spainhour Harland D

Sparkman Dewane

Sotomayor Joseph

Greenwood Energy INC Haines Auto Detail Hall & Solomon Okla Drive-In Theater Harvest Time Full Gospel Hoff Custom Homes INC Howe Research Indiahoma Day Care CNTR

To claim a capital credit check for a business, we require a Federal ID number.

**OBC INC Pool Company** Purch & Contr Div **Purchasing Contracting** Sanchez Enterprises P-SLLC Sanner Tire & Lube Standard Milling CO Superior Trailer Sales INC Time 2 Shine Velma Fabric/Gift Shop Velma Flowers & Gifts Waterstone Properties Webbs Manufacturing Wild Blue Younder LLC Wild Horse Roping Club Wyatt Construction Xanadoo LLC

Wiggins JR Hilton K

Wiggins Leona D

Wiley Brandon D

Wilkerson James

Wilkerson Ragena

Wilkins Roy C

Wilkinson Joel

Williams Aaron C

Wilcox Barbara

Slate Amber R Stucks Drinda s Slate Charles L Summers Allen d Slayden William Sutton Clarence Suybitten Ruby Swanson Daniel L Swanson Minnie Smith Angelia V Т

Tagliabue Kevin Talbot Ken L Smith Charles R Talbott Coy Taliaferro Alice M Talley Edith Talley Harold W Smith Harrison R Tallon Jason D Tanner Jade A Tant J Tarwater Dianna L Tauer Thomas Taunah Freida Tavarez Manuel D Taylor C Smith Stephen G **Taylor Clinton** Smith Stephen G Taylor David W **Taylor Jody** Taylor Kali S Taylor N E Tebedo Delia J Telford Margie B Solberg Angela C Terrance Thrash L

Terrell James L Terrell Joe R Terrill Tracy D Terry Clyde Thacker Laquita J **Thomas Charles** Thomas Donald R Thomas Ricky Thomas Trincia Thomason S A **Thompson Charles** Thompson Darlene Thompson Joe Thompson Terry C Thompson William P Throckmorton Eric Tiddark Linda L Tiegs Rochelle Tilley Jimmy Timberlake Pat **Tinney David** Tippen Renee Titchywy Cecil Titsworth William E Tomlinson Scott F Tomlinson Stacy M Tompkins Charles H Tonjes Michael Toska Darla Tosspon Phillip Toves Jesus C Trammell Dester L

Travis Tim

Tucker Bill

Tucker W

Tyler B

**Tucker Heath** 

Tucker Louis C

Tune Justin O

Tucker Richard C

Turner Carolyn M

Turney Tiffany C

Tuttle Jimmy R

Traw Herman W

U Underwood Jessica Unroe Brian Urbina Virgina

V Valdez Inge G Valerius Bud G Vallandingham Dwavne K Vandell Michelle R Vardell Jimmy Vasconsellos Eunice Vasquez Marie J Vaughan Chad A Vaughn Kevin W Venegas Alejandro Villarreal- Hughes Lisa M Voight Freddy M Vrla Brad P

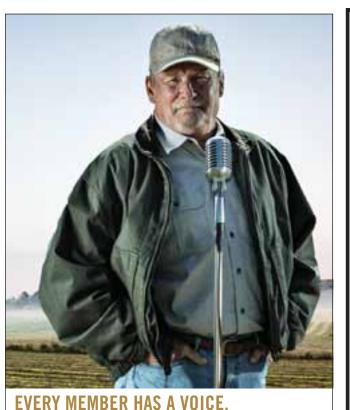
W Wade JR James H Wagner Jacob L Wagner Jim Wahkinney Valerie L Walden Earl B Waldo David D Waldrop John R Walker Coy Walker Gary C Walker Sandra Wallace John D Walls Jack Walton Terry Ward Armond B Ward Jayc C Ward Kristie Ward Olen Ward Robert P Ward SR Joseph H Wardeski Teddy J Warren David Warren Robbin G Waters Albert W Watkins Angelia D Watt Frederick L Watters Jeff Watts Christoph Watts William Waysepappy Elroe Weaver Buddy Weaver Roy B Webb Bruce Webb Larry D Wright M Weber Dennis E Wright Maxine Weeaks Bill Wylder F Weems W Wynn Donald Welch J Welch Jennifer L Wenninger Cheryl L Wermy Betsy L Werner Jennifer L West Sheila Westbrook James R Westervelt Bobbysue A Whaley Larry White Glen C White Sherre R White Tommy D

Williams Earl Williams Irvin L Williams Jackie C Williams Jerry Williams John B Williams Kirsten D Williams Richard N Williams Richard R Williams Roy C Williams Russell Williams Shelby N Williamson B Williamson Chasity L Williamson Craig A Williamson John D Willis Edward C Willis Sam Willson Nancy J Willy Marlena R Wilson April D Wilson Clarence Wilson Fred Wilson Samuel Wilson Tamera C Winegeart Jessie L Wiseman Daniel L Wiseman Samuel

Wolf Suzan Womack Earnest Womack Iva D Womack Jerry P Womack Lea D Womack Molly A Womack Ray L Wood Joe K Wood Lewis M Wood William C Woodall Dan W Woods Terri L Wortham Greg Wright Cecil L Wright Charles D Wright Helen F Wright Lori L

Yackeyonny Nathyn Yeager David P Yielding Vollie R Yoder Keith Young James M Young John H Young Kathryn Young Lisa J Youngblood James P Youngman Roderick Younts J W

Z Zapata Leilani M Zumwalt Ronnie G



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

As an electric co-op member you have a say in how the co-op is run. Isn't that nice to hear? Learn more about the power of your co-op membership at TogetherWeSave.com.



A Touchstone Energy Cooperative TOGETHERWESAVE.COM



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



White Wesley M

Wickman Roy E

Wiedeman Earl

Wiersema B E

Wiedeman Lillian L

Whitson Jim

### 273822 East 1860 Road **Beaver Point Addition** Hastings, Oklahoma

**Beautiful Home consisting of a** Tri-Level 3 Bedroom Rock/Frame Home (Approximately 1,787 Square Feet) with a Number of Improvements near the Waurika Lake. **Ground-Level:** Sunroom, Utility Room and a 3/4 Bath. **Downstairs:** 2 Bedrooms, Open Living Area with Wood Burning Stove, Dining Area, Kitchen with Counter, Tile Floor and Lots of Cabinetry (Refrigerator and Freezer Remain with Home) and a Full Bath with Jetted Tub. **Upstairs:** Large Bedroom with Good Storage Area in

Additional Improvements Include a nice Garage/ Shop (30'x50') with Concrete Floor and Electricity and a Garage/Office (14'x38') with Concrete Floor and Electricity. Home also has a nice covered patio and a

Gazebo. **All Situated on** a nice Wooded Lot with a Large amount of Oak Trees and a Hard Surface Circle Drive around Home. Home and Improvements Situated on

3.627 Acres. **Broker's Note:** Beautiful Tri-Level Rock/Frame Home situated on a great wooded Lot. Please see to

**\$137,500** 

Gary Criswell Auction Service & Real Estate, Inc. (Auctioneer/Broker) garycriswellauctioneers.com (Cell Phone) 580-255-8162 · 806 West Main · Duncan, OK · 580-467-2248