

What's Inside



Painting the heart of the town
page 14



A mission for nutrition
page 18

The Current

A Publication of Cotton Electric Cooperative Inc. A Touchstone Energy® Cooperative

"The Current - Informing Our Members Since 1957"

VOLUME 67 September 11, 2023 NUMBER 1

OFFICIAL NOTICE

84th Annual Meeting set for Sept. 26 in Duncan

The Current Staff

Mark your calendars for the 2023 Cotton Electric Annual Meeting and Member Appreciation Night to be held Tuesday, Sept. 26 at the Stephens County Fairgrounds, 2002 S. 13th St., in Duncan. Cotton Electric employees are looking forward to once again meeting face-to-face with members of the co-op for an evening of good food and fellowship.

Registration will begin at 5:30 p.m., and members will need to cut out and bring their official registration slips to be able to attend the meeting – found at the top right corner of this page.

We'll treat you to a barbecue dinner with all the fixin's. There will be time to stroll around the venue and visit many points of interest. Cotton Electric employees will have booths set up for members to gather information about our vegetation management program, home energy evaluations and how to report a power outage, just to name a few. Members can also stop by the co-op's Chevy Bolt to learn more about electric vehicles.

Co-op Connections partners will be in attendance for members to meet, including the Chisholm Trail

Heritage Center, Scentsy and Stephens County Humane Society. Co-op Connection cards and more information about the program's business partners will be available, as well.

Be sure to take advantage of this opportunity to put a face with the voice on the telephone, tell us your experience as a co-op member or learn more about what the co-op does for its membership. The co-op's Board of Trustees, composed of members representing nine districts, will also be in attendance.

We have lots of goodies planned for the kids' area, including cotton candy, bounce houses and a gift.

There will be adult gifts, too. Each registered member will get a gift ticket to exchange for one gift bag containing a limited-edition Cotton Electric hat and another surprise.

The business meeting portion begins at 7 p.m. on the dot when Board president Shan Files calls the meeting to order. Other board members will present reports before CEO Jennifer Meason shares with the membership an overview of updates and other cooperative business from the previous year.

Once the business meeting is adjourned, prize

CLIP OUT AND BRING TO ANNUAL MEETING

BE SURE TO LEAVE NAME LABEL ATTACHED

OFFICIAL REGISTRATION CARD

WHAT: 2023 ANNUAL MEETING OF COTTON ELECTRIC COOPERATIVE

WHEN: SEPT. 26, 2023

WHERE: STEPHENS COUNTY FAIRGROUNDS IN DUNCAN

PLEASE PRESENT THIS CARD AT REGISTRATION. REGISTRATION BEGINS AT 5:30 P.M. THIS REGISTRATION CARD ENTITLES THE HOLDER TO ONE GIFT TICKET PER MEMBERSHIP. ONLY CONNECTED MEMBERS ARE ELIGIBLE FOR PRIZES, AND MEMBERS MUST BE PRESENT TO WIN.

drawings will be held. Registered members will have a chance to win a variety of prizes, from energy bill credits to everyday household items and technology.

Cotton Electric employees have been working hard and looking forward to putting together this year's Annual Meeting and the opportunity to interact with our members. For questions or more information about this year's event, call us at 580-875-3351. We hope to see you there.



WHAT: ANNUAL MEETING AND MEMBER APPRECIATION NIGHT

WHEN: SEPT. 26, 2023

WHERE: STEPHENS COUNTY FAIRGROUNDS, DUNCAN

5:30 P.M. REGISTRATION OPENS BBQ DINNER

7:00 P.M. BUSINESS MEETING

WE HOPE TO SEE YOU THERE!

COTTON ELECTRIC CO-OP

Power Cost Adjustment Calculated

The power cost adjustment now being applied to bills mailed after Sept. 1, 2023, is \$0.01549 per kWh.

On a member's average bill of 1,300 kilowatt hours (kWh), this will amount to a charge of \$20.13 on the September bill.

August 2023 Temperature Extremes							
Day	High	Low	Avg.	Day	High	Low	Avg.
1	108	71	90	16	100	61	81
2	107	73	90	17	111	67	89
3	108	74	91	18	109	73	91
4	108	73	91	19	110	68	89
5	101	74	88	20	110	70	90
6	106	74	90	21	109	74	92
7	99	76	88	22	107	75	91
8	98	72	85	23	104	74	89
9	106	76	91	24	106	72	89
10	102	72	87	25	109	77	93
11	111	73	92	26	107	72	90
12	109	74	92	27	95	76	86
13	108	75	92	28	95	68	82
14	90	67	79	29	97	63	80
15	93	62	78	30	98	65	82
Source: srh.noaa.gov/oun/				31	100	63	82
Average Daily High: 104				Average Daily Low: 72			

Did You Know?

