

The Current

A Publication of Cotton Electric Cooperative Inc.

A Touchstone Energy® Cooperative 

“The Current - Informing Our Members Since 1957”

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NUMBER 1



Put account management at your fingertips

By Karen Kaley

So, Cotton Electric members, what do you think of SmartHub?

What? You're not using it? Don't know what it is? Well, let me tell you.

Introduced two years ago, SmartHub is a free service for Cotton Electric members to use, not just to make payments but to make use of many other features. Whether looking at a Cotton Electric account online or through the app on a mobile device, it gives co-op members insight on energy use and another way to communicate with us.

Getting started with SmartHub is easy. If you want to use a computer browser,

just go to CottonElectric.com and click the View & Pay my Bill button. It will take you to a SmartHub landing page, where you will need your Cotton Electric account number only the first time you sign in.

If you prefer using a mobile device, download the app from the Apple store or Google Play. After installation, key in your Cotton Electric account number and start exploring.

There are so many things a Cotton Electric member can do with SmartHub:

Monitor energy consumption – The My Usage tab provides access to a variety of historical information about an

account. Members can compare month-to-month power use or see a year's worth of kWh use.

See weather effects – Another feature in My Usage is a comparison of daily energy consumption to average temperature. This is shown on a bar graph overlaid with high, low and/or average temperatures. This illustrates the increase in electricity use during extremely hot or cold weather.

Update account information – Many Cotton Electric members have new E911 addresses. Some members have dropped land lines in favor of cell phones, which may have different numbers. Some have

new email addresses. SmartHub is a convenient way to update that information.

Make payments – SmartHub accepts payments via electronic check or with Visa, MasterCard or Discover credit cards any time of day. Most payments will post to an account within 15 minutes. Credit cards will not be accepted for payment on commercial accounts.

Monitor account balance – Members using our MyChoice prepay method can keep track of their balance. MyChoice members know when the balance is running low by scheduling alert preferences through SmartHub.

See SmartHub, Page 8

Meetings set for CEC Districts 4, 7, 9

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 resides.



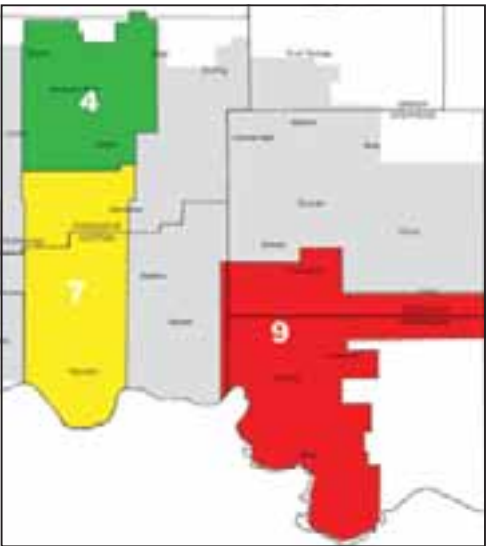
BRIAN DeMARCUS
represents District #4



STEVE ROBINSON
represents District #7



RONNIE BOHOT
represents District #9



Members residing in Districts 4, 7 and 9 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:

District 9: Sept. 6 at First Baptist Church in Waurika

District 4: Sept. 8 at Worley Seminar Center, Room 301, Great Plains Technology Center in Lawton

District 7: Sept. 9 at Wesley Chapel Fellowship Center in Lawton

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 Sept. 29 at the Great Plains Coliseum in Lawton.

Registration for the annual meeting will begin at 5:30 p.m.

Power Cost Adjustment Calculated

The power cost adjustment (PCA) applied to bills mailed after Aug. 1, 2016, is (\$0.00096) per kWh.

On a member's average bill of 1500 kilowatt hours (kWh), this will amount to a credit of \$1.44 on the August bill.

July 2016 Temperature Extremes							
Day	High	Low	Avg.	Day	High	Low	Avg.
1	96	71	84	16	91	69	80
2	99	71	85	17	96	73	85
3	95	76	86	18	96	72	84
4	96	73	85	19	97	74	86
5	100	74	87	20	97	74	86
6	99	77	88	21	100	72	86
7	101	80	91	22	101	70	86
8	97	69	83	23	102	72	87
9	94	70	82	24	102	72	87
10	96	69	83	25	101	74	88
11	97	77	87	26	94	77	86
12	96	75	86	27	101	74	88
13	99	76	88	28	101	72	87
14	97	75	86	29	100	71	86
15	95	68	82	30	101	72	87
Source: srh.noaa.gov/oun/				31	103	74	89
Average Daily High: 98				Average Daily Low: 73			

Did You Know?

Cotton Electric offices will be closed Monday, Sept. 5 for the Labor Day holiday. Emergency calls will be answered at 580-875-3351 or 800-522-3520.

The next issue of The Current should arrive in mailboxes on Sept. 12, 2016.

Contact Us

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

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

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

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More news at cottonelectric.com

From the CEO

Your vote sends a powerful message

As CEO of Cotton Electric Cooperative, I care deeply about the communities we serve and want the very best for every one of our members.

As the presidential election draws closer, I'm reminded of a troubling statistic. In the 2012 elections, voter turnout in rural communities dropped by 18 percent — a figure that is twice the rate of decline seen nationally. That means the voice of rural America isn't resonating as strongly as it should with our elected leaders and political candidates, and that the issues so important to us may not be front and center for them.

Fortunately, we have the power to turn this around. Together, we can boost voter engagement and turnout on Election Day by doing something I'm asking all my employees, friends and family to do — and which I'm hoping you will do, too: Take the pledge to become a "Co-op Voter," and be sure to cast your vote on Nov. 8. Co-ops Vote is a non-partisan program developed by the National Rural Electric Cooperative Association, the service organization that represents the nation's more than 900 private, not-for-profit, consumer-owned electric cooperatives. The goal is to encourage



Jennifer Meason, CEO

co-op employees and members like you to get out and vote and to inform members and candidates about the issues that matter to co-ops and rural communities: from the continued need for affordable and reliable electricity, to broadband access and other rural economic development issues.

So, here's what I'm asking you to do. Visit the Co-ops Vote web site at www.vote.coop and take the quick and easy pledge to become a Co-op Voter. By doing so, you'll be joining co-op members across the country in sending a powerful message: America's electric cooperatives are voting in 2016 and expect our elected leaders to address the issues facing co-ops and rural communities.

The beauty of belonging to a co-op is every member has a voice. Voting and being actively involved in the affairs of the co-op are key ways in which members can participate.

Members will have that opportunity by participating in the upcoming District and Annual Meetings. District meetings will be held in Districts 4, 7 and 9 this year, and your Annual Meeting will be held Sept. 29 at the Great Plains Coliseum in Lawton.

I look forward to seeing you at the District and Annual Meetings and hope you'll join me in going to the polls in November.

