

The Current

A Publication of Cotton Electric Cooperative Inc.

A Touchstone Energy® Cooperative

“The Current - Informing Our Members Since 1957”

VOLUME 58

August 17, 2015

NUMBER 1

A kilowatt-hour defined

What does it mean in household use?

By Karen Kaley

We are familiar with many units of measure that dictate a purchase and know what to expect of the quantity we buy. We purchase wood by the rick, enough to get us through the winter; or potatoes by the pound, enough to feed the family for a week.

We purchase electricity by the kilowatt-hour (kWh) – whatever *that* is – and a kWh is enough to ... ummm ...

Electricity can't be weighed or put in a container, but it can be measured. There are more than 22,000 meters on the Cotton Electric system measuring kWh consumption.

So what is a kWh?

Since the early days of household electricity, the 100-watt light bulb was used as the example to explain a kilowatt-hour: A kWh of energy is equal to 1000 watt hours and will power a 100-watt bulb for 10 hours (100 watts x 10 hours = 1,000 watt-hours = 1kWh).

Things have changed. CFL and LED bulbs are replacing energy-wasting incandescent bulbs. How do they fit into the kWh equation?

Another thing that has changed is that providers had to sell the idea of electricity in rural homes. In the 1930s, many a farm home was powered by elbow grease for which the price was nothing but sore elbows.

WHAT ONE KILOWATT HOUR MEANS TO THE FARM HOME



Electric cooperatives used infographics like the one above to help those early adopters understand how it could contribute to day-to-day life. It took some convincing, but many came to realize electricity was a valuable resource, worth every penny.

This revolutionary “hired hand” changed lives and lifestyles. Possibilities expanded and households began to consume more and more electricity.

In 2015, electricity is viewed as a necessity, not an option. Nearly everything we use requires power.

Infographics are still pretty helpful, so we have updated the one from long ago to help today's co-op members understand the kilowatt-hour.

What one kilowatt-hour means to the 2015 home

Meetings set for CEC Districts 1, 3, 5

District meetings for three of the nine voting districts of Cotton Electric Cooperative have been set for the purpose of electing trustees and for reports involving other business matters.

The business and affairs of Cotton Electric are managed by a board of nine trustees representing geographical districts with similar densities of service. The board establishes the overall policies of the cooperative. Each trustee is a co-op member who represents one district, the area in which he or she lives.

Members residing in Districts 1, 3 and 5 will receive mailed notices that will include information about the time, date and location of the meetings they should attend. The cooperative's bylaws stipulate that district meetings are to be held in three of the nine voting districts annually and only members in these three voting districts will receive notices.

This year, the meeting schedule is as follows:



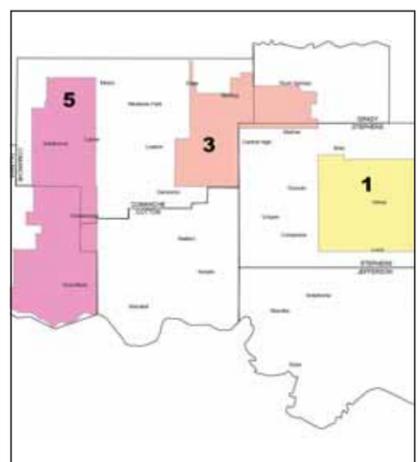
SHAN FILES
represents District #1



CHARLES SPENCER
represents District #3



TIM McCARY
represents District #5



•District 1: Sept. 10 in the Life Center at Velma Baptist Church

•District 3: Sept. 14 at Ladies Town and Country Room, 220 W. James Street, Sterling

•District 5: Sept. 15 at the Chattanooga Community Center

Registration at each meeting will begin at 6 p.m., and a mailed official registration card will be required for members. The registration card allows for quicker registration and makes the

holder eligible for an attendance prize.

Registration ends at 7 p.m. when the business meeting will be called to order. Each member is entitled to one vote in trustee elections.

Churches, clubs, schools, organizations and others will receive credentials to be used to designate a person as the voting delegate. Forms must be presented at registration, with all forms completed and notarized. These will enable the representatives of each

organization to vote and participate in the business of cooperative.

Trustees who are elected at the district meetings will take office immediately following the annual meeting and will serve a three-year term.

The Cotton Electric Cooperative annual meeting will be Oct. 8 at the Stephens County Fair & Expo Center in Duncan. Registration for the annual meeting will begin at 5:30 p.m. and the business meeting will begin at 7.

Power Cost Adjustment Calculated

The power cost adjustment applied to bills mailed after Aug. 1 is \$0.00163 per kWh. Power cost adjustment on bills after Sept. 1 is (\$0.01235).

On an average bill of 1500 kilowatt hours (kWh), this will amount to a charge of \$2.45 on the August bill and a credit of (\$18.53) on the September bill.

July 2015 Temperature Extremes

Day	High	Low	Avg.	Day	High	Low	Avg.
1	96	71	84	16	97	71	84
2	93	75	84	17	99	72	86
3	96	74	85	18	100	74	87
4	98	70	84	19	99	72	86
5	95	74	85	20	102	73	88
6	94	72	83	21	93	75	84
7	76	67	72	22	98	74	86
8	78	66	72	23	100	74	87
9	87	70	79	24	100	73	87
10	91	71	81	25	99	71	85
11	93	72	83	26	100	70	85
12	96	71	84	27	100	73	87
13	99	71	85	28	99	75	87
14	99	70	85	29	100	70	85
15	97	70	84	30	101	74	88
				31	93	72	83

Source: srh.noaa.gov/om/

Average Daily High: 96 Average Daily Low: 72

Did You Know?



Cotton Electric offices will be closed on Labor Day, Monday, Sept. 7.

Emergency calls will be answered at 580-875-3351 or 800-522-3520.

Contact Us

Do you have a story idea for The Current or do you need to place an ad? If so, let us know.

We can be reached at 580-875-3351 or by email at info@cottonelectric.com.

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

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The next issue of The Current should arrive in mailboxes Sept. 21, 2015.

The best kind of audit

Energy audits are key to increasing energy efficiency

If you read The Current on a regular basis, then you probably have seen our tips for saving energy. Educating members is one of our Seven Cooperative Principles and, at Cotton Electric Cooperative, we believe in arming you with information that can help you save on your electric bill.

Across the country, federal and state policymakers are considering ways make homes, farms and businesses more energy efficient. Electric co-ops agree wholeheartedly with the goal, and we all benefit from being smarter about how we use electricity.

Electric co-ops also know that all efficiency programs are not created equal. An effective program must be tailored to the needs of the community – and the individual.

MEMBERSHIP MATTERS

By Tracy Warren

At Cotton Electric, we believe energy audits are key to increasing efficiency. To reduce energy consumption, members first need to know how much energy they use and why. In this case, knowledge is – literally – power.

Our energy experts will come to your home and find the places where heated or cooled air is escaping, even crawling into the crawlspace to look for duct leaks. We will find the inefficient appliances, like grandma's old icebox still chugging away in the garage. We will talk to families about costly "energy habits," such as stand-

ing in front of the refrigerator door mulling options or leaving the X-box console on 24/7.

Nationwide, 560 electric co-ops – more than half – offer energy efficiency audits to their residential members. Nearly 400 co-ops offer energy audits for farmers and ranchers, and 469 co-ops offer energy audits for commercial and industrial members.

Some residential members have been able to shave hundreds of dollars off their bill over the course of a year by changing their habits, making improvements and upgrading appliances.

The types of efficiency improvements recommended will vary depending on region, the building (or buildings) and specific conditions. Energy audits are effective because they lead to specific, detailed recommendations suitable to the member's circumstances. While the recommendations vary, every audit shares the same goal: finding cost-effective ways to help members save energy.

To find out more, please contact Mike Stephens at 580-875-3351.

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

'Mild' summer 2015 still hot enough for several peak alerts



There are many reasons to be grateful for the soggy spring and occasional rain we have experienced in 2015. The grass is green and the ponds are full. The dreadful heat didn't hit until later in the summer.

Well, it seemed pretty hot because of the humidity, but we are not complaining. In an area of the state that saw 100-degree days as early as May 5 in 2014 and as high as 113 in August 2012, we think the 2015 statistics are much more tolerable. The first 100-degree day was July 18, and the high has been only 105.

OK, so it's still been really hot. And our air conditioners have been running hard over the last several weeks. And our power consumption has been high. Must be peak season.

That's the time of year when our power supplier – Western Farmers Electric Cooperative (WPEC), the generation and transmission cooperative owned by Cotton Electric Cooperative and 21 other member cooperatives – monitors the demand for power.

WPEC sets prices each year based on the summer peak demand from the co-ops it serves. The

peak is determined by the peak period – 4 to 6 p.m. – on the top three days of demand from June 20 to Sept. 9 each year.

Employees at WPEC keep a close eye on things as the daily load builds. On days that look to be peak days, an alert is issued before noon, so co-ops wishing to manage their load can do so between 4 and 6 p.m., when peak load calculations are made.