Peak demand tracking period ends every year on Sept. 9. Thank you to all Cotton Electric members who did their part this summer to help us Beat the Peak!

The next issue of The Current should arrive in mailboxes on Oct. 16, 2023.

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 TheCurrent@cottonelectric.com.

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

COTTON ELECTRIC CO-OP

Mission Statement

Our mission is to safely deliver reliable and affordable power, provide excellent member service, and improve the quality of life in the communities we serve.

From the CEO

The power is in your hands

Recently, someone asked me what makes electric cooperatives different than other types of utilities. This month, I thought I'd tell you of few of the things I shared.

Because we're a co-op, we operate a little differently than other utilities. Cotton Electric Cooperative's decisions are made locally, by the nine trustees who also live right here in our local communities.

Everyone who pays to receive electricity from the co-op is a member. When you pay your electric bill each month, your money stays here – to pay for the electricity used, or to make improvements to our local system to strengthen service reliability. The money you pay the co-op doesn't line the pockets of shareholders five states away.

We're a co-op, and we exist to provide a service to you, our local members.

You may notice that throughout the year, we schedule opportunities for you to attend co-op events, like our recent district meetings and the upcoming annual meeting, so we can hear from you. We conduct an annual survey to gather your feedback on co-op programs and services so that we can plan and adjust for the future.

Our success lies in your satisfaction, which is why we offer these opportunities to engage and listen to what you have to say.

Because you're part of an electric cooperative, you can count on our team to maintain local jobs, at-cost electricity and first-class service, no matter what

the economy—and supply chain issues—throw at us.

Cotton Electric is striving to keep our costs as low as possible so we can keep more money in your pocket. We want to help you maximize the value you can get from our services and offerings. For example, we can help you save on energy bills through our free energy evaluation program and efficiency rebates.

If you want to report your outages via text message and receive important information such as power restoration updates, please give us a call so we can update the phone numbers on your account. You can also stay in the know with The Current and social media.

Please know that you—the members of Cotton Electric Cooperative - are at the heart



Jennifer Meason, CEO of everything we do. Co-ops adhere to seven guiding cooperative principles that reflect core values of honesty, transparency, and service.

We exist to serve you and provide the quality, reliable, friendly service you expect and deserve. While we've grown over the years, we're still driven by the same guiding principles to serve our community.

We hope to see at the 2023 Annual Meeting on Sept. 26 at the Stephens County Fairgrounds in Duncan. The power is in your hands.



**ANNUAL MEETING AND
MEMBER APPRECIATION NIGHT
SEPT. 26, 2023**

STEPHENS COUNTY FAIRGROUNDS, DUNCAN

REGISTRATION OPENS AT 5:30 P.M.
BUSINESS MEETING BEGINS AT 7 P.M.



Energy Efficiency Tip of the Month

Did you know fall is the perfect time to schedule a tune-up for your heating system? Home heating accounts for a large portion of winter energy bills, and no matter what kind of system you have, you can save energy and money by regularly maintaining your equipment.

Combining proper equipment maintenance and upgrades with recommended insulation, air sealing and thermostat settings can save about 30% on your energy bills.

Source: [Energy.gov](https://www.energy.gov)

July 2023 Operating Stats

	2023	2022
Total Amount Billed/Accrued	\$7,741,003	\$8,933,822
Cost of Purchased Power	5,133,271	6,571,644
Taxes	133,495	160,557
Total Operating Expense Per Mile	1,315	1,621
Average Farm and Residential Bill	197	236
Average Farm and Residential kWh	1,726	1,874
Total Meters Billed (farm, residential)	19,511	19,269
Miles Energized	5,262	5,234
Density Per Mile	3.71	3.68
New Service Connects YTD	257	280
Services Retired	115	72

Upcoming Deadlines for The Current

October	
Ad Sales	Sept. 29
Classified	Sept. 29
Publish	Oct. 16
November	
Ad Sales	Oct. 27
Classified	Oct. 27
Publish	Nov. 13

TheCurrent

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

Jennifer MeasonCEO
Shane Bowers..... Vice President
Zach YoungDirector
Carli Eubank Communications Specialist

Cotton Electric Cooperative, Inc.
Board of Trustees

Shan Files, Velma, President
Brian DeMarcus, Meers, Vice President
Steven R. Robinson, Cache, Sec./Treas.
Tony High, Walters, Asst. Sec./Treas.
Ken Layn, Marlow
Clifford Dunham, Chattanooga
Todd Clark, Duncan
Nichole Scott, Central High
Dell Farris, Comanche

"Cotton Electric Current" (USPS #134-020)
is published monthly by: Cotton Electric Co-op,
226 North Broadway, Walters, OK 73572
Periodicals Postage paid at
Lawton, OK 73501-4649

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

This institution is
an equal opportunity provider & employer.