As always, please contact me with any questions or concerns you may have regarding your electric cooperative.

CO-OPS

VOTE

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WWW.VOTE.COOP

Oklahoma Elections 2016

August 23 Runoff Primary Election
Last day to register to vote: July 29
Deadline request absentee ballot: 5 p.m. Aug. 17
Early voting: 8 a.m. - 6 p.m. Thursday, Aug. 18
8 a.m. - 6 p.m. Friday, Aug. 19
9 a.m. - 2 p.m. Saturday, Aug. 20

Nov. 8 General Election
Last day to register to vote: Oct. 14
Deadline request absentee ballot: 5 p.m. Nov. 2
Early voting: 8 a.m. - 6 p.m. Thursday, Nov. 3
8 a.m. - 6 p.m. Friday, Nov. 4
9 a.m. - 2 p.m. Saturday, Nov. 5

Rep. Scooter Park is a Co-op Voter. He represents District 65 in the Oklahoma State Legislature. He says, "Your vote matters," and encourages all co-op members to register to vote. It's easy. Just go to www.Elections.OK.gov and download the form. Fill it out and mail it in before Oct. 14 to vote in the Nov. 8 General Election.



Did you know?

Electric cooperatives have retired \$12.8 billion to members since 1988— \$974 million in 2014 alone. Because electric co-ops operate at cost, any excess revenues, called margins, are allocated and retired to members in the form of capital credits.

\$974 million

in 2014

\$12.8 billion

since 1988

Source: National Rural Utilities Cooperative Finance Corporation



Energy Efficiency

Tip of the Month

Is your room air conditioner working overtime? Reduce air leaks by installing rigid foam panels (instead of the commonly used accordion panels) in between the window frame and unit, and secure with duct tape.

Source: energy.gov



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.

June 2016 Operating Stats			
	2016	2015	
Total Amount Billed/Accrued	\$5,710,317	\$6,046,282	
Cost of Purchased Power	3,639,483	3,846,052	
Taxes	97,322	100,405	
Total Operating Expense Per Mile	1,050	1,052	
Average Farm and Residential Bill	164	161	
Average Farm and Residential kWh	1,354	1,277	
Total Meters Billed (farm, residential)	18,231	18,340	
Miles Energized	5,156	5,149	
Density Per Mile	3.54	3.56	
New Service Connects YTD	91	158	
Services Retired	47	104	

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Community Spotlight

If you would like your community event listed in the September issue, please submit information by Sept. 1 by calling 580-875-4259 or send an email to info@cottonelectric.com.

Addicted to Mud Bog set for Aug. 20

Walters Youth League will host the 2nd annual Addicted to Mud Bog on Aug. 20 at Sultan Park. Registration will be from noon to 2 p.m., and races will begin at 3 p.m.

Proceeds support the Walters Youth League.

To enter or for information, call Wes Eidson at 580-695-1350.

CNC health exhibit closes Aug. 26

Comanche Nation College will host Native Voices: Native Peoples' Concepts of Health and Illness, an exhibition traveling to U.S. libraries through 2020. The exhibition can be seen from 8 a.m. to 6 p.m. Monday through Friday from July 22 through Aug. 26 in the college's James Cox auditorium. The college is at 1608 SW 9th Street in Lawton and the auditorium is easily accessible from the south entrance.

Native Voices explores the interconnectedness of wellness, illness and cultural life for Native Americans, Alaska Natives and Native Hawaiians. Stories drawn from both the past and present examine how health for Native People is tied to community, the land and spirit. Through interviews, Native People describe the impact of epidemics, federal legislation, the loss of land, and the inhibition of culture on the health of Native individuals and communities today.

To learn more and view content from the exhibition, visit <http://www.nlm.nih.gov/nativevoices>.

LPO notes Kalbfleisch anniversary

Lawton Philharmonic Orchestra is celebrating Maestro Jon Kalbfleisch's 10th anniversary with a special new event. "Conversations with Maestro" will be the Tuesday before each concert of the 2016-17 season. Maestro Kalbfleisch will discuss the music of the coming concert over refreshments in a casual atmosphere.

The first conversation is 5:30 to 6:30 p.m. Aug. 23 at Leslie Powell Gallery, 620 SW D Avenue in Lawton. Subsequent conversations will be Feb. 7, 2017, and April 25. The events are free and open to the public.

Edgar Cruz to perform in Lawton

Guitarist extraordinaire Edgar Cruz will perform at 7 p.m. Aug. 26 at Lawton First Assembly of God Church, 2201 NW 82nd Street in Lawton. The performance is a fundraiser for Lawton Food Bank.

Cruz, voted multiple times as best guitarist and entertainer in Oklahoma, covers a variety of genres including Latin, classical, jazz, rock and Spanish music from the '50s, '60s, '70s and beyond.

Tickets are \$25 and can be purchased at Lawton Food Bank or any Lawton Arvest Bank. To purchase online, go to Eventbrite.com and search for Lawton Food Bank. A \$2.37 service charge will apply. For sponsorship opportunities, contact Angela Spradlin at aspradlin@arvest.com or 580-250-4540.

Ice Cream Freeze-Off is Aug. 27

Need a cool treat on a hot day? Come to the 33rd annual Ice Cream Freeze-Off sponsored by Walters Chamber of Commerce. The competition to see who can produce the best homemade ice cream begins at 11 a.m. Aug. 27 in the Cotton County Expo Building.

Contestants should plan to bring their fruit, plain vanilla or chocolate, or specialty ice cream to compete for the \$50 first prize in each of three categories. The best of all three will win a \$50 grand champion prize.

For information, call 580-678-8586 or 875-2310 or call City Hall at 875-3337.

CTAC season begins with Cloverton

CTAC Live concert series opens the 2016-17 season with Cloverton, a contemporary Christian music and worship band from Manhattan, Kansas. The band released a successful single in 2011, "Take Me Into the Beautiful" with Fair Trade. This charted on various Christian music songs charts that Billboard puts out. Their first Christmas extended play, We Sing Joy, charted on three Billboard charts.

Performance is set for 7:30 p.m. Aug. 27 in the Simmons Center. Tickets are available at the door or through the ChisholmTrailArts.com website.

LPO plans enthralling opening

Opener for Lawton Philharmonic, "The Power to Enthrall," is one of three powerful performances planned for the 2016-17 season.

Lawton's own Hyunsoon Whang, endowed chair of Music at Cameron University, presents Rachmaninoff's enthralling 2nd Piano Concerto, source of the Sinatra classic, "Full Moon and Empty Arms." Also featured will be Weber's "Overture to Oberon" and Dvorak's Symphony No. 8.

A pre-concert discussion begins at 7:15, and performance follows at 8 p.m. Aug. 27 in McMahon Memorial Auditorium, 801 NW Ferris Avenue, Lawton.