At Cotton Electric, a Beat the Peak program is in place as a way for co-op members to help manage the load. By signing up for the voluntary program, members can receive a text message, email or both on days when a peak alert is issued.

Cotton Electric members can sign up any time of the year to receive peak alerts. Look for a link on our website, CottonElectric.com.

There have been eight peak alerts issued in 2015. Some forecasts for the rest of the peak period say temperatures may not crack 100 again, so we may not see any more alerts this year.

As southwest Oklahoma summers go, this one hasn't been too bad. Maybe we'll get lucky and have another nice one in 2016.

000000001 Invoice # 0000

COTTON 26 North Broadway
Walters, OK 73572

580-875-3351
Fax: 580-875-3101

ANY MEMBER
123 ANY STREET
ANYTOWN, OK 00000

WHAT IS THIS? Capital Credit allocation explained below

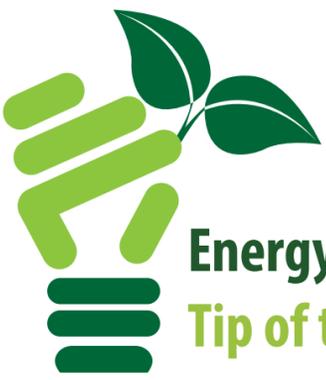
PCA Factor: 0.000000 Invoice #: 0000

Bill Codes	
R -Regular Bill	I -Inactive with Balance
M -Minimum Bill	K -KVA Minimum
E -Estimated Bill	N -New Account
F -Final Bill	X -Changed Meter
P -Prorated Bill	A -Average Monthly Pay
CR -Credit Balance	

Your Capital Credit Allocation for 2014 is \$00.00. The amount shown on this invoice cannot be applied to your energy bill.

Kiosk 

Pay-By Phone Call 1-855-730-8711



Energy Efficiency
Tip of the Month

Periodically inspect your dryer vent to ensure it is not blocked. This will save energy and may prevent a fire. Manufacturers recommend using a rigid venting material – not plastic vents that may collapse and cause blockages. *Source: energy.gov*

2014 capital credits allocated

Capital credits for accounts active in 2014 have recently been allocated.

Please note, however, that credit to an individual account is **not a refund**, and the amount **will not** be applied to a member's power bill.

Cotton Electric is a not-for-profit cooperative owned by its members who pay electric bills. Revenues in excess of the actual costs of providing electric service for the year are called margins.

Members' portions of these margins are called patronage capital, and are credited to the individual member's equity account in proportion to what each member contributed to the gross margin through his or her electric bills.

These margins are held in reserve for a period of time, with the capital being used primarily to construct new electric facilities, upgrade existing facilities, maintain the members' ownership and equity in the cooperative, reduce interest costs by lowering the amount of the borrowed capital, and maintain a reserve to protect against storms and emergencies.

Refunds, called retirements, are made when financial conditions of the cooperative permit. Members are encouraged to keep Cotton Electric informed of any changes of address so they will receive a check if a retirement is made.

How to calculate your capital credits

Determine the total amount you were billed for electricity during the calendar year 2014. Multiply that amount by the capital credit factor.

Capital Credit Factor

General Service	0.016991604
Small Commercial	0.017312599
Large Commercial	0.010221886
LPC/STC	0.007035803
Irrigation	0.019348468



COTTON
ELECTRIC CO-OP

Mission Statement

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

	2015	2014
Total Amount Billed/Accrued	\$6,046,282	\$6,305,822
Cost of Purchased Power	3,846,052	4,651,520
Taxes	100,405	115,600
Total Operating Expense Per Mile	1,052	1,195
Average Farm and Residential Bill	161	154
Average Farm and Residential kWh	1,277	1,271
Total Meters Billed (farm, residential)	18,340	18,230
Miles Energized	5,149	5,141
Density Per Mile	3.56	3.55
New Service Connects YTD	158	170
Services Retired	104	90

The Current

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Jennifer Kriz.....Display Advertising

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Community Spotlight

If you would like your community event listed in the September issue, please submit information by Sept. 7, by calling 580-875-4255 or send an email to info@cottonelectric.com.

CCC, WPA photos on display

A special exhibit of vintage photographs is on display at the Visitor's Center of the Wichita Mountains Wildlife Refuge. The "Legacy of the CCC and WPA," depicting work between 1933 and 1942 in the Refuge will be featured through Sept. 20.

The Civilian Conservation Corps designed a built rock masonry buildings and bridges, dams, trails and other public works within what was then called the Wichita Mountains National Forest and Game Preserve. The Works Progress Administration was primarily responsible for building the Holy City of the Wichitas and the road to the summit of Mount Scott.

The Legacy project was initiated to honor the lasting contributions to the Refuge by the hard work of the men in the CCC and WPA. The project volunteers are still seeking information and photographs from families who had members serving in the programs. To contribute, call Susa Howell at Visitor Services, 580-429-2199.

LPO features American composers

Opener for Lawton Philharmonic, "An American Salute," is a celebration of American composers.

John Williams' soaring arrangement of the "Star Spangled Banner" is followed by Stephenson's Stars and Stripes Fanfare. Pianist Andrew Staube returns to play Samuel Barber's breathtaking "Piano Concerto." To conclude, it's all Gershwin, with music from Porgy and Bess and An American in Paris

Performance begins at 8 p.m. Aug. 29 in McMahon Memorial Auditorium, 801 NW Ferris Avenue, Lawton.

Tickets may be purchased by calling 580-531-5043 or visiting LawtonPhil.com.

Follies kicks off United Way season

United Way Follies is a kickoff event for United Way Stephens County's 2015-16 fundraising campaign. Fun and follies begin at 6:30 p.m. Aug. 29 at the Duncan Golf and Tennis Club, 1800 N. Country Club Road.

Entertainment will include singing, dancing and skits performed by local talent.

Tickets may be purchased at the door or by calling the United Way office at 580-255-3648.

Blues Ball returns for Labor Day

Medicine Park's popular Mayor's Blues Ball features live performances by blues artists throughout the Labor Day weekend.

Performances begin with Blueprint at 7 p.m. Sept. 4. The Roland Bowling

Band follows at 8:30 p.m., and Dirty Red and the Soulshakers at 10:30.

Several artists will be featured during the afternoons and late into the evenings of Sept 5 and 6. Saturday's lineup features Sweet Brenda, the Mike Updegrove Band, the Rusty Traywick Band, Caleb McGee and The Underdogs, KALO

Sunday's acts include the Flat Land Band, Empire grey, Big Pete and The SOBs, the Vibro Kings, Tyrannosaurus Chicken and Chant.

There is no admission charge and those attending should take lawn chairs. For information, visit medicinepark.com.

LHS class plans 50-year reunion

Lawton High School's Class of 1965 will hold its 50-year reunion Oct. 2 and 3. St. Mary's Class of 1965 and LHS classes of 1963 thru 1967 are also encouraged to participate.

First day of festivities begin with a golf tournament starting at 9 a.m. at Lawton Country Club. A meet and greet gathering will begin at 4:30 p.m. at Mike's Sport Grille.

Events planned for the second day include a tour of Lawton High School at 11:30 a.m. Another gathering begins at 7 p.m. at Hilton Garden Inn.

For information about costs and other details, call David at 580-919-8110. Send RSVP to garyscott6@gmail.com by Sept. 1.

LCT opens with Charlie Brown

Lawton Community Theatre opens its 64th season with "You're a Good Man, Charlie Brown." This family-friendly musical comedy is inspired by "Peanuts," the Charles M. Schulz classic comic strip.

Performance are set for Sept. 11-13 and 17-20. All performances are at 8 p.m. except those on Sundays, which are at 2 p.m.

For information, visit LCT-OK.org.

Lancaster keynote speaker

Words of wisdom from Kellie Lancaster and a chance to meet five-time IPRA world champion Jet McCoy are highlights of a dinner and auction fundraiser for Chisholm Trail Ram Prairie Circuit Finals Rodeo. The event will be 7 p.m. Sept. 12 in the Simmons Center in Duncan.

Lancaster's son, Dane, was injured in a roping accident in May 2014. Eleven years old at the time of the accident, he suffered skull fractures and brain injury. In the year since the accident, tens of thousands have followed his remarkable recovery through his family's inspirational daily postings on a Facebook page called Prayers for Dane Lancaster.

Tickets may be purchased individually or by the table. A portion of the proceeds will go to the Stephens County Youth Shelter.

For ticket information, call Sandy

Photo of the Month



Our "At the Beach" photo shows a daughter trying to "out-skip" her father at the Lake Lawtonka campground. 10-year-old Amaya Hays is the daughter of Cotton Electric members Matt and Jennifer Walker, who live southeast of Lawton.

Enter your "best shot" in our Photo of the Month contest. Theme for September is WEATHER. 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.

Bowden, 580-656-0960, or Joe Henderson, 656-3701.

Bethel hosting revival Sept. 18-19

Bethel United Methodist Church is hosting a revival Sept. 18 and 19. Dr. Brandon Dollarheit will be the featured preacher the first night. Gospel singing from several groups will be the highlight of the second night.