Energy Efficiency

Enhancing energy efficiency: Benefits of home energy monitoring systems

In recent years there has been a growing emphasis on energy efficiency and sustainability in the residential market. Homeowners are increasingly interested in understanding their energy consumption and finding ways to reduce their usage along with their utility bills. One solution that has gained traction is the use of home energy monitoring systems. These systems can provide homeowners with real-time insights into their energy usage, helping them make informed decisions about their consumption habits. We will dive into the concept, features, benefits, and the role they can play in promoting energy efficiency.

Residential home energy monitors are devices normally paired with software applications designed to track and display a home’s energy usage in real time. These systems are typically installed at the home’s main electrical panel, or in some cases integrated into the home’s circuitry. They are then used to capture data from various appliances or circuits within the home. This data is then presented to the homeowner through a user-friendly mobile or desktop app.

Key Features and Benefits

1. Real-Time Monitoring:

Homeowners can track their energy usage in real time, meaning they can see how much energy is being used at

any given moment. This can benefit the homeowner by providing insight on how their changes in consumption habits affect their usage.

2. Appliance-Level Monitoring:

Once these systems have a chance to learn more about your home, through user-interaction, your monitoring system can pinpoint usage down to a specific appliance. Armed with this information, homeowners can prioritize upgrades, replacements, or even identify servicing needs.

3. Energy Usage Insights:

These systems often offer visualization and analytics that show energy consumption trends over time. By comparing data across days, weeks, or months, homeowners can identify seasonal patterns, set energy consumption goals, and track their progress.

4. Alerts and Notifications:

Some monitors can be set to send alerts to homeowners when their energy usage exceeds a preset threshold. This can prompt immediate action from the homeowner and avoid energy waste. These alerts can be used in conjunction with your usage data to identify unusual patterns that might indicate faulty appliances or systems in the home.

5. Cost Estimations:

It is important to remember that these devices are not revenue grade meters. They are designed to give estimations based on input data, but are not tested to same accuracy standards as your utility meter. They will, however, give you cost estimations for how much each energy consumer in your home is costing you each month. This feature can help members understand the financial implications of their energy consumption habits, or highlight

improvements that have been made to the home’s efficiency.

When looking into one of these home monitoring systems, there are a few things you will want to keep in mind. The initial set-up cost will include the cost of the device, cost of installation in most cases, and possibly a recurring cost for access to the application software. These devices will take a fair amount of user engagement over the first few months to be accurate. Most will prompt the user through the phone app to confirm appliances that are in use. Once the system knows these devices, it will move on to identifying the next. The better information you put in, the better your output data will be.

Residential home energy monitors empower homeowners to take control of their energy consumption. By providing real-time data, usage insights, and appliance-level monitoring, these systems are instrumental in helping members make informed choices that not only result in energy savings but also can reduce their monthly utility bills. As the technologies continue to advance, energy monitors are likely to become a vital part of modern households.



Heath Morgan,
Energy Efficiency
Coordinator



Installing a home energy monitoring system is an evolving tool for homeowners to understand their energy consumption. Photo courtesy of Canva.

Heating Degree Day and Cooling Degree Day Calendar

AUGUST

HDD YEAR CDD



Degree days measure how cold or warm a location is by comparing the average of the high and low (mean) of the outdoor temperatures recorded in that location to the standard U.S. temperature, which is 65 F. The assumption is that we don’t need heating or cooling to be comfortable when this is the outdoor temperature.





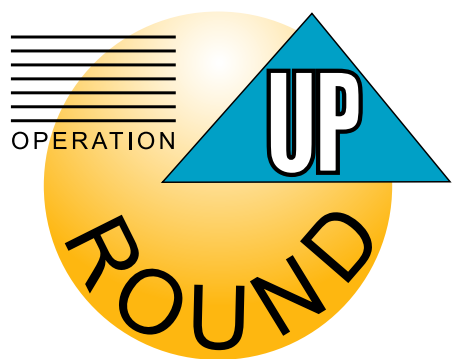
BUILT by our community.
SHAPED by our community.
LED by our community.