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

10th Blues Ball features 13 artists

Medicine Park's 10th annual Mayor's Blues Ball will feature live performances by 13 blues artists throughout the Labor Day weekend.

Performances begin with Sweet Brenda at 7 p.m. Sept. 3. Blueprint follows at 8:30 p.m., and Chant at 10:30.

Several artists will be featured during the afternoons and late into the evenings of Sept 4 and 5. Saturday's lineup features Opal Agafia and the Sweet Nothings, Cecil Gray, Dirty Red and the Soulshakers, Miss Blues with Joe Settlemyres, and The Shane Henry Band.

Sunday's acts include The Reeves Brothers, Tyler Lee Band, Caleb McGee and The Underdogs, Groovement, and Fillmore Slim with Leon Blue.

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

International Festival is Sept. 23-25

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

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

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

More Community Spotlight on Page 6

PHOTO OF THE MONTH



For our COUNTRY LIFE photo contest, Cotton Electric member Misty Coffey submitted this photo of a strawberry moon taken on the 2016 summer solstice in the Empire area. June's full moon was known by the Algonquin tribes at the signal that fruits, such as strawberries, were ripe for the picking.

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

Please Help Update Our Records

Has your address changed? Many of our members have new mailing addresses after E-911 remapping. It is up to the member to tell us the new address.

How about your phone number? Some have dropped land lines and are using cell phones.

In the event that we need to contact you, a current phone number is very important and improves the efficiency of our outage reporting system.

Why would we contact you? We may need to contact you regarding your account, a power outage, or to schedule an appointment.

Please complete the form below and return with your next payment or mail it to us at 226 N. Broadway, Walters, OK 73572. You may also call us at 580-875-3351 or 800-522-3520 to update.

Thank you for helping us improve our service.

Name

Account #

Address

City, State Zip

Email Address

Home Phone

Business Phone

Mobile Phone

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.



COTTON
ELECTRIC CO-OP
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Upcoming Deadlines for The Current

September		October		November	
Ad Sales	Aug. 29	Ad Sales	Sept. 26	Ad Sales	Oct. 31
Classified	Sept. 1	Classified	Sept. 29	Classified	Nov. 3
Publish Date	Sept. 12	Publish Date	Oct. 11	Publish Date	Nov. 14

2016 Youth Tour essay topic:

A message for the co-op member of 2035 or 1940

Members of today keep co-op's aim straight and true



*Victoria Zapata
Lawton High School*

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

To the members of the Cotton Electric Cooperative:

I am amazed at what it was like not that long ago. I can see you in my mind's eye. Midday, rushing to the market to sell chickens, turkeys, eggs, cream and trying to muster up \$5. It was 1937, and news of an affordable and respectable electric cooperative has lightened up the mood of southwest Oklahoma.

Everyone was scrambling to collect the \$5 membership fee, which included much more than being able to see your family's faces across the dinner table, it included being part of a business that gave you, the customers, the members, a voice. It included being part of an active, respectful business that treated you as more than a customer, that treated you like a neighbor. Electricity was the product in demand, and Cotton Electric Cooperative knew how to bring it in an affordable, reliable way.

Who knew that selling farm products to get that \$5 would take us to where we are today in 2016?

Thanks to Cotton Electric, we now have

many essentials like fans from the dry Oklahoma summer, irons for wrinkly clothes, radios to listen to the newest hits or local news, refrigerators to store food, and even water pumps. The Cooperative lighted the way to the future we now enjoy, a future of great promise and continuous growth.

While making electricity affordable, the Cooperative now goes the extra mile in making planning payments easier by setting up an AMP, or, the Average Monthly Payment plan, which smooths out the electric bill over a 12-month time period to benefit those in financial difficulties.

All my parents seem to do with their electric company is pay the expensive electricity bill when it comes in the mail and be put on hold when they call the company with an issue. But that's not what a member of Cotton Electric gets. A member always gets treated with respect, whether on the phone or in person, because a member has a say, because a member has a vote, because a member matters.

It amazes me how much Cotton Electric Cooperative has accomplished in its support in schools, in its volunteer work for the community, and its endless improvement of the quality of life in this region, especially during the heat and dryness of the summer and the stormy

nights full of power outages. What a wonder it is that high school students get to learn more about the Cooperative and then take that knowledge to a speech contest that might earn them a trip to the nation's capital. What a wonder it is that residents of this region can receive one of the 15,000 copies of The Current, the Cooperative's award-winning newspaper, chock full of energy tips, community news of people and places and accomplishments, and ads galore. What a wonder it is that members of the Cooperative need not fear 100 degrees or 10 degrees, need not fear snowstorms or thunderstorms.

Members and workers of Cotton Electric truly serve our region and help us grow more patriotic, wiser, and more secure.

You members of 1940 should envy me. Thanks to the service provided by Cotton Electric, gone are the days of writing by kerosene lamps, for we have electric lights. Gone are the days of clunky typewriters and costly envelopes, for we can compose and send on our computers. Gone are the dark days of feeling at the mercy of a company, for today we *are* the company.

You got it started decades ago, members of today are keeping the aim straight and true and we are going to hit the target of an even brighter future.

Apache Auction Market

Thursday 8 a.m.

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Apache Video

Wednesday 10 a.m.

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What Can Investors Learn from Roller Coaster Rides?

If you have an interest in looking up obscure holidays and celebrations, you will find that August 16th is National Roller Coaster Day. As you know, a roller coaster is used as a metaphor for many areas of life – including the financial markets. As an investor, what can you learn from this thrill ride?

Here are a few suggestions:

Don't jump off. This is pretty standard advice for all roller coaster riders – but it's also a good recommendation for investors. Specifically, you don't want to exit the financial markets when they turn volatile. It can be tempting to do so, because the markets do indeed experience dizzying drops from time to time. But if you jump out of the markets when they're down, you may be on the outside when they start their climb, potentially

missing out on gains.

Protect yourself. When you're on a roller coaster, you are typically advised to keep your arms and legs inside the car to protect your extremities from dangerous contact with the track and other cars. As an investor, you also need to protect yourself from dangers such as a market downturn. If you owned just one type of asset, such as aggressive growth stocks, and a downturn occurred, you'd likely take a big hit. One of the best ways to help avoid this possibility is to diversify your holdings among stocks, bonds and other investments. Although diversification can't guarantee a profit or protect against losses, it can help reduce the impact of volatility on your portfolio.

Keep looking forward. When you're on a roller coaster, you don't

want to look backward. Not only could you strain your neck, but you'll also be unprepared for the ups, downs, twists and turns that await you. When you invest, you want to keep looking forward as well. By keeping your eyes, and your focus, on your long-term goals, such as a comfortable retirement, you can be better prepared to follow a consistent strategy designed to help get you to your destination.