Both evenings begin at 6:30 p.m. and the events are open to the public. The church is at the intersection of Oklahoma Highway 7 and Southeast Bethel Road.

For information, call Rev. Michael Wood at 580-695-8018.

DLT opens with 'Becky's New Car'

Duncan Little Theatre opens the 2015-16 season with "Becky's New Car," about a woman caught in middle age, middle management and in a middling marriage with no prospects for change on the horizon. When a socially inept and grief-stricken millionaire stumbles into the car dealership where "Becky" works, he offers her nothing short of a new life.

There will be limited seating for at the performances at 7:30 p.m. Sept. 18, 19, 25 and 26 at Hodgson's Stu-

dio of Music & Drama, 814 Walnut in Duncan.

Tickets can be purchased at the door.

Vocal group opens CTAC season

CTAC Live concert series opens the 2015-16 season with M-pact, a pop-jazz a cappella group that has been entertaining around the world for nearly 20 years. The sextet makes use of "nature's first instrument," the human voice, to bring sophisticated sound to fine arts halls and jazz festivals across four continents.

Performance is set for 7:30 p.m. Sept. 24 in the Simmons Center. Tickets are available at the door or through the ChisholmTrailArts.com website.

Comanche Fair begins Sept. 25

Set against the picturesque backdrop of the Wichita Mountains, the 24th annual Comanche Nation Fair will be Sept. 25-27 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.



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

As an electric co-op member, your household has a say in how the co-op is run. Which helps you care for an even bigger family - your community. Learn more about the power of your co-op membership at TogetherWeSave.com.



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.

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- ▣ Extends appliance life by 50% or more
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Members of Stephens County 4-H Horse Club held a bake sale recently to raise money to donate to Horse Feathers Equine Center in Guthrie. Showing off the big check are, from left, Chris White, reporter; Fallon Warren, president; and Nicole Hampton, vice president.



Horse clubs offer more than fun rides

Horses are as much a part of southwest Oklahoma as wheat and red dirt. Young people are fascinated by them, and ponies are often at the top of wish lists.

Whether the animal is a full-sized horse or a miniature pony, a thoroughbred racer or a gentle riding mare, equine care and ownership is a big responsibility. There is a lot for a young person to learn.

There's a club for that. In many counties, it is the 4-H Horse Club, a group of 9- to 17-year-olds who gather at regular intervals to ride, to learn and to serve the community.

Members of the Stephens County 4-H Horse Club hold a business meeting every second Monday at the fairgrounds. During the summer, they gather on all other Monday evenings to ride and practice skills.

They learn to help others, too. These gatherings are open to anyone interested, including those who don't own a horse. Members of the club have horses available for learners.

The club goes on field trips from time to time. Recent excursions included tours of Remington Park and a trip to Horse Feathers Equine Center in Guthrie. That trip was special for a couple of reasons.

The group's adult leader, Stephanie White, said the kids were ex-



cited about the prospect of visiting the facility where horses are rescued, rehabilitated and adopted out or given sanctuary for life.

White said the 4-Hers wanted to do more than just visit, they wanted to raise money to make a donation.

"They came up with the idea of a bake sale and just ran with it."

It turned out to be a great idea. Cookies, bread, brownies, fudge and other treats proved popular. They group raised \$285 in just four hours.

"Then they voted to add some club money to the pot, bringing the donation up to \$410," White said.

The young teens took paper goods, soaps and bleach along and donated all to the facility.

In between trips, the Stephens County 4-H Horse Club participated in local parades. They were surprised to win a cash prize in the Walters Rodeo parade.

"We didn't even know there

was a competition," said the club's president, Fallon Warren.

They also won at the Velma Old Settlers Picnic.

Next up is another fundraiser, this time a spaghetti lunch from 11 a.m. to 2 p.m. Aug. 20 during the Stephens County Free Fair. They will also conduct the Aug. 22 Horse Show at the fair.

Then there is a horse clinic set for 9 a.m. Sept. 12 in Marlow. Club members will be the only people riding, but the public can audit the clinic conducted by Robert Hayes Horsemanship. There will be a small fee.

The activities are part of a time-honored tradition of belonging to a 4-H Horse Club. White noted that some of the club members are children and grandchildren of former members.

But, there is always room for more. Young people living in Stephens County and interested in learning more about the club or the clinic can call White at 580-704-3922.

To find out about 4-H clubs in other counties, call the Extension office. In Cotton Electric's service area, those numbers are:

- Caddo – 405-247-3376
- Carter – 580-223-6570
- Comanche – 580-355-1045
- Cotton – 580-875-3136
- Grady – 405-224-2216
- Jefferson – 580-228-2332
- Tillman – 580-335-2515

Cameron-Nashville Connection set for October

Cameron-Nashville Connection is a first-ever event encouraging members of the region's music community to either participate in or witness a live recording session. Sponsored by Cameron University and the Fairmont District Experience, there will be three sessions Oct. 23 and 24 in Cameron Theatre. The Friday session will begin at 7 p.m. and Saturday's will be at 9 a.m. and 2 p.m.

"We are bringing Nashville to Lawton," organizer Joe Tilton said. "It's time we keep our musical talent in Oklahoma, so we're bringing Nashville's best to Lawton to show us how it's done."

Nashville producer Bubba Smith will work with three artists or groups on stage. After coaching and refinement, Brent Teegarden, a Nashville recording engineer, will supervise a live on-stage recording.

Musicians interested in participating can send an email to fairmontdistrict@gmail.com. They will be notified when the event website is ready for audition submissions.

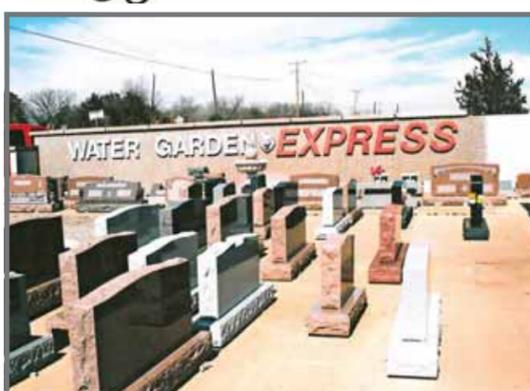
The sessions will be open to the public. Smith will answer questions about the business of music and how it's changed, and how to make the most of a talent. Technical questions will be addressed as well.

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Walters, Duncan, Lawton Areas

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PUBLIC AUCTION

August 29, 2015
Saturday, 10:00 A.M.

Home with Improvements on 2 Acres
Duncan, Oklahoma
(See Directions Below)

Gary Criswell Auction Service & Real Estate, Inc. has been commissioned by the Estate of Patsy A. Nickell to offer at Public Auction her Real Property situated at Route 5, Box 580 on Fuller Road in Duncan, Oklahoma.

Real Property consists of a 3 Bedroom Frame Home (Approximately 968 Square Feet) with a Large Living Room, Kitchen with Dining Area, Utility Room and Full Bath with Shower over Tub.

Additional Improvements include Steel Siding on Home, Central Heat and Air with Heat Pump, Storm Shelter and a Front Porch. All situated on a nice 2 Acre Tract with 132' Frontage on Fuller Road and 660' Deep.

Directions: From New South Hwy 81 - Go West on Fuller Road 2 miles. Real Property is located on the North Side.

Terms of Sale: 10% Earnest Money on Real Property on the day of Sale. Balance due at Closing upon delivery of Title and Deed.

Preview of Real Property will be held Friday afternoon, August 28, 2015 from 1:00 pm to 6:00 pm. Announcements made day of Sale supersede all other advertisements. Please plan to attend this Public Auction.

Auctioneer's Note: This Home will make a nice Home for a Family or a great Investment Property. Please see to Appreciate! The Real Property will be offered "As-Is-Where-Is." The Estate of Patsy A. Nickell reserves the right to accept or reject the final bid. Stephens County Abstract will serve as the Closing Agent on the Real Property.

Gary Criswell Auction Service & Real Estate, Inc.
580-255-8162 • 806 West Main • Duncan, OK • 580-467-2248
(Auctioneer/Broker) email: garycriswell@cableone.net (Cell Phone)

PUBLIC AUCTION

September 19, 2015 10:00AM
Route 3-Box 262
WOODSIDE ESTATES
Empire City Area (Duncan,OK)
(See Directions Below)

Gary Criswell Auction Service & Real Estate, Inc. has been commissioned by the Estate of William H. Hays to offer at Public Auction his Real Property and Personal Property situated at Woodside Estates in the Empire City Area.

Real Property consists of a 3 Bedroom Brick Home (Approximately 1,557 Square Feet) with a Family Room, Dining Area, Kitchen, Utility Room and 1 3/4 Bath.

Additional Improvements include an attached 8'x10' Safe Room with 8" Walls (new), 2 Car Garage, Storage Building-Barn Design 10'x15', Sheet Metal Storage Building 10'x20' and a Sheetmetal Carport 24'x25'. All Situated on a nice a 2 1/2 Acre Lot, Fence and Crossed Fenced with a Small Pond.