**WE’RE PROUD TO
POWER YOUR LIFE.**



COTTON
ELECTRIC CO-OP

A Touchstone Energy® Cooperative 



Cotton Electric Charitable Foundation

Little change adds up to huge community impact

CECF reaches \$1.5 million milestone in grants awarded

By Carli Eubank

Setting aside a few coins each month doesn't seem like it could make a huge difference. But when Cotton Electric members participating in Operation Round Up (ORU) pull together, that amount of change overflows into our local communities – improving their quality of life. Thanks to you, our generous members, the Cotton Electric Charitable Foundation (CECF) hit a milestone of awarded grants totaling more than \$1.5 million.

Beginning in April 2004, Cotton Electric created ORU, a voluntary program of rounding up power bills to the nearest dollar. Individual amounts rounded up on monthly bills can be as little as zero or as much as 99 cents. The maximum annual contribution through rounding up would be \$11.88. On average, individual contributions are about 50 cents each month and about \$6 each year.

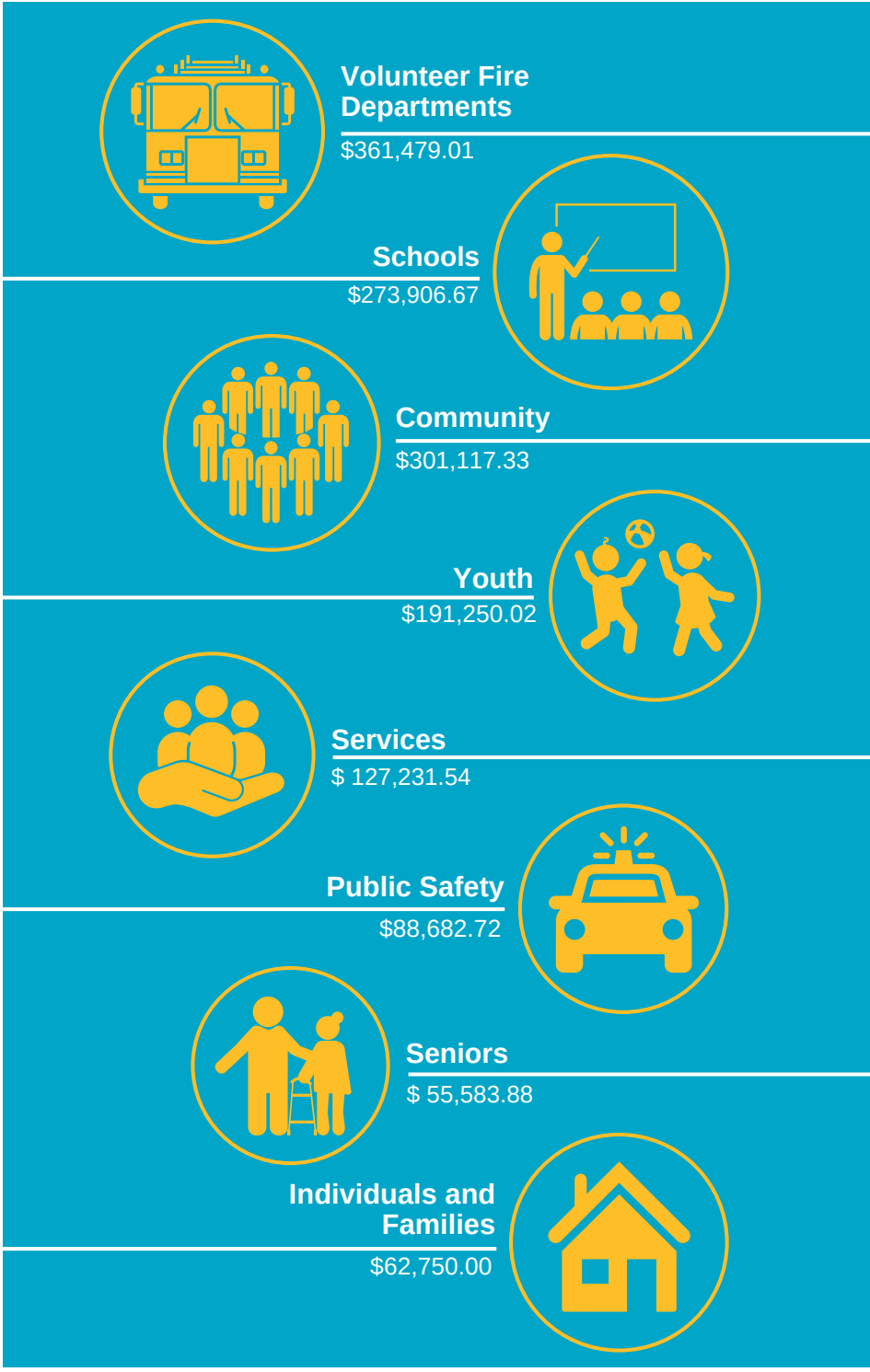
Over a span of 19 years, the CECF have awarded 616 grants for a total of \$1,508,452.13. Recipients of CECF grants include local schools, volunteer fire departments, youth programs, public safety and services, non-profit

and community organizations, seniors, and individuals who have applied for ORU grants.