Don't bring extra baggage. For obvious reasons, it's not a good idea to bring any loose or extra baggage inside a roller coaster car that may have you going upside down at 90 or so miles per hour. As an investor, you don't want to be saddled with any extra "baggage," either – and one of the biggest sources of this baggage is unrealistic expecta-

tions. If you think you will earn double-digit returns every year, you will likely be disappointed – and your disappointment could lead you to make unwise decisions, such as constantly buying and selling investments to improve your performance. This type of activity is expensive, time-consuming and usually futile. So, when you invest, maintain realistic expectations – it can help you stay on track toward your goals.

By following these basic guidelines for roller coasters, you'll enjoy a safer ride. And by observing similar rules for investing, you can help make your investment "journey" smoother – and less scary.

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

Edward Jones
MAKING SENSE OF INVESTING



www.edwardjones.com

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Multitaskers

Billing department services
all aspects of member accounts

By Karen Kaley

Cotton Electric’s billing department has tackled two pretty big projects during 2016 ... three, if you count E911. That’s in addition to answering phones, answering questions, setting up new accounts, closing out old accounts, calculating bills and, of course, taking payments.

Let’s look at each of those things, one by one:

Answering phones – “When a member or potential member calls Cotton Electric, the first person they speak with is an employee who works in billing,” Tonya Daniel said.

The billing supervisor went on to explain, “Depending on the nature of the call, the conversation will remain with billing or be forwarded on to the department or person who can best help the caller.”

In other words, that cheerful greeting a member gets when calling 580-875-3351 or 800-522-3520 between 8 a.m. and 5 p.m. Monday through Friday is from a member of the billing department.

Angel Bowles answers most calls, but it could be one of the other member services representatives. Brenda Brown, Ashley Shortt, Jennie Evans or Kari Metcalfe all take turns answering the phones at the Walters headquarters.

Members in the Duncan area may want to speak with someone in that satellite office. The local number, 580-255-5065,

is answered first in Walters but members can ask for office manager Vicki Smith or member services representatives Stephanie Christman or Laura Everett.

Answering questions – Members call with questions about bills every day. Some have simple answers. Q: When is payment due? A: Upon receipt of your bill.

Some have more complicated answers. Q: Why is my bill this unusual amount? A: Often weather, but could be a new appliance or an unusual event in your home. Let’s try and figure it out together.

Setting up new accounts – Any member of the billing department at either location can help with this. The process includes an exchange of information, so there are forms to fill out. There are set-up fees and deposits to collect, too.

New members wishing to bypass the deposit will learn about MyChoice, a pre-pay option where money is placed in an account before the energy is used. Members choosing this option do not have to pay a deposit, do not receive a monthly bill, and can add money to the account on a schedule that works for them.

Closing out old accounts – Members moving out of the Cotton Electric service area often call to let us know when service should stop and where to send a final bill. Some do not and, in some cases, they leave money on the table.

For MyChoice accounts, we can stop

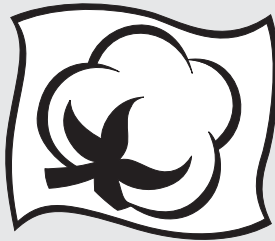
service on the day the member instructs and refund any balance still in the account. In the case of all accounts, keeping an updated address on file with the cooperative means a member could get a capital credit check from us at some point.

Calculating bills – “We receive readings, either electronically, directly from meters via power lines, or from in-person readings taken manually,” Daniel said. “We calculate the difference between previous and most recent readings to determine kilowatt hours (kWh) consumed. Then we multiply kWh by the rate appropriate for each account.”

Taking payments – Cotton Electric accepts cash, check and credit card payments by mail, in person, by phone, online and via monthly bank draft. Most payments will post to an account within 15 minutes. Mailed payments probably take the longest to be reflected by the account.

The Duncan office at 1101 West Oak has an exterior payment kiosk on the northeast corner of the building. Vickie, Stephanie and Laura take in-person payments at the drive-up window but direct credit card payers to the kiosk.

Big project number one – In April, Cotton made two significant changes in the billing process. We collapsed four billing cycles into two and began to tie billing dates to the same date every month. It took some adjustment, but



Departmental Spotlight

Billing

Daniel said the new system is better for everyone. “The work flow is better for employees. With the fixed dates, members no longer have to chase billing and past-due dates.”

Updating member accounts and E911 – The billing department updates all member contact information. Many Cotton Electric members have been assigned new addresses. It is the member’s responsibility to get the new address to the co-op. This is important for several reasons, one being the member doesn’t want to miss out on ...

Big project number two – Our power supplier recently retired capital credits. The billing department has been tracking capital credit allocations since way, way back and on Aug. 11 issued 22,000 checks to all active and inactive accounts. Every member’s slice of a \$2.5 million pie was sent to the last address of record.

The billing department is overseen by Jeff Simpson, vice president of finance and administration. He and his excellent staff of nine strive for accuracy in service for the benefit of all Cotton Electric members, past and present.

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- ❑ 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 YES to any of these questions, we can help!

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Community Spotlight

DLT opens with melodrama, ‘Someone Save My Baby Ruth’

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

Performances are 7:30 p.m. Sept. 9, 10, 16 and 17 at the Marlow Opera House. Tickets can be purchased at the door.

LCT presents season opener: ‘Monty Python’s Spamalot’

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

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

For information, visit LCT-OK.org.

Comanche Nation Fair set for Sept. 30-Oct. 2 at headquarters

Set against the picturesque backdrop of the Wichita Mountains, the 24th annual Comanche Nation Fair will be Sept. 30-Oct. 2 at the Comanche Nation Headquarters, 584 NW Bingo Road, Lawton.

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

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

Booth space available at Fall Show of Duncan Arts, Crafts, Hobbies

Duncan Arts, Crafts and Hobbies Association is making preparations for a Fall Show on Nov. 4 and 5 at the Stephens

County Fair & Expo Center. A variety of crafts will be showcased, demonstrating the talents of the people of Duncan and surrounding areas.

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

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

Food Pantry opens twice monthly

Walters Community Food Pantry is open from 8 a.m. to 10 a.m. on the second and fourth Saturdays of each month. The pantry is in the old City Hall, 131 1/2 W. California Street.

Pantry organizers try to provide a two-week supply of basic staples to anyone with identification.

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

WMASC offers a variety of activities

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

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

Yoga is offered at 10 a.m. on Tuesdays and Tai Chi at 11 a.m. on Thursdays.

Cecil Gardner’s famous homemade Indian tacos are featured at the Indian taco sale held on the second Saturday of each month. Drinks and desserts are included at \$5.50 per plate.

A dance is held each Friday. Doors open at 6:30 p.m., dancing begins at 7. Live music is provided by Wichita Sounds Band.

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

For information about other activities, visit WichitaMountainSeniors.org.

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

Honor Guard available for veterans’ funerals

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

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

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

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

UP ROUND

Deadline for third-quarter grant applications is Aug. 31.