Personal Property includes 1990 Buick LaSalle, Automatic All Power, New Radio and CD Player, New Battery, Four Door and New Tires, 88,850 Miles, Variety of Firearms, Household Furnishings including Bedroom Suites, Dining Table with Chairs, Glassware and Collectables, Craftsman Riding Lawnmower-38", Chain Saw, Weedeaters, Rototiller and a Variety of Shop Tools.

Consignment: 2011 LEXUS ES-350 (like new), All Power with Sun Roof, 4 Door, Garage Kept, One Owner, 34,200 Miles, CHEVROLET-EXPRESS-Cargo Van, Automatic with Air, Cloth Seats, Power Locks, 83,396 Miles (Very Clean).

Farm Equipment includes McCormick-FARMALL CUB Tractor with a 4' Bellymower and a 16' Flatbed Trailer (dual axle).

Firearms: Handgun 357-Taurus with Holster, Model F.I.E. Handgun Caiber 22 L.R. Model 18, RUGER New Model 22 Caliber Handgun, Single Six, SMITH & WESSON SW 40 VE Handgun, CROSMAN "1400" 22 Caliber Rifle, SPRINGFIELD-Rifle Model 840 Caliber 222 REM with Weaver K6-C3 Scope, 1896 Springfield Armory-Bolt Action Rifle, HUSQVARNA 30.06 US Rifle with TRADEWINDS Scope, REMINGTON MODEL 700 Rifle with Weaver Scope, REMINGTON .22 Caliber Long Rifle-short Rifle with a Savage Springfield 4x15 Scope, ROSSI 410 GA 3" MOD with Rossi 22" Rifle LR (new in original box), Gun Cabinet and a variety of Amunition.

Directions: From New South Highway 81, Go West on Terry Road 1.5 Miles, Turn South, Go 1/4 Mile to Woodside Estates, Go West 1/10 Mile To Auction Site.

Terms of Sale: 10% Earnest Money on Real Property on the day of Sale. Balance due at closing upon delivery of Title and Deed. 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 Real Property and Personal Property will be held Friday afternoon, September 18, 2015 from 1:00 pm to 6:00 pm. Announcements made day of sale supersede all other advertisements. Please plan to attend this Auction.

Auctioneer's Note: This is a Nice Home with Acreage and a number of Improvements.The Real Property will be offered at 10:00 A.M Sharp! Automobiles and Firearms will be offered at Public Auction at 12:00 pm High Noon. The Real Property will be offered "As-Is-Where-Is." Seller reserves the right to accept or reject the final bid. Stephens County Abstract will serve as the Closing Agent on the Real Property.

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Southwest Oklahoma and Cotton Electric ...

... You can't have one without the other



Abby Wilcox
Geronimo High School

Editor's note: Four area high school juniors won a trip to Washington, D.C., in Cotton Electric's annual Youth Tour essay contest. Each of the winning essays has appeared in The Current.

Famous couples create an image when you think of them. You picture their larger-than-life world and wonder what life would be like if they have never met.

There would be no Bonnie without Clyde. Their life was filled with danger and destruction. Imagine life in southwest Oklahoma during unpredictable weather events without Cotton Electric.

Picture Scarlet O'Hara without Rhett Butler by her side. They faced the devastation of the South and the rich farm land their families worked so hard to improve. Cotton Electric works to protect the land and environment as it meets the electric needs of the people.

There would be no Minnie without Mickey. These two and the Disney Company have enriched the lives of many children and adults, just as Cotton Electric has enriched schools, communities, and families.

When you think about it, there would be no southwest Oklahoma without Cotton Electric.

Bonnie and Clyde are well known for their destructive lifestyle, Cotton Electric is well known for acting in the midst of the destructive weather in past and recent years.

Through freezing blizzards, fierce winds, and raging floods, Cotton Electric sends out tree cutters to remove damage and debris, linemen to repair power lines and transformers, and technicians who man the phone lines and use social media and the Internet to keep the 22,000 members in eight southwest Oklahoma counties informed. In 1976, Cotton Electric's operations office issued a way to have 24/7-dispatching in case of an emergency. When Cotton Electric launched their website and social media campaigns, they improved communication with customers giving up-to-the minute details concerning repair progress and outages. Cotton Electric has not only stood during destruction, they have lent their manpower to people across the county as disasters and destructive weather events have crippled their communities.

Scarlet and Rhett sacrificed all they had to protect Tara. The land and the livelihood of the people of the South were cherished. In the same way, Cotton Electric has a love for the land and the people who farm. Following the lead of President Franklin D. Roosevelt, Cotton Electric was born bringing electricity to eight out of 10 farms in the 1930s. Southwest Oklahoma's largest business and industry continues to be agricultural production: The area is well known for the production of wheat, cotton, cattle, and various other crops. As Cotton Electric has needed to improve and expand their services, they have always considered the customers and their land.

Cotton Electric's goal is to expand to provide reliable quality electric services to rural areas and to do the least amount of damage to customers' property. Cotton Electric has effectively provided ways to support the farm land and farmers of southwest Oklahoma by improving new ways to supply power to customers without destroying natural resources or damaging crops and livestock.

Mickey and Minnie Mouse have been icons for families and children all over the world. The idea began small as Walt Disney took a chance to improve the lives of others through entertainment and enrichment. Many people thought that Walt Disney's cartoons would never go anywhere, it was a "pie in the sky" idea just like Cotton Electric, but they both have proven disbelievers wrong and even stepped up to another level by giving back and genuinely caring for the people.

C.W. Cox felt much the same way; he took a small idea of meeting the electric needs of rural communities and grew it to what we know of as Cotton Electric.

Cox' idea was that, "If other communities with similar problems could work their way into a land of better living through rural electricity, why not southwest Oklahoma?"

This idea began to spread through the area of southwest Oklahoma and, shortly after that, Cox would become the first manager of Cotton Electric Cooperative, Inc. on Sept. 15, 1938.

You see, it started with one little idea that became something huge, an idea to better the land with rural electricity, and now it has become a necessity.

Cotton Electric also values the idea of enriching the lives and communities it services just as Mickey and Minnie enriched entertainment. They support the families, schools, and communities throughout southwest Oklahoma in a variety of ways.

Throughout the years, Cotton Electric has designed several great ways to help schools and local 4-H programs. For example, they are enormous supporters with Oklahoma REC's Youth-Power Energy Camp, which is for eighth-graders, and the Rural Electric Tour for 11th-grade students in southwest Oklahoma. As a member of Touchstone Energy Cooperatives, Cotton Electric supports the world's largest youth livestock expo, the Oklahoma Youth Expo.

In 2004, Cotton Electric designed a way to give more back to communities by beginning Operation Round Up. Operation Round Up allows customers to round their bill up to the next whole dollar with funds deposited to Cotton Electric's Charitable Foundation. The foundation gives money to groups and individuals such as volunteer firefighters, area schools and student organizations, ambulance services, Boy Scout troops, humane societies, civic and service organizations that help to improve the lives of others.

Cotton Electric offers the Co-op Connections Card that allows customers to shop at a number of businesses in the area with discounts on a variety of services.

Cotton Electric also returns capital credit checks to customers, sharing the funds that are generated after a profitable year.

The couples of Bonnie and Clyde, Scarlet and Rhett, and Mickey and Minnie have been etched in history, famous for a variety of things. Their names always bring an image to the mind's eye. In the same way, when you think of the fast, efficient, and affordable electric services provided by Cotton Electric, life in rural southwest Oklahoma wouldn't be as comfortable or productive. Communities wouldn't be as prepared or protected. Students wouldn't have access to a variety of leadership and learning opportunities.

Cotton Electric and rural southwest Oklahoma ... you can't have one without the other.

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No Secrets to Investment Success

Many people look for the "secrets" to investment success. Is it timing the market just right? Is it finding those hot stocks or getting in on the "ground floor" of the next big thing? Actually, these types of moves have little relevance to the vast majority of investors — even the most successful ones. So let's take a look at some steps you can take that can be effective in helping you work toward your financial goals.

It's time in the market...not market timing. Some investors think they can succeed at "market timing" — buying when the price is low and selling when the price is high. And this would indeed be a good strategy if they could predict highs and lows. No one can accurately forecast these peaks and valleys, though. So, instead of ducking in

and out of the market in a vain attempt to catch the highs and lows, simply stay invested. The more time you spend in the market, the lesser the impact you're likely to feel from short-term price swings. And if you're always invested, you'll always be in a position to benefit from the next market rally.

It's "buy and hold" — not "buy and sell." Even if you aren't trying to time the market, you may be tempted to buy and sell frequently as you look for new and better opportunities. Yet, this constant buying and selling can be costly. Frequent trading, with all the additions and subtractions from your portfolio, can make it hard for you to follow a consistent, unified investment strategy. You're better off purchasing quality investments and holding them

for the long term, until either your needs change or the investments themselves no longer possess the same attributes they did when you purchased them.