The funds are pooled and administered by the CECF board of directors who meet quarterly to consider grant applications from individuals and organizations in the area. The board consists of Jennifer Meason, the co-op's CEO; Shan Files, president of the co-op's board of trustees; and three representatives from the Cotton Electric service area: Cindy Zelbst, Danny Marlett, Carter Waid.

CECF has achieved many goals over the years, including the \$1 million milestone in 2017 and now the \$1.5 million mark in 2023. However, the true mission of this program is helping improve the quality of life in our surrounding communities. We could not have made those impacts without members choosing to participate in ORU, and we look forward to continuing our mission.

For more information about ORU or CECF, visit our website at www.cottonelectric.com/operation-round-up or call our offices at 580-875-3351.



A Cotton Electric Charitable Foundation (CECF) grant was awarded to Big Pasture Public Schools for facility upgrades. Pictured left to right: Nora Curry, Big Pasture Public Schools superintendent; Hunter Quickle, Big Pasture Public Schools high school principal; Carli Eubank, Cotton Electric communications specialist; and Shane Bowers, Cotton Electric vice president of administration.



McBRIDE CLINIC

Bradley J. Margo, MD
Christopher Tkach, MD
Jeremy Woodson, MD
Diann Johnson, APRN

SCHEDULE NOW
800.552.9270

Lawton Appointments:
Available 5 Days a Week

www.mcboh.com

100% Physician Owned



WELCOME TO 2nd ELGIN Fall Festival

VENDOR PRICING
10'X10' Space

FOOD TRUCKS	DIRECT SALES & CRAFT
Regular Pricing: \$100	Regular Pricing \$50
Elgin Chamber Member: \$60	Elgin Chamber Member: \$30

- Set up times Friday, October 20th, from 5-8 PM and Saturday, October 21st, from 7:30-9:30 AM at the Elgin Sports Complex on Commerce Street, formerly A Street.
- All vehicles must be off the lot no later than 9:30 AM before the event, October 21st.
- All vendors must be set up and ready to open by 10:00 AM and operational till 4:00 PM.
- Do not start breaking down before 4:00 PM. Vehicles will be prohibited from entering the lot until it is cleared of pedestrians.
- Please check in at the front entrance table upon arrival to receive your vendor packet and to answer any questions you may have during set up.
- If you have any questions or concerns about your placements or arrival times, please get in touch with Leslie Durham at 580-678-7886.





EDWARDS ENTERPRISES

RENTALS & SEPTIC SERVICES

Call Today!
580-255-9287

Our Services

- Septic Pumping
- Aerobic Septic System Repair and Maintenance
- Aerobic and Standard Septic System Install

September Is National Preparedness Month

September marks the start of National Preparedness Month across the country. Knowing how to prepare for natural disasters, power outages, and a variety of other risks and emergencies can make a real difference and potentially save your life. It's also just as important as knowing how to prepare as it is knowing what to do during and immediately after an emergency.

One of the best ways to stay one step ahead of storms, power outages, and other emergencies is to plan ahead with an emergency preparedness kit. Assembling and maintaining an emergency kit before a disaster strikes is one of the easiest steps someone can take to reduce many of the risks associated with severe weather. In addition to having an emergency kit, it is also important to know what kind of disasters are most likely to occur where you live and add

or remove items accordingly.

The exact contents of your emergency kit may vary according to the dangers and weather most relevant to your region, but Ready.gov recommends that every emergency kit contain these basic items:

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA weather radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation

- Wrench or pliers to turn off utilities
 - Manual can opener for food
 - Local maps
 - Cell phone with chargers, inverter or solar charger
- Considering the risks that disasters present, Safe Electricity shares tips on how you and your loved ones can be prepared for incoming severe weather and stay out of harm's way.
- Take all weather warnings seriously and develop a plan of action with your family.
 - Develop and practice action plans for different emergencies that could happen in your area. Acknowledge what to do if separated. Consider the needs of your family, including medical precautions.
 - Identify someone who lives out of town whom you and your family can check in with during an emergency if communication in your area

is compromised.