Download CECF grant applications at CottonElectric.com.



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NEW LISTING: WALTERS AREA:

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- 601 E. Texas: price reduced \$59,900. 1326 sqft., 2 bedroom, 1 bath, full brick, fireplace.
- 625 E. Texas: \$74,900. 3 bed 1 bath, 1500 sqft, full brick.

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NEW LISTINGS:

- 320 Acres, W2 W21 T4S R11W, Cotton, \$1000/acre
- 40 Acres, SW NW S22 T4S R11W,
- 240 Acres, Deep Red, WRP Reduced: \$750/acre
- 60 Acres in SE S14 T3S R14W, Tillman County, List price \$108,000, Deep Red area.
- 240 Acres in S16 T3S R13W, Cotton County, List price:\$360,000, Deep Red area.

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When: September 24, 2016


Time: 7:00 PM

Where: Simmons Center
Chisholm Trail Hall
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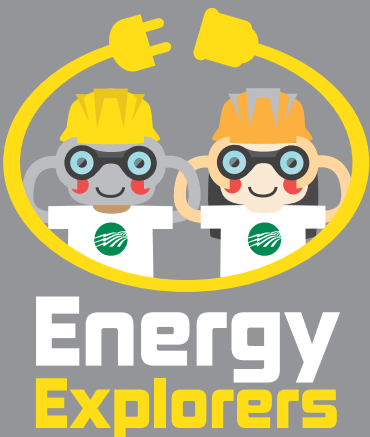
Cost per person: \$25.00 or Table of 8 \$150.00

Portion of the proceeds benefit the Stephens County Youth Shelter

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



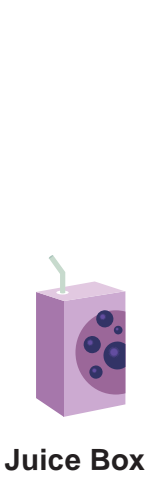
SORTING THINGS OUT



Recycling is important for the future of our planet! Can you sort the items below into the correct bin? Write the name of the item in the correct category.

RECYCLE

GARBAGE



Answer Key:
RECYCLE: Water Bottle, Cardboard Box, Juice Box, Sandwich, Styrofoam Cup
GARBAGE: Apple, Newspaper

- ACROSS**
- 1. Austrian river
 - 4. Type of lunar crater
 - 7. Taoism
 - 8. German landscape painter
 - 10. Big players do this
 - 12. Nose cone
 - 13. Islamic republic
 - 14. Press against
 - 16. Where you find corn
 - 17. Battery cell
 - 19. Score
 - 20. Swiss river
 - 21. The Babe’s real name
 - 25. Use it to clean
 - 26. Supervises flying
 - 27. Surfboard fin
 - 29. Aggressive dogs
 - 30. Makes computers
 - 31. Buddy
 - 32. Existing everywhere
 - 39. Cheek
 - 42. Comes in bags
 - 43. British hip hop artist
 - 44. Resinous substance
 - 45. Pitcher Dillon
 - 46. Preceded Galba
 - 47. Not behind
 - 49. Students dread this
 - 50. Pasta
 - 51. Northeast and east
 - 52. Begetter
 - 53. Diego, Francisco, Anselmo to name a few

- DOWN**
- 1. Incorporating
 - 2. Piper ___, actress
 - 3. Principality

- 4. Famous bounty hunter
- 5. Chilean seaport
- 6. Relish
- 8. Throng
- 9. One point east of southeast
- 11 Knot in a tree
- 14. Revolutionary women (abbr.)
- 15. Containerfuls
- 18. Unit of weight
- 19. Al Bundy’s wife
- 20. Genus of ducks
- 22. Christian hermit
- 23. Witch
- 24. Average accounting return
- 27. Type of chef
- 28. Barbie’s pal
- 29. Ford makes this
- 31. Goes with carrot
- 33. “Orange is the New Black” character
- 34. Anno Domini (in the year of Our Lord)
- 35. Unaccompanied
- 36. Wild goats
- 37. National capital
- 38. Freeholders
- 39. Smack
- 40. Expressed pleasure
- 41. Italian opera set
- 45. Gode Airport
- 48. Not or



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AUG. 1 - 27

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- E-drawings will be held every Friday and Saturday night in the contest period for the following prizes:
 - 07:00 PM - \$100 Comanche Credit
 - 07:30 PM - \$100 Comanche Credit
 - 08:00 PM - \$100 Comanche Credit
 - 08:30 PM - \$100 Comanche Credit
 - 09:00 PM - \$250 Comanche Credit
 - 09:30 PM - \$250 Comanche Credit
 - 10:00 PM - \$250 Comanche Credit
 - 10:30 PM - \$500 Comanche Credit
- At 11:00pm every Friday night an e-drawing will be held for \$1,000 Comanche Credit.
- At 11:00pm every Saturday night an e-drawing will be held for a Green Egg Cooker.
- August 3-27, 2016 hot seat drawings will be held approximately every hour 5pm-8pm for a total of 4 winners per day. Players must be actively playing with their Comanche Card to be a confirmed hot seat winner. Confirmed hot seat winners will win the following prizes:
 - 05:00 PM - 20 oz Tumbler
 - 06:00 PM - 20 oz Tumbler
 - 07:00 PM - 20 oz Tumbler
 - 08:00 PM - 20 oz Tumbler

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SmartHub is smart choice

Continued from Page One

Schedule payments – This feature is new and is similar to bank draft, but is not automatic. Each month when a power bill arrives, for example, a member can schedule a one-time payment to be made on a date of his or her choosing.

Look at payment history – How much was my bill last year? Have I paid this month's bill? These questions can be answered easily with the Payment History feature of SmartHub.

Contact us – Members can use this feature to ask non-emergency questions. If you have a time sensitive issue, please give us a call. Specific information requires an account number, but SmartHub automatically sends that with the email.

Schedule notifications – Through SmartHub, Cotton Electric members can arrange to have an email sent when a paper bill has been mailed.

Report an outage – This feature should be used ONLY to report a complete loss of power. Because it sends your account number with the report, it should not be used to report a neighbor's power outage. Please use the Comments section to include a good callback number and related infor-



When using a mobile device such as a phone or tablet, its best to use the SmartHub app instead of the browser. The app is a free download available from the Apple store or Google Play. After installation, key in your Cotton Electric account number and start exploring.

mation about what was heard or seen before the power went out.

Tech tidbits

Our Information Technology department has helped members with a few issues, and offers these tips for common problems when using SmartHub:

Check your browser – If you are accessing through CottonElectric.com, SmartHub works best with Mozilla Firefox, Internet Explorer and Safari. It is not always compatible with Chrome or Edge.

Use the app – When

using a mobile device such as a phone or tablet, its best to use the app instead of the browser. Browsing from mobile devices sometimes causes problems.