It's building a strong foundation — not getting in on the "ground floor." Many people regret not being one of the initial investors of a company that has done spectacularly well. But most new companies don't achieve anywhere near that level of success. So, instead of looking for the next big thing on the "ground floor," try to build a strong "foundation" consisting of a mix of quality investments suitable for your risk tolerance, goals and time horizon. This type of investing may not sound glamorous, but a strong foundation is better equipped than a possibly shaky ground floor to withstand the

shifting winds of market forces.

It's cool-headed thinking — not chasing "hot stocks" — If you browse the internet or watch one of the investment shows on cable television, you are bound to read or hear about "hot" stocks. But by the time the news reaches you, these stocks may already be cooling off. Even more importantly, they might not be right for your needs in the first place. Instead of chasing after hot stocks, which, by their nature, carry a strong emotional component (namely, the desire for quick, big gains), try to coolly and dispassionately analyze your situation to determine which investments are really most appropriate for your goals.

There really aren't any shortcuts to reaching your desired financial destination. But by taking the slow and steady path, you can work toward getting there.

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Body cameras ensure safety for everyone

By Karen Kaley

All it takes is one moment when things go terribly wrong and an otherwise serene setting becomes chaos. Bystanders and today's ever-present cameras may record snippets of a crazy incident, but often don't provide crucial details when trying to piece together what happened.

That's why officials with the City of Elgin want to equip each member of the police department with a body camera.

When a member of law enforcement is on the job, he or she follows procedures established to protect the officer and the public they serve. For example, there is constant contact via radio. Officers keep dispatchers informed throughout a work shift.

More and more often, in addition to sending a radio message before getting out of a vehicle to deal with a situation, an officer will also turn on a camera.

Some of those cameras are mounted on the dashboard of the vehicle, thus the name "dash cam."

The problem with older devices is the recording medium: VHS tape. Mayor Larry Thoma, said that is what



the old dash cams in Elgin's police vehicles use to record what's going on inside and in front of them.

"There are issues with tapes," he said, and cited the main issue as "they are severely antiquated."

The outdated devices offer poor picture quality and the tapes break or become entangled on playback. Replacing tapes and players is becoming nearly impossible.

"Young people don't even know what VHS is anymore and nobody has a working player," Thoma said.

Reliable recording devices have become critical.

"If you look at national events, you see the need," Thoma said.

He pointed out that Elgin enjoys a low crime rate.

"I don't think we have those kinds



Elgin interim Police Chief Paul Tracy points a body camera toward Mayor Larry Thoma.

Download CECF grant applications at cottonelectric.com.

Deadline for third-quarter 2015 grant applications is Aug. 26.

Operation Round Up is a voluntary program and members may opt out at any time by calling or sending a letter or email stating the account holder's name, account number and the request to be removed.

of issues in Elgin, but you never know in today's society."

Elgin does have issues associated with rapid growth over the past 25 years. The U.S. Census put the town's 1990 population at 967. It went up to 1,204 in 2000 and jumped to 2,225 in 2010. The most recent figure is 2,901 in 2014. That's an increase of 200 percent over the 1990 count.

Some 500 of the new Elgin residents live in Country Aires Estates, a housing development served by Cotton Electric Cooperative.

Municipal obligations have come with the growth.

"We are indebted for sewer and water capital improvements. We need to purchase big-ticket items such as a tractor, lawn mower, police cruiser ..." Thoma explained.

That is why the Elgin police reserve is working with town officials and organizations to raise funds to purchase body cams and new dash cams. The local Masons have conducted a fundraiser. The Elgin Chamber of Commerce has donated \$1,000.

And, the board of Cotton Electric Charitable Foundation recently issued a \$1,500 grant to help with the recording device upgrade.

The Elgin PD hopes to have the body cams in place soon. In the meantime, interim Police Chief Paul Tracy has been familiarizing himself with a device borrowed from the Comanche Tribe's law enforcement department.

He demonstrated the body cam, about the size and weight of a flip phone, which hangs at the middle of his chest from a lanyard around the neck. Pushing a button begins the recording and should become part of the routine as an officer leaves a vehicle.

He said the device will record sound and action from the officer's perspective and that will be a good thing.

"It protects the public as well as us." Tracy, a 42-year law enforcement veteran, is all for the devices.

"I wish we had these years ago."

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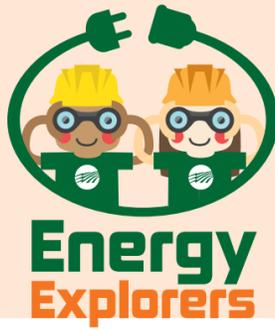
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Insulators & Conductors WORD Scramble

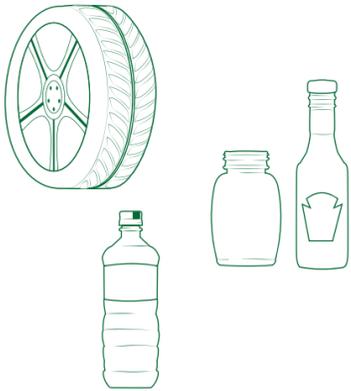


Do you know the difference between insulators and conductors? Materials act differently when they come in contact with an electric current. Insulators provide difficult paths for electricity, so the current doesn't flow through them. For this reason, insulators can help protect you from electric shock.

Conductors provide easy paths for electricity, which means currents pass through them quickly. This makes conductors dangerous around electricity, including lightning.

Unscramble the letters to reveal the names of common insulators and conductors for electricity. Use the pictures below for clues.

INSULATORS:

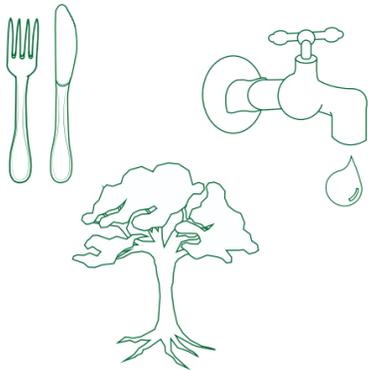


1. REBUBR

2. LGSAS

3. SIPALTC

CONDUCTORS:



4. LATME

5. TERWA

6. SRETE

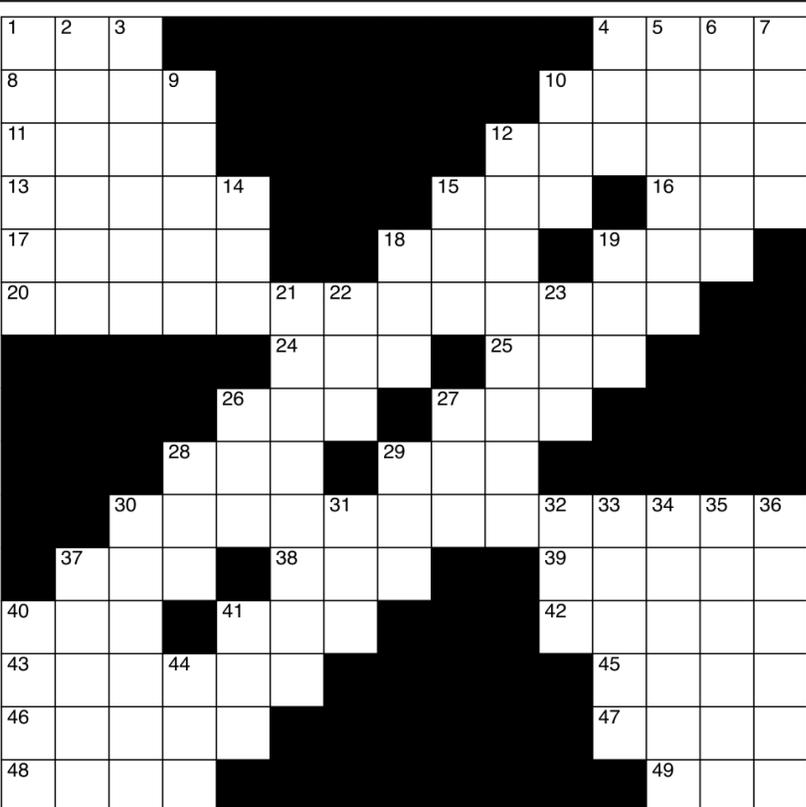
Answer Key: 1. RUBBER 2. GLASS 3. PLASTIC 4. METAL 5. WATER 6. TREES
Source: Culver Company

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- ACROSS**
- Munich jazz label
 - A lump of clay
 - Showy ornament
 - ___ Girl, brand of beer
 - Aka Kissavos
 - Warmest season of the year
 - 2nd longest Bulgarian river
 - Records the brain's electric currents
 - Cutting part of a drill
 - Colorful Italian city
 - The last part
 - Pouch
 - "Mad Men" creator
 - No (Scottish)
 - Actress Farrow
 - Focus cars (Co. initials)
 - Snakelike fish
 - One point E of due S
 - Grey sea eagle
 - Female "Mad Men" star
 - Actress Lupino
 - Time units (abbr.)
 - Moses' elder brother
 - 4th Caliph of Islam
 - Treaty of Rome creation
 - Theatrical play
 - Told on
 - "To tie" in Spanish
 - Amidst
 - Exchange for



- money
48. Bar game missile
49. Pluto or ___ Pater
- DOWN**
- Selfishness
 - Cinnamon source
 - Revolutionary firearm
 - Br. university town river
 - Lower back region
 - Relating to oil
 - Soil
 - Cause to lose courage
 - Pushed in nose dog
 - Dregs
 - Part of a cheer
 - Point midway between NE and E
 - Female sheep
 - Main
 - In a way, tangled
 - WWII female grunts
 - Nothing
 - Hoover's organization
 - Before
 - Patti Hearst's captors
 - One point S of due E
 - Film splicer & viewer
 - Something curved in shape
 - Possessed
 - Patagonian hares
 - Gave a formal speech
 - Resident of Mogadishu
 - Tangles
 - Annona diversifolia
 - Mures river city
 - Same as 15 across
 - Explosive

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Department Spotlight

Dispatch



Staff in Cotton Electric's dispatch department includes, from left, MacKenzie Coston, Glendel Cole, Janeris "Jan" McKown and supervisor Mike Morris. The video wall in the background brings new technology for better communication between departments during large outages.