- To ease the strain in an emergency, collect important documents and keep them in a safe and accessible place.
- In order to communicate safely, make sure that you are familiar with how those in your area are notified during an emergency.
- Follow relevant social media channels, such as local news centers or utilities. These pages often provide updates on weather conditions or power outages.
- To prepare for the inevitable, assemble an emergency kit. This should include non-perishable food, water, a flashlight with fresh batteries, a first aid kit, and essential medications. Always follow all recommended evacuation routes and make sure that you lock and secure all windows before leaving the home.
- If you are using a portable generator, be sure that the main circuit breaker is OFF and locked out prior to starting the generator. This will prevent power lines from back-feeding electricity into the utility system and help protect utility line workers from possible electrocution. Learn more about safely operating a portable generator on page 7.

Should a severe storm or flooding occur, also keep these tips in mind:

- Do not step into a flooded basement or room if the water is covering electrical outlets, appliances, or cords.
- Never attempt to turn off power at the breaker box or touch an electrical appliance if you are wet or in standing

water. Call your electric utility to shut off power at the meter.

- If an electrical appliance has been in contact with water, have a professional check it out before it is used. It may need to be repaired or replaced.
- If the smell of gas is apparent or if there is a suspected leak in your house, leave immediately and call your gas utility.
- If power lines are on the ground, treat them as energized and stay far away from them and warn others to stay away. Whether it is a hurricane, flood, tornado, or earthquake, stay clear of fallen power lines and flooded areas that could hide hazards. Remember, electricity passes easily through water. Contact the local electric utility if you see downed power lines because the lines could still be live.
- If driving, never get out of the car if there is a downed power line, and never drive over one.
- There are many hazards that remain in the aftermath of a storm. Make sure that children are closely supervised when they are outdoors following a storm. Utilities crews, police, and others may not have been able to get to the area yet to make it safe.

Remember that when you prepare, you will be able to act with greater know-how and confidence. Whether you are facing a power outage, tornado, flooding, or any other emergency situation, being prepared can help keep you and your family safe.



STORM PREPAREDNESS CHECKLIST:

☐

FLASHLIGHT

☐

BATTERIES

☒

GENERAC WHOLE-HOME GENERATOR



Exclusive to co-op members

Contact Heath Morgan for details at 580-875-3351

What to know before firing up a portable generator

Firing up one fuel-powered portable generator produces as much carbon monoxide (CO) as hundreds of combustion-engine cars, according to the Consumer Product Safety Commission.

Using a portable generator in a home, garage or too close to an enclosed area is like starting a parking lot full of cars and letting the CO poison seep into that area. The devastating result is almost immediate: The CO from one generator can kill in minutes.

CO facts

CO is colorless and odorless. Poisoning can happen so quickly that exposed persons may become unconscious before recognizing any symptoms.

Each year in the U.S.:

- Approximately 85 individuals die from CO poisoning.
- Most deaths (81%) occur in residential locations.

Safety tips

A portable generator is usually gas-powered. A generator should have more output than the wattage of the electronics plugged into it. This way, the generator will be able to create the extra electricity it takes for the initial power surge. Make sure there is nothing plugged into the generator when turning it on.

Besides portable generators, there are also standby generators. The standby versions are attached directly to the house and are typically powered by natural gas or propane. These generators start automatically when the power goes out.

It is vital that members call their cooperative when they've installed a generator at any location. Reporting your generator helps prevent feeding power back into the power grid and endangering electric line crews and others when working during an outage or maintaining the lines. Standby generators should have a transfer safety switch installed by a professional. Never plug a portable generator directly into a home outlet or electrical system for the same reason.

To use a portable generator safely:

- Always use a portable generator at least 20 feet away from your home.
- Never operate one inside a home, on a porch or near windows and doors.
- Apply the 20-foot distance rule to other locations, such as a shed, cabin, camper or trailer.
- When shopping for a generator, look for one that gives off reduced emissions.
- Also look for one that shuts off automatically when high levels of CO are present.
- Keep your generator well maintained and follow all manufacturer's instructions.



USING A GENERATOR?

8 DANGEROUS MISTAKES PEOPLE MAKE

1

IN ENCLOSED SPACES
Always use it in a well-ventilated area.

2

NEAR WINDOWS OR DOORS
Place it at least 20 feet away from windows and doors.

3

IN A GARAGE
Even if the door is up, never use a generator in a garage.

4

IN THE ELEMENTS
Run it on a dry surface under a canopy-like structure (but not in a carport).

5

PLUGGED INTO A WALL OUTLET
This can be deadly to you, family members, neighbors or utility workers.

6

WITH THE WRONG EXTENSION CORD
Use a properly rated cord to plug appliances into a generator.

7

WITHOUT CARBON MONOXIDE (CO) TESTERS
CO detectors should be on every level of your home (test them monthly).

8

IN DISREPAIR
Make sure your generator is well-maintained and in good working order.

**LEARN MORE AT:**



- Operate it under an open, canopy-like structure on a dry surface where water cannot pool underneath.
 - Ensure CO detectors are installed on every level of your home and near or in bedrooms.
 - Test CO alarms in your home monthly; also track their age. They need to be replaced every seven years.
- For more electrical safety information, visit www.CottonElectric.com or www.SafeElectricity.org.
- Source: SafeElectricity.com*

Need to make a payment by phone?

Call our automated system at

1-855-730-8711

Have your Cotton Electric account number and credit card or banking account numbers ready before making the call.

**Park Plaza Village**
 **Apartment Homes**
TDD 711

401 School Rd. - Temple, OK
(855) 212-5809
Newly Remodeled,
1, 2 or 3 Bedroom Apartments
Extra Storage, Central H&A,
Stove & Refrigerator, Carpet & Mini
Blinds, Washer/Dryer Hookups &
On-Site Laundry, Rental Assistance
HUD Section 8 Accepted.
This institution is an equal
opportunity provider & employer.

**RUSH CREEK VILLAGE**
Apartments

1, 2 and 3 Bedroom Apartments
Available For Rent.
CHA, carpet & mini blinds, stove &
refridgerator, washer/dryer hookups,
laundry facility & playground on site.
Rental assistance available for
qualified applicants.
HUD Section 8 Accepted
  TDD 711

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

**COTTON**
ELECTRIC CO-OP
A Touchstone Energy® Cooperative 

Your Quality Electric Utility

cottonelectric.com

Carports, Garages, Barns, Metal Buildings



Come Check Out Our SALE!



Stop by our display yard at **Land Pros** in Duncan, across from the Stephens County Fairgrounds on South Hwy 81. Let us design and price your custom building.

**1705 S. Hwy. 81**
DUNCAN, OK 73533
580-467-1501
BestBarnsandCarports.com

No ONE BEATS OUR QUALITY OR PRICE
BestBarnsandCarports.office@gmail.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.

Benefits of a No-Salt Water Conditioning System:


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

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

**PIPPIN BROTHERS**
PLUMBING • HEATING • AIR CONDITIONING

**OKLAHOMA CITY** westerncommissioncompany.com
Mon/Tues 8am
Ben I. Hale
405.235.8908
940.631.2333

COMANCHE
Wednesday 9am
Peyton D. Hale
580.439.8865
817.888.0657

**WESTERN**
COMANCHE - KNOXVILLE
LIVESTOCK AUCTIONS
Visit us on Facebook for weekly Market Reports

Residential Garage Door Replacement & Repair

Simms Garage Door Service

FAST PROFESSIONAL SERVICE!
Call 580-736-5414

KELLY SIMMS



HOLT ELECTRIC
OVER 30 YEARS EXPERIENCE

Residential
Commercial
Industrial

**Estimates Remodeling New Construction**

24 hour Service

580-365-4147
P.O. Box 131 * Sterling OK 73567 * Lic#OK10531

**Ochsner**
Dozer-Trackhoe Service

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

Find Rx savings with your Co-op Connections card

When you use your Co-op Connections card, discounts are waiting at your fingertips, and one of the great savings offered is on medication. Since its introduction in 2008, Co-op Connections has saved Cotton Electric members a total of \$669,945.44 on prescriptions, and more than \$78 million nationwide. Members can save an average of 44% on prescriptions, and up to 85% in some cases.

To start saving, present your Co-op Connections card at the pharmacy check out. If you have insurance, present your insurance card as well. Ask the pharmacist to calculate the discounted price and compare it to your insurance price, then choose the lowest price between the two. Members can also save time and money by getting their discounted medications delivered to their home address.

The Co-op Connections card is really beneficial for self-employed individuals, college students, and retirees. The Co-op Connection card is not another form of insurance and cannot be used to replace or combine with current insurance, but it can lessen the financial load in households.

Not only can members save on medications, Co-op Connections offers other health savings: dental, vision, hearing, lab testing, flu shots, MRI and CT scans, chiropractic and diabetic. One of the biggest benefits of using the card is financial help during the Medicare coverage gaps, also known as the donut hole.