Check for typos – Ensure your email address is typed correctly as well as your password. Remember that passwords are case sensitive.

Read the fine print – When logging into SmartHub the first several times, the app will prompt you to opt out of having a paper bill mailed. If you want to continue to receive a paper bill, read pop-up messages carefully so you don't in-

advertently opt out.

Think about timing – When asking questions or leaving comments through SmartHub, keep in mind that it is not monitored beyond normal business hours. If you have a time-sensitive issue, please call.

Keep an eye out for updates – We are working to improve how the app tracks balances on prepaid accounts. For now, the app will give only the current balance. Regular monitoring will help a member understand how frequently to add to the balance.

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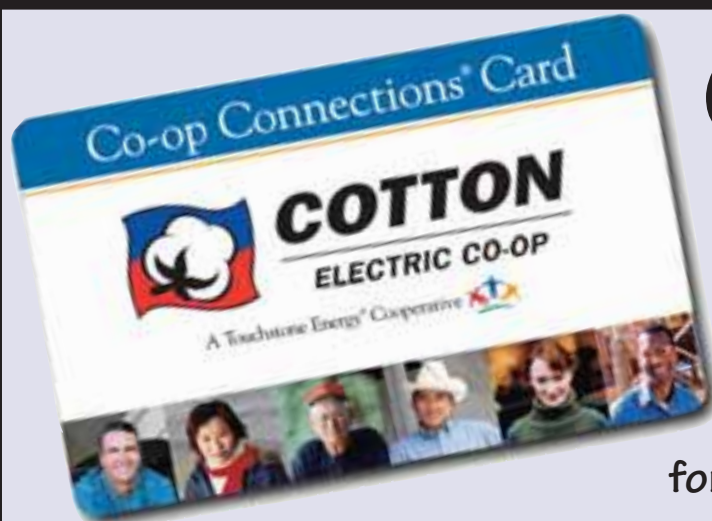
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for an average savings of \$29.48 per use. The card is free to all members and can be obtained by calling 580-875-3351.

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.





Don’t go poking around substations

On nice days, people enjoy the outdoors in a variety of ways. While some participate in a sport or go on walks, in today’s world, many others spend this time on handheld devices. Whether you are enjoying fun in the sun or playing the latest game on your phone or tablet, Cotton Electric and the Safe Electricity programs advise everyone to be alert of their surroundings and to stay safely away from electrical equipment.

Buzzing with hundreds of thousands of volts of electricity, an electrical substation is not a place you want to end up. Never go into a substation for any reason. Never attempt to retrieve a ball or any toy from these areas. There is no game or piece of equipment important enough to enter a substation. No game is worth your life.

Many popular gaming apps on handheld devices make use of the GPS feature. Although these games may persuade you to go to places you have never been before, do not allow these games to impair your judgement. Stay alert, and stay away from substations and other electrical equipment.

Sheriffs’ numbers in the counties served by Cotton Electric:

Cotton	580-875-3383
Stephens	580-255-3131
Comanche	580-353-4280
Jefferson	580-228-2374
Tillman	580-335-3013
Grady	580-224-0984
Carter	580-223-6014
Caddo	405-247-6666

“We encourage parents to talk to their children about the importance of keeping a safe distance from electrical equipment and substations as well,” says Molly Hall, executive director of the Energy Education Council and its Safe Electricity program.

If you see someone enter an electrical substation who should not be there, call the authorities. The only people who should enter a substation are utility workers.

“Also, never climb power poles or trees near power lines, and stay far away from downed power lines. They do not have to be arcing or sparking to be energized,” adds Hall.



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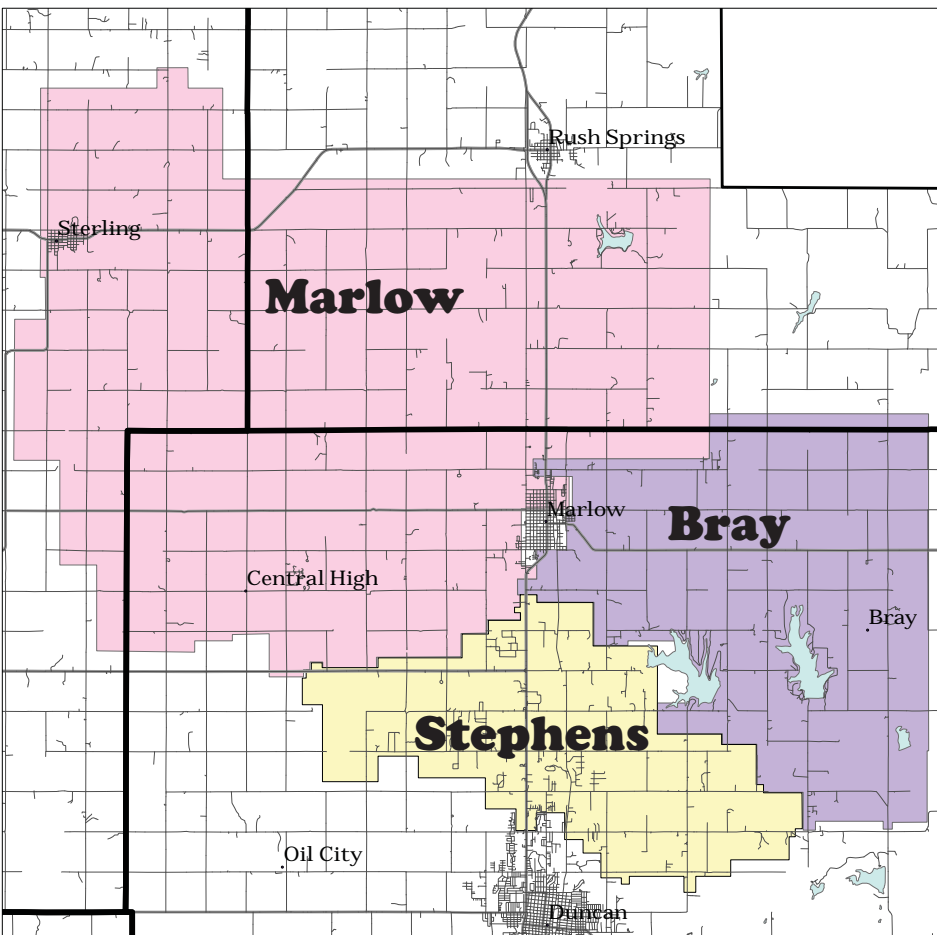
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Stephens, Bray, Marlow subs serve members in Stephens, Grady, Comanche counties

By Karen Kaley

Electricity generated many miles away from Cotton Electric’s service territory is stepped up to a very high voltage for transmission. When it arrives in southwest Oklahoma, it is stepped down for the next part of the journey toward the homes and businesses of co-op members. That stepping down is done at substations, a hand-off point between the generation and transmission co-op and the distribution co-op.