New digs for dispatch

By Karen Kaley

Wild weather kept Cotton Electric's dispatchers busy during spring 2015, but it didn't delay progress on an indoor project that put them in the department's new location in early summer.

Torrential rains fueled by high winds were the main cause of 445 power outages during the month of May. Outages must be reported by phone or through the SmartHub app, and dispatchers and helpers logged 1,580 calls from members that month.

That's a lot of phone calls, many of them after normal business hours. That's OK, though. All member calls are logged in to the co-op's service system, which helps determine the extent of an outage and enhances co-op employees' ability to serve properly.

Phoned-in outage reports are so important that Cotton Electric has dispatchers on duty around the clock. Usually there is a single employee on duty during the evening and early morning hours, so it gets a little harried when a storm hits.

Dispatch supervisor Mike Morris said, "Callers may think we are a little abrupt, but it is because we have so much going on. Sometimes, there's just one person trying to do four things at once. We have to get the caller's information and move on to the next thing."

"There have been times when I've had three phones in my lap asking people to hold on while I talk to the linemen on the radio."

Glendel Cole, a weekend and nighttime dispatcher, echoed Morris, saying, "A stormy night can be chaotic or smooth. My main concern is dealing with the outage and I have to get off the phone and get the linemen en route."

"We still need the member to call. We need the information to add to the dispatch system. It will make predictions and give linemen a head start in the power restoration process."

When the number of calls becomes overwhelming, an answering service will begin to help. While there is still a live person answering those calls, he or she will not be familiar with the area. The caller will need to give a Cotton Electric account or meter number so the service can key the outage into the co-op's system.

See Serving, next page

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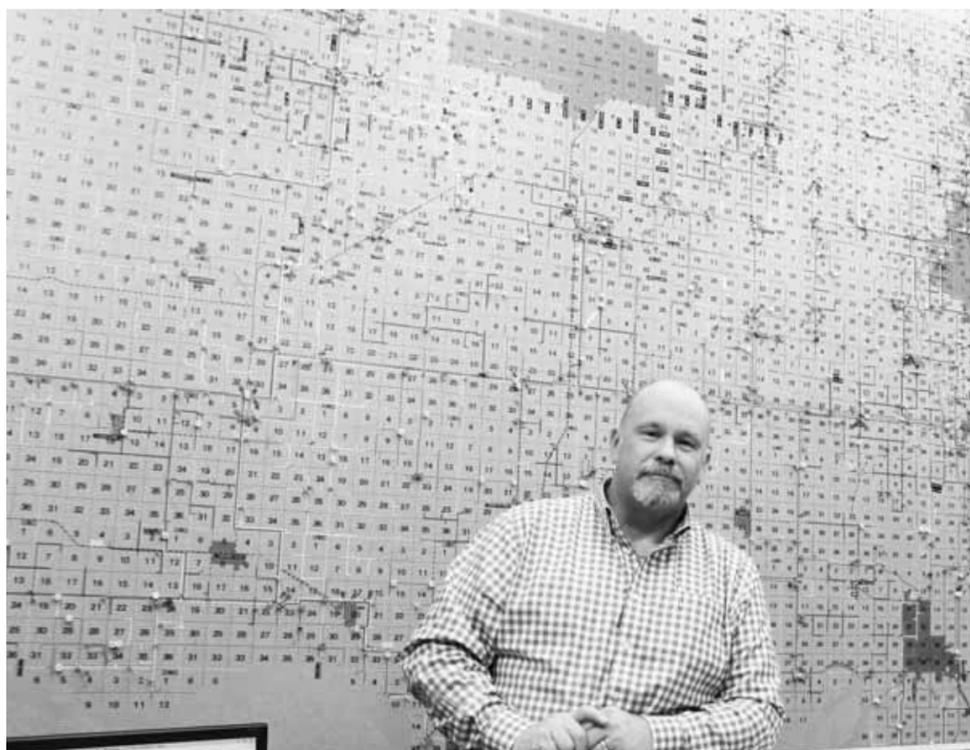
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Dispatch supervisor Mike Morris said the pegboard wall map that is updated by hand with pins and tape will serve as a backup to the digital map.

Serving members around the clock

Continued from previous page

During a large outage, Cole may report to work an hour or two early to help evening dispatcher MacKenzie Coston, or stay on to help overnight dispatcher Janeris "Jan" McKown. Dispatch shifts change around 4 p.m., midnight and 8 a.m.

Coston is the newest of Cotton's four dispatchers, and McKown has been a member of the dispatch department longest. Morris has been dispatch supervisor for a bit more than a year, and Cole has a couple of years under his belt.

All four said the same thing: "Check your breakers, then call us. We are here to help the members."

They also said, "We need your updated phone numbers."

Many people have abandoned land lines or changed cell phone numbers. The dispatchers will frequently attempt to call members and find they cannot because the co-op does not have a good number on file.

The dispatchers will call for a variety of reasons. One is to verify outages reported through SmartHub. McKown said including a good call back number in the Comments is essential to ensuring co-op resources are used properly.

If she has time, McKown will call the member to find out more about an outage or let the member know when a crew is on the way.

Coston said calm nights mean a lot of the calls he gets have to do with member payments. Cole served as a bit of a mentor, describing the type of questions to expect and how to get answers. Coston's training included time in the billing department where Ashley Shortt taught him how to help members with different types of after-hours payments.

A great deal of what the dispatchers do involves computers. Information from the mapping and billing systems is displayed on separate monitors, and another monitor provides substation information from the co-op's power provider.

When the power is off:

1. Check the fuses or circuit breakers in your home. Replace fuses or reset breakers. Check for breakers under the meter box, too.
2. Check with neighbors to see if they are without power.
3. Call Cotton Electric Cooperative. Be sure to give your name, location and account/service number. A description of what you heard or saw will help.

For all service outages, or if you are experiencing any other electrical problems, call 580-875-3351 (Walters local calling area) or 1-800-522-3520.

Include a good call back number if reporting an outage using the SmartHub app.

The new dispatch area includes two fully functional stations of multiple monitors, telephones and radios that should prove valuable during widespread outage. Additionally, there is a video wall, a huge array of six monitors that can display all of the information on a larger scale.

The wall of video screens is showy, but the real bonus is the technology that runs it. When coordinated with other screens throughout the building, outage communication will become more efficient.

The new technology will expand to the line crews when laptops in utility trucks are replaced with iPads, thus making for smoother information collaboration.

All the digital technology will still be backed up with the tried-and-true wall-sized pegboard wall map, updated by hand with tape and pins noting crucial points in the system.

And the dispatch department will still need an old-fashioned phone call from Cotton Electric members when they are having power problems.

"Call us, day or night," Morris said.

"Dispatchers are on duty 24/7."

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PUBLIC AUCTION

September 5, 2015
Saturday, 10:00 A.M.
HOP & SACK #20, INC
2515 NW Sheridan Road
Lawton, Oklahoma

Gary Criswell Auction Service & Real Estate, Inc. has been commissioned to offer at Public Auction, Hop & Sack #20, INC. situated at 2515 NW Sheridan Road in Lawton, Oklahoma.

Real Property consists of consist of a nice 4,000 Square Feet Commercial Building (Zoned C-5 General Commercial). This is a Fully Functional Convenience Store with approximately 3,000 Square Feet currently serving as the Convenience Store. Also with an Additional 1,000 Square Feet Storefront that may be used as a second Store or other Commercial Purposes.

Additional Improvements include Nice Fixtures including Ice Machines, Shelving, Office Furniture, Table and Chairs, Walk-in Cooler, etc. In reality, Fully Equipped and Fully Operational. The Store appeared to be very clean and well maintained.

Site Information: All Situated on a nice Corner Lot (150'x105'), with a 17' Right of Way along Sheridan Road. The Store is situated in a Good Location with ample parking. **NOTE:** All Fuel related Equipment is owned by Hess Oil Company including two Fueling Stations and a Canopy Covered Fuel Island.