To find one of the 60,000+ participating pharmacies or compare prices by location, visit www.rxprice.newbenefits.com, call 800-800-7616 or search on the Co-op Connections app. Members can also find more information under the “Health and Wellness” tab at www.connections.coop.

The Co-op Connections card savings go beyond the pharmacy counter. Members can use the card to save on dining, shopping, groceries, services, travel, and many more attractions. Co-op Connections cards can be used anywhere across the country where they are accepted.

Visit www.connections.coop or www.cottonelectric.com under the Member Services tab to discover how you can be part of this free, money saving opportunity.

Don't have your Co-op Connections card? No problem! They are available to all members and can be downloaded in the app, printed online, or picked up at Cotton Electric offices in Walters or Duncan.

Save on prescription with Co-op Connections


For more information:

**580-875-3351**

**www.connections.coop.com**

**Download the app**





Join us for

#NVRD23

on Tuesday, Sept. 19

CO-OPS VOTE

A PROGRAM OF AMERICA'S ELECTRIC COOPERATIVES
WWW.VOTE.COOP



Marlow Real Estate

205 W. Main, Marlow
580-658-2295
"Selling our listings, would like to sell yours."

Always Ready
to go the "Extra Mile" for you.
www.marlowrealestate.com
www.realtor.com





Debbie Lynn Benton
Broker/Owner GRI
Cell: 580-658-1177
debbie@marlowrealestate.com



SHOWMAN'S CHOICE

FOR ALL YOUR HORSE TACK & SHOW SUPPLY NEEDS.

HOURS MON-FRI 8:00-5:30
SAT 10:00-2:00

1205 SW SHERIDAN RD
LAWTON, OK 73505
580-355-7469

FIND US ON FACEBOOK!

Starlite Welding Supplies

Torch & Regulator Repair Welder-Torch Kit Specials

1 Yr. Cylinder Lease \$40.95
SPECIALS on Welders/Generators



506 Industrial Ave.--By Duncan Cemetery
Mon.-Fri., 8 am -5 pm; Sat., 8 am -12 noon
Home-owned by Kenneth/Jeff Golay
Since 1991 **580-252-8320**

UNCOMFORTABLE?

Does your home have any of these symptoms?

- ☐ Rooms that get too hot or too cold?
- ☐ High utility bills?
- ☐ Thermostat wars with your spouse?
- ☐ High humidity in summer?
- ☐ House just never seems comfortable?
- ☐ There doesn't seem to be enough airflow?

- ☐ Dust buildup within 2 days of dusting?
- ☐ Problems with your system since it's been installed?
- ☐ Anyone with allergies or asthma?
- ☐ AC starts and stops frequently or runs all the time, and house is still not cool?

- ☐ Have been told by other contractors that the problem cannot be fixed?

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

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



PIPPIN BROTHERS
PLUMBING • HEATING • AIR CONDITIONING

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

"Comfort Without Compromise"



Auction Service

Taking Consignments for our Annual Fall Farm & Ranch Equipment sale!
To be held at Brink Auction yard. 1 mile south of Frederick, OK on Hwy 183.

Tenative date - Oct. 7th

Selling tractors, livestock equipment, and farm and ranch equipment.
Online bidding services available at www.equipmentfacts.com

TERRY H. & ELLEN L. BRINK

P.O. BOX 982* Frederick, OK 73542
580-335-4126 Mobile
To get on our mailing list, please call or write.

Visit our website www.brinkauction.com



COTTON

ELECTRIC CO-OP
A Touchstone Energy® Cooperative

Your Quality Electric Utility

www.cottonelectric.com

We want to hear from you

Putting our members first and “providing excellent member service” is part of our mission at Cotton Electric Cooperative. The co-op values any questions or feedback received from our membership, and one of the ways you, our members, can help us improve is by voluntarily participating in our annual survey.

Cotton Electric employees have worked with Inside Information and their expertise with member relations to create a survey that will provide insight on how the co-op can better our membership. Results from the surveys will help determine Cotton Electric’s American Customer Satisfaction Index (ACSI®) and Cooperative Attitude and Performance Score (CAPStone). Once we have received and discussed the results, they will be shared with our membership in a few months.

Over the next few weeks, postcards and emails from Inside Information will be sent to randomly selected members, inviting them to participate in the survey online. Selected members are not required to take the survey, but we encourage any feedback that allows the cooperative to discuss how we can serve our members better.

For questions or more information about the upcoming survey, call our office at 580-875-3351.



REAL ESTATE & AUCTION CO.

Todd Robertson