Three of those points in northern Stephens County are substations known as Stephens, Bray and Marlow. Combined, the three serve more than 5,500 meters in an area north of Duncan to just south of Rush Springs, as far west as Sterling

and east of Bray.

The Stephens substation serves Cotton Electric members just north of Duncan and several miles east and west of U.S. Highway 81. Compared to some subs, the service area of Stephens sub is compact with a high density of members. The 194 miles of line fanning out from the sub deliver power to 1,997 meters.

Stephens sub serves the north portion of member-dense District 6, which Tommy Jones represents on Cotton Electric’s board of trustees. Stephens sub lines sprawl west into District 2, represented by Ken Layn, and east into District 1, represented by Shan Files.

Bray substation serves a portion of District 2 and a few meters in District 6,

but the majority of its service area is in District 1. Distribution lines travel 163 miles to serve 1,258 meters in an area west of U.S. Highway 81 stretching beyond the Bray community.

Marlow substation has a larger service area, stretching north nearly to Rush Springs and west to Sterling. It serves the Central High community in the south.

The Marlow sub’s service area is in District 2 and District 3, which is represented by Charles Spencer. There are 2,312 meters along its 393 miles of line.

Substations are built to last. The galvanized framework is sturdy and is up to the task for many decades. Enormous transformers and fuses, banks of oil-circuit reclosers and other pieces of equip-

ment are inspected and replaced on a regular basis

All of man’s efforts are sometimes outdone by the forces of nature. Critters crawl or fly in and close a circuit. A tree topples, pulling down transmission lines. High winds or heavy ice take down transmission structures.

That is why substation lines are laid out in such a way as to allow them to loop with each other, so the path of power delivery can be diverted from one sub to another if there is a problem. The Bray, Marlow and Stephens subs all loop to each other as well as several others.

Stephens, Marlow and Bray are three of 15 substations in Stephens County. Next month, we visit two more.





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Planning keeps you on healthy eating track

As you shop for back-to-school supplies, don't forget to start planning for a healthy food environment for your family. Busy schedules and an abundance of fast-food options can lead to less-than-desirable food choices. Planning, coaching and inclusion can overcome these barriers and result in healthy eating all year.

Planning is key to providing a healthy food environment. Look at the activities you have planned for the week, be realistic about the time that you will have to cook meals, and then make your grocery list to reflect realistic expectations for time spent preparing food.

For busy weeks, opt for fruits and vegetables that are pre-cut, pre-sliced, and ready to go. For proteins, choose those that are quick to cook or are pre-cooked. Busy weeks are time for very simple dishes such as bagged salad plus a protein and fruit on the side, one-skillet meals, or recipes you have made previously and frozen.

For less-busy weeks, you can spend more time on food preparation, possibly making double recipes to freeze for the busier weeks ahead.

Plan for eating out. Let's face it, sometimes it's the drive-thru or nothing. You can make healthy choices at many fast-food restaurants. The key is not succumbing to unhealthy temptations.

Here's where the MyPlate icon comes in handy. Choose the menu options that will fill the plate appropriately: half the plate vegetables and fruit, a quarter protein, a quarter grains, and a side of dairy



Kim Bandelier, MPH, RD, LD

Food For THOUGHT

or other calcium containing food. A hamburger with a salad, a fruit, and/or some milk or yogurt fills the plate quite well, as does a chicken taco with a salad and milk.

French fries, chips, soda, cookies, milkshakes – these should be treated as a splurge and chosen less often.

Don't be afraid of school lunch. Fruits and vegetables must be offered to students. There are also limits on calories, saturated fat, sodium, and trans-fats.

There are realities that you will have to accept. Items like chicken fingers and pizza will be offered, but they will be as healthy as possible, made with whole grains, baked instead of fried, less sodium and fat.

Have lunch with your child at least once to observe the food offerings. Coach your child to always select and eat the vegetable and the fruit when eating school lunch.

If you feel that school lunch of-

ferings could be improved, start a conversation with the foodservice director and the school administration, but be realistic in your requests.

Keep healthy choices easily accessible. If you live out of your car during the school year like many busy families do, equip your car with food storage options such as a cooler with freezer packs. Stock the cooler with vegetable and fruit options on days you know you will need to offer a snack, and keep reusable water bottles cool and ready to drink.

At home, designate a portion of your refrigerator to healthy, ready-to-eat snacks such as fruit, vegetables, yogurt and cheese.

Limit pre-packaged foods, and choose only prepackaged snacks that have as little added sugar as possible. The new food label, coming soon to packaged foods, will include a line called added sugars, making it easier to decipher which foods have naturally occurring sugars and which have added sugars.

Involve your kids in the planning and preparation of meals and snacks. Make going to the grocery store a family activity, where children help pick out healthy options for meals and snacks. Enlist the children in age-appropriate meal and snack preparation activities. Praise them when they make healthy choices.

Allowing your children to be involved in the process will teach important life lessons of healthy eating and an expectation that you need to dedicate time to properly nourishing your body.

There's an apple for that

(Family Features) If you've ever stood in the produce aisle and wondered what apple to select among the many varieties available, you're not alone. Apple varieties can differ greatly when it comes to taste, texture, cooking and storage properties, making it important to make the right choice to get the best results for your recipe or pairing.

At appleforthat.com, visitors can type in what they plan to cook – from broad categories such as salads, smoothies and snacks, down to specific recipes, such as pink applesauce, fritters, candy-coated snacks and more. The website provides information on the perfect apple to use plus suggests recipes and further information – like tips, health benefits and insights on storage and cooking – helping make the decision easy, no matter what you're making.

Using the right apple can make or break your recipe. For example, some of the best baking apples are Granny Smith and Pink Lady because these apples hold up particularly well under high heat, retaining a firmer texture. Using a good baking apple is what brings that delicious, subtle crunch to pie and other pastry delights, versus a mushy filling. The special Pinata apple by Stemilt Growers is particularly well suited for baking, as it holds up to heat and boasts classic apple flavor with a tropical twist.

For everyday fruit platters, snacks and appetizers featuring fresh, sliced or chopped apples, Honeycrisp is a fantastic option because of its incredible fracturing crunch and a refreshing sweetness similar to fresh apple cider. For whipping up a classic chicken salad, try Fuji or Golden Delicious apples, which are among the sweetest around – the extra sweetness contrasts with the savory ingredients for a more complex flavor. These apples are also ideal for applesauce due to their soft textures.

For more heart-healthy recipes loaded with antioxi-



dants, vitamin C and fiber, such as this easy, two-minute version of a traditional apple tart, which uses Pink Lady apples, visit appleforthat.com.

Two-Minute Apple Tart

Prep time: 2 minutes

Cook time: 25 minutes

Servings: 8

- 1 refrigerated ready-to-use pie crust
 - 1 pound apples, cored and sliced
 - 2 tablespoons cold butter
 - 1/4 cup granulated sugar
 - 1 teaspoon cinnamon
- Heat oven to 425 F.

Remove pie crust from refrigerator and warm to room temperature, about 15-20 minutes. Unroll crust and place it on large baking sheet. Arrange sliced apples on crust, leaving about two inches of space around edge.

Chop cold butter into small bits and scatter over apples. Mix sugar and cinnamon together and sprinkle over apples. Fold two-inch section of open pie crust over apples – this will not cover apples, but contain them inside crust.

Bake 20-25 minutes until crust is golden brown and apples are just soft.

Bill Robinson

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Pack healthy school lunches, snacks

(Family Features) Busy parents know that packing healthy lunches and snacks that kids will eat and not throw out or trade day after day is a challenge. Here are some tips for packing healthy and delicious allergy-friendly lunches and snacks that fuel kids’ active minds and bodies all day long.

Send a Kid-Approved Snack

There will be birthdays and celebrations in school where the snacks may not be allergy-friendly. Talk with your child’s teacher and make sure they understand his or her dietary restrictions. Send a snack they can eat for the teacher to keep on hand for these occasions. Or, if it’s your child’s birthday, send something delicious everyone can enjoy together. One to try: EnviroKidz Granola Bars and Crispy Rice Bars, the first organic, gluten-free, peanut-free bars for kids, in tasty Chocolate Chip and Strawberry Granola Bars and Berry Blast and Chocolate Crispy Rice Bars. The strawberry and berry blast flavors are also dairy-free, and 1 percent of sales from all four flavors go to help endangered species.

Fruit and Granola Bar Kebabs
Serves: 8-10
4- 5 varieties of colorful fruits
Star or heart-shaped cookie cutter (optional)
1 box peanut-free EnviroKidz Granola Bars
kebab skewers
Wash and slice fruit into bite-size chunks large enough to withstand a skewer.
Use cookie cutter for fruit shape at top of kebab.
Once fruit is ready, cut up granola bars, about 3 squares each, and begin layering kebabs.
Serve immediately.

Make It Positive

Instead of focusing on the things your child can’t eat, focus on all of the delicious foods they can enjoy. You can look online for ideas and talk about them with your child, involving them in the process to come up with a list of things they love. Try gluten-free waffles instead of bread for sandwiches, nut-free butters like sunflower seed butter, smoothies or soups in a thermos, or fruit with dairy-free yogurt for dipping. Make sure to stock the fridge and pantry with these items so you can easily pack lunches. Post the list on the refrigerator and let them choose what they want.

Go for the Gold Standard: Organic

If your little one has allergies, it’s important to think about lunches in

a holistic way, not just avoiding certain foods.

“When packing allergy-friendly foods, consider the quality of all the ingredients, not just the ones it’s ‘free of,’ is really important,” said Ashley Koff, registered dietitian. “The easiest choice: organic ingredients, which means non-GMO, because they give you what the body recognizes easily and avoids ingredients that can detract from better nutrition and better health.”

Make It Fun

Just because you are avoiding certain foods doesn’t mean that lunch or snack time can’t be delicious and fun. Pack foods in a variety of colors and shapes, including rolls and stacks. Use cookie cutters to make fun shapes and create pops, kebabs or other easy recipes that use

kid- and allergy-friendly foods and make eating a blast. Additionally, a simple, sweet note or picture drawn on a napkin can be a nice lunchtime surprise. Packing lunches and snacks for kids with allergies can be a challenge, but with some planning you can find delicious, nutritious foods your child will love. Find more allergy-friendly recipes and lunch and snack tips at envirokidz.com.

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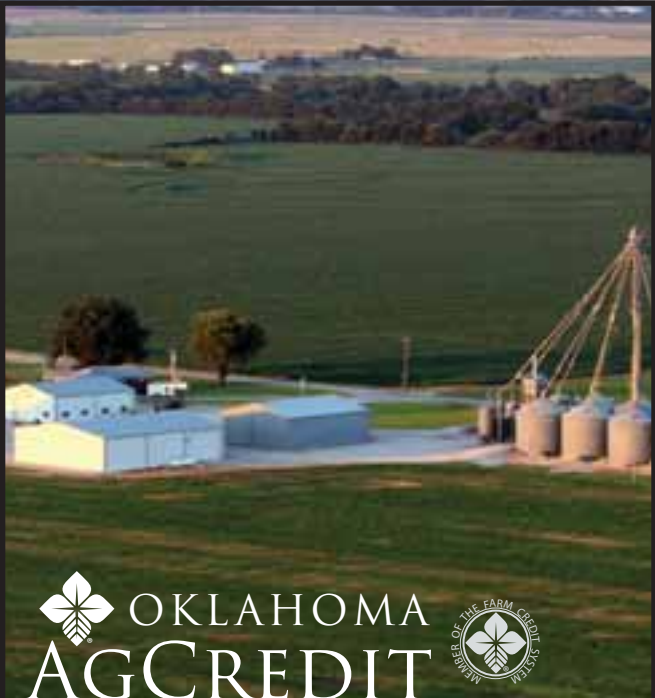
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Livestock Judging Friday 10:00 am
Rabbit Show Friday 6:00 pm
Poultry Show Friday 7:00pm
Livestock & Horse Show Saturday starting at 8:00 a.m.
Farmhand Olympics Friday 12:00 pm
Free Gospel Singing Saturday 3-5 p.m.

Join us in the Conference Center for Food at the Fair
Lunch: 11am-2pm
Supper: 5pm-8pm
Homemade Pie by the slice!
Daily: 10am-8pm

TRACTOR DRIVING CONTEST
Wed, August 24th at 6pm
CARNIVAL
Thursday at 6pm
Fri & Sat at 4pm

Special Thanks To Our Free Fair Sponsors & Volunteers!


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	Category 2
You are between 55 and 74 years of age	You are between 50 and 74 years old
You are currently a smoker or have quit in the last 15 years	You have a 20+ pack-year* history of smoking
You have a 30+ 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

Call to schedule a screening
1-877-231-4440 to see if you qualify.

Altus • Lawton • Duncan

CANCER CENTERS
of Southwest Oklahoma
www.cancercentersswok.com

Parting Shot



Can you light them all up? Mike Stephens, Cotton Electric’s energy use advisor, demonstrates how pedaling our Energy Bike will generate enough electricity to light up the panel of light bulbs behind him during the recent Fiesta in Fuqua. Look for the Energy Bike, Mike and other employees manning Cotton Electric’s booth at the Stephens County Fair, Aug. 25-27.



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

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



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Everyone at Stockman’s wants to wish the
F&F Rodeo Finals Contestants & MRCA Finals Contestants

“Good Luck!”

MRCA Finals contestants, drop by wearing your back number to be eligible for a prize!