Terms of Sale: 10% Earnest Money on Real Property on the day of the Sale. The Balance due at Closing upon delivery of Title and Deed .

Preview of Real Property with Improvements will be held Friday afternoon, September 4, 2015 from 1:00 pm to 6:00 pm. Announcements made day of Sale supersede all other advertisements. Please plan to attend this Public Auction.

Auctioneer's Note: This Real Property could be a great Investment. Please see to Appreciate! To view Real Property and Store prior to the Preview, contact Auction Company. For more information, please call Gary Criswell at (580) 467-2248. The Real Property will be offered "As-Is-Where-Is." The Seller reserves the right to accept or reject the final bid. Stephens County Abstract will serve as the Closing Agent on the Real Property.

Gary Criswell Auction Service & Real Estate, Inc.
580-255-8162 · 806 West Main · Duncan, OK · 580-467-2248
(Auctioneer/Broker) email: garycriswell@cablone.net (Cell Phone)

UNCOMFORTABLE?

Does your home have any of these symptoms?

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| <input type="checkbox"/> Rooms that get too hot or too cold? | <input type="checkbox"/> Dust buildup within 2 days of dusting? |
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| <input type="checkbox"/> Thermostat wars with your spouse? | <input type="checkbox"/> Anyone with allergies or asthma? |
| <input type="checkbox"/> High humidity in summer? | <input type="checkbox"/> AC starts and stops frequently or runs all the time, and house is still not cool? |
| <input type="checkbox"/> House just never seems comfortable? | |
| <input type="checkbox"/> There doesn't seem to be enough airflow? | |
- Have been told by other contractors that the problem cannot be fixed?

If you answered **YES** to any of these questions, we can help!

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A full refrigerator naturally optimizes your energy consumption. When you open the door, a stocked refrigerator will hinder the cool air from escaping and subsequently, the more items that take up space, the less air there is to have to cool.

There's another bonus to having a full refrigerator, stocked with items that can and should be eaten chilled. Green salads and fruit medleys are healthy options – especially if locally grown – that can also decrease your energy use as they don't require the electrical appliances to prepare them. Plus, it is more comfortable to consume cooler foods during those torturous, over 100-degree days.

This is a simple, healthy way to conserve. Try it!

Source: Energy.gov

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

During the month of July, members used their cards at pharmacies in the CEC service area when filling 95 prescriptions not covered by insurance. A total of \$2,447 was discounted on 79 prescriptions for an average savings of \$29.66 per use.

The total savings since the program's inception in April 2008 has been \$567,667.

The card is free to all members and can be obtained by calling 580-875-3351.

To find a participating pharmacy call Member Services at 800-800-7616 or visit www.locateproviders.com. Type 22203 into the Group field and click 'log in' to start your search.

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Edwards Family Vision

10% discount on complete set of frames and lenses



Edwards Family Vision is an apt new name for Duncan Opticians. Duncan's newest optometrist, Dr. Nathaniel Edwards, has the support of his entire family as he takes his parents' business into the future. From left, his wife, Lori and daughters, Kathryn and Lily, and his mother, Cindy Edwards have spent the summer helping with the transition.



Edwards family turns patriarch's vision into reality

By Karen Kaley

Sometimes vision is more than seeing what is right in front of you. It is seeing far into the future, and putting the time and effort into making that vision a reality.

The recent transformation of Duncan Opticians into Edwards Family Vision is the result of such a vision.

Dan and Cindy Edwards established Duncan Opticians in 1985 at Elk Plaza on north U.S. Highway 81. They worked side by side for 23 years providing Duncan area clients with impeccable service and quality products.

The couple's family included three children who are all grown and have families of their own now. It is the middle child, Nate, who has made his father's vision a reality.

Dan often told Nate that he hoped to see him come back one day as an optometrist, which would expand the business to encompass a new level of vision care. Nate thought that was a good idea and dedicated himself to

making it happen.

The 1999 Duncan High School graduate began his eye-care education during an 8-year stint with the U.S. Navy. He served two tours on the USNS Mercy, where his duties included assisting ophthalmologists in a variety of procedures and participating in humanitarian relief efforts.

The younger Edwards went on to earn a bachelor's degree in natural science from Cameron University in May 2010. With his May 2015 graduation from Northeastern State University Oklahoma College of Optometry in Tahlequah, he became Dr. Nate Edwards.

Shortly after, he and his wife, Lori, packed up their daughters, Kathryn and Lily, and moved back to Duncan and the transformation of Duncan Opticians began.

Unfortunately, Dan Edwards passed away before seeing the end result, though he knew his son was pursuing the shared vision. However, the

slogan and name of the new practice honor him and his foresight:

"Let Our Vision Help Yours" at Edwards Family Vision.

After a summer of construction, noise and dust, all the new equipment is in place. All the necessary documents are filed. All the i's are dotted and t's crossed.

Dr. Nate Edwards has opened his practice and began seeing patients the first week of August. Dedicated to providing excellent vision care and outstanding customer service, he plans to provide patients with an exceptional experience and not just another routine eye exam.

One thing that won't change is that prescriptions from any eye professional can be used on the wide variety of eyeglasses and accessories available at Edwards Family Vision.

The staff will still include the 30-year expertise of Cindy Edwards, who is certified by the American Board of Opticianry. She will be available to

help select frames and lenses that fit any style or budget.

Some details are still in the works, but Edwards Family Vision eventually will accept all vision insurance as well as major credit cards and Care Credit.

Edwards Family Vision will also remain a Co-op Connections partner. Any Cotton Electric member purchasing a complete set of frames and lenses can get a 10 percent discount by presenting a Co-op Connections Card.

Dr. Edwards, Lori, Cindy and the rest of the family and staff are looking forward to seeing longtime customers and those looking for a vision care provider at the Edwards Family Vision grand re-opening on Aug. 29.

Drop by that day or any other or give them a call at 580-255-1172 to set up an appointment with Duncan's new optometrist.

Let their vision help yours.

Lori Edwards contributed to this story.

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Shop smart, cook healthy, eat right to ensure healthy futures

August is Kids Eat Right Month, an initiative of the Academy of Nutrition and Dietetics that looks at the fight for our children's healthy future. The initiative has three main focus areas: Shop smart, cook healthy, eat right.

Even if you are not directly involved with children, you can make a difference. Setting kids up for a healthy future helps ensure a better future for older generations. After all, at some point, the children will really be in charge, right?

Shop smart, cook healthy, eat right ... sounds easy enough! Yet there are so many barriers to achieving each one. Misinformation plagues the marketplace – grocery stores, bookshelves, the Internet, even the “health community.”

The Kids Eat Right campaign can help point you in the right direction, but here are some suggestions to get started.

Shop smart – Consumers are overwhelmed with advertising in grocery stores. Food labeling is confusing, and the nutrition facts label is often misleading and easy to misinterpret.

Simple shopping rules are key to a successful trip to the grocery store. Stick to fresh or frozen fruits, veggies and lean meats, or minimally processed foods with as few ingredients as possible. For those processed foods that you just can't live without, choose ones with ingredients that you



Kim Bandelier, MPH, RD, LD

Food For THOUGHT

recognize and as few ingredients as possible.

When it comes to organics, if you can afford it, go for it. If you can't afford it, stick to the basics of fresh foods, frozen fruits and veggies, or minimally processed foods.

Pay attention to added sugars in processed foods. Choose the option with the least amount of sugar in things like cereals, bars, sauces and canned fruits.

In the dairy aisle, remember that foods made from milk have a natural sugar called lactose. Choose the products with lower amounts of sugar instead of avoiding it all together because it has sugar listed on the food label.



With breads and grains, focus on whole wheat, whole grain, quinoa, brown or wild rice. Just watch portion sizes when serving, as these tend to add up in the calorie department.

Cook healthy – Hard to go wrong cooking at home if you did your part at the store selecting healthy options. Focus on healthy fats, minimal salt, herbs and spices.

Trade frying, sautéing or boiling with roasting in the oven or grilling. As you have time, explore different recipes and different cooking techniques.

Get kids involved in the process!

Eat right – If you shop smart and cook healthy, eating right should be a breeze. If you didn't plan your meals before grocery shopping, now is the time to think about the MyPlate food model: Half your plate should be fruits and vegetables, a quarter should be lean protein, and the other quarter should be whole grains with a side of dairy/calcium/vitamin D.

Based on these guidelines, dinner can be eggs, broccoli, whole wheat toast, and a glass of skim milk. You won't find that on restaurant menus, but it fits the MyPlate parameters.

Sometimes, you just have to improvise to avoid the pull of the drive-thru.

Portion sizes should be appropriate for the age, but if that is too much detail, just encourage everyone at the table to eat slowly and listen to their hunger and fullness cues. Stop eating when you are no longer hungry and before you feel full.

Let's face it – food is everywhere. You can always get more if you are hungry later.

If you are around children, involve them in shopping and cooking. One of the issues we face as a nation is generations of kids who did not learn how to cook.

The Kids Eat Right campaign has lots of unique ideas for each age. Just visit <http://www.eatright.org/resources/for-kids>.

If you are not around children regularly but are interested in helping, get involved in the local school health advisory committee or community organizations that serve children.

Teaching kids to take care of their bodies is an investment that we can all be confident will yield a positive return.



F-U-N Learning with Food

(Family Features) If you're searching for ways to get little ones excited about learning, try combining fun and function, using food as your teaching tool. Foods that come in letter shapes are a great way to introduce young learners to the alphabet and make learning delightfully F-U-N.

Although it may contradict the popular mealtime mantra to “quit playing with your food,” teaching children to recognize letters using a familiar food, such as cereal, can actually be a great way to promote literacy and a love of reading early on.

ABC Crispy Bars

1/4 cup (1/2 stick) butter or margarine

1 package (10.5 ounces) miniature marshmallows

8 cups Post Alpha-Bits Cereal

Alphabet-shaped cookie cutters

Line 13-by-9-inch pan with foil; lightly grease foil.

Microwave butter in large bowl on high for 45 seconds or until melted. Add marshmallows, mix well.

Microwave on high for 1 1/2 minutes or until marshmallows are completely melted and mixture is well blended, stirring after 45 seconds.

Stir in cereal.

Press cereal mixture firmly into prepared pan. Cool.

Using the alphabet-shaped cookie cutters, cut cereal mixture into 12-15 pieces.

Store in airtight container at room temperature.



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BACK TO SCHOOL SAVINGS!

Donate school supplies for SRTC to distribute to area children in need, and SRTC will reward your generosity with –

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- Entry in a drawing for the school of your choice to win a \$100 gift card for additional supplies

Bring your donation of school supplies (or a backpack) to one of the SRTC office locations, experience, receive your waived installation charge(s), and benefit area kids. It's a win-win opportunity.

Examples of needed supplies -

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



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PUBLIC AUCTION

August 22, 2015
Saturday, 10:00 A.M.
300 East Main Street (PARDES)
Duncan, Oklahoma

Gary Criswell Auction Service & Real Estate, Inc. has been commissioned by Golden Rule Rentals, LLC to offer at Public Auction, Pardes Restaurant situated at 300 East Main Street in Duncan, Oklahoma.

Real Property consists of a nice Brick Building (Approximately 2,440 Square Feet) with a Foyer, Dining/Reception Area, Large Dining Area, Kitchen, Office Area and Men and Ladies Restroom.

Additional Improvements include Remodeled(Lowered Ceilings, Textured and Painted Entire Building), Updated Breaker Box, Fence Around Front Patio and Planted Flowers, Renovation on Fire Suppression System and New Cyclone Fence around South Lot. All Situated on a nice 80'x100' Lot with a 80'x109.8' Fenced Lot on the South, for Parking or Special Events.

Terms of Sale: 10% Earnest Money on Real Property on the day of Sale. Balance due at Closing upon delivery of Title and Deed.

Preview of Real Property will be held Friday afternoon, August 21, 2015 from 1:00 pm to 6:00 pm. Announcements made day of Sale supersedes all other advertisements. Please plan to attend this Public Auction.

Auctioneer's Note: This would serve as good restaurant area or ideal for parties and special events. This Real Property could be a great investment. Please see to Appreciate! The Real Property will be offered "As-Is-Where-Is." The Seller reserves the right to accept or reject the final bid. Stephens County Abstract will serve as the Closing Agent on the Real Property.

Gary Criswell Auction Service & Real Estate, Inc.
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Offer good August 1-31, 2015. Some restrictions may apply. Services where available. Up to three connections waived, after three connections price is \$20 each.

Back-to-School Basics

Tips offered for creating healthy, homemade meals

(Family Features) The start of a new school year means less time to think about dinner. The good news is, with just a little advance planning and these three easy tips, in no time you'll be whipping up wholesome "A+" meals your family will love.

Stock Your Pantry

Add canned fruits, vegetables, proteins and soups to your back-to-school shopping list. Like home canning, cans seal in foods' natural goodness and nutrition, making hearty, homemade meals simple and delicious.

Get Creative

For a healthy, home-cooked dinner, all you need is a can opener, a strainer and some imagination. Canned crushed tomatoes, sliced carrots and

chopped spinach create a savory Vegetable Lasagna worthy of seconds, and canned chicken with white beans, hominy and chicken broth combine for a White Chicken Chili that's ready in just 30 minutes.

Involve Kids in Meal Prep

Moms face a number of challenges when trying to get their kids to eat more fruit and vegetables. According to a recent study conducted by Cans Get You Cooking, canned foods help a majority of moms (76 percent) get fruits and vegetables on the table, and into kids' diets. Another way to encourage kids to eat healthy meals is to include them in meal preparation, which also teaches skills like measuring, counting and following directions.

Vegetable Lasagna

- Prep time: 20 minutes
Cook time: 40 minutes
Servings: 12
- 1 28-ounce can crushed tomatoes
 - 1 large garlic clove, crushed
 - 1 teaspoon dried basil
 - 1/2 teaspoon salt
 - 1/4 teaspoon ground black pepper
 - 1 15-ounce container ricotta cheese
 - 1 large egg
 - 12 no-boil lasagna noodles
 - 1 14.5-ounce can sliced carrots, well drained
 - 1 13.5-ounce can chopped spinach, well drained

- 2 cups shredded mozzarella cheese
- 1/3 cup grated Parmesan cheese

In 2-quart saucepan over high heat, heat tomatoes, garlic, basil, salt and pepper. Heat to boiling; reduce to low and simmer uncovered 10 minutes to blend flavors.

Heat oven to 375°F. Grease 12-by-8-inch baking dish.

In medium bowl combine ricotta cheese and egg until well mixed.

Spoon tomato sauce on bottom of dish to coat. Place 3 uncooked noodles lengthwise across the pan. Top with 1/3 of tomato sauce. With spatula, spread 1/3 of ricotta mixture. Scatter 1/3 of carrots and spinach on ricotta and 1/3 of mozzarella cheese. Repeat with uncooked noodles, tomato sauce, ricotta, vegetables and mozzarella two more times. Sprinkle with Parmesan cheese.

Cover dish with foil; bake 30 minutes. Uncover dish; bake 10 minutes longer. Let cool before cutting.



White Chicken Chili

- Prep time: 10 minutes
Cook time: 20 minutes
Servings: 6
- 1 large onion, chopped
 - 2 celery stalks, diced
 - 1 large garlic clove, minced
 - 2 tablespoons vegetable oil
 - 1 tablespoon chili powder
 - 1 tablespoon ground cumin
 - 2 10-ounce cans chicken breast, drained and flaked
 - 1 15.5-ounce can small white beans, drained and rinsed
 - 1 15.5-ounce can white hominy, drained and rinsed
 - 1 14.5-ounce can chicken broth
 - 1 4.5-ounce can chopped green chiles, drained
 - 1/2 teaspoon salt
 - 1/4 teaspoon ground black pepper
 - 2 tablespoons fresh chopped parsley or cilantro
 - Sour cream
 - Shredded cheddar cheese to garnish



In 3-quart saucepan over medium-high heat, cook onion, celery and garlic in hot oil about 5 minutes until tender-crisp, stirring occasionally.

Stir in chili powder and cumin; cook 1 minute. Add chicken, white beans, hominy, chicken broth, green chiles, salt and pepper. Over high heat, heat to boiling; reduce heat to low; cover and simmer 10 minutes to blend flavors, stirring occasionally.

To serve, garnish with chopped parsley. Serve with sour cream and shredded cheese.



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Early Detection Saves Lives!

FREE Lung Screening For High Risk Individuals

ABOUT THE PROGRAM

- Lung cancer is the leading cause of cancer death for both men and women worldwide.
- Nearly 160,000 Americans die of lung cancer each year.

Based on findings of the National Lung Screening Trial (NLST), we know that CT lung screening can save lives of people at high risk for developing lung cancer.

Low-dose CT (LDCT) lung screening is quick and easy and results in a minimal amount of radiation exposure. The Cancer Centers of Southwest Oklahoma is determined to raise awareness and improve access to this testing for all people at high risk. Therefore, Cancer Centers of Southwest Oklahoma and Jackson County Memorial Hospital are now offering in conjunction **FREE LDCT lung screening** to individuals who meet the established high-risk criteria.



QUALIFICATION CRITERIA

You may qualify for a free LDCT lung screening if you fall into one of these categories:

Category 1

- You are between 55 and 74 years of age
- You are currently a smoker or have quit in the last 15 years
- You have a 30+ pack-year* history of smoking

Category 2

- You are between 50 and 74 years old
- You have a 20+ pack-year* history of smoking
- You have one additional lung cancer risk factor (not to include secondhand smoke exposure)

*pack-years are calculated by multiplying the number of packs a day you smoke by the number of years you have smoked.

Example: 2 packs a day for 15 years = 30 pack-years

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1-877-231-4440 to see if you qualify.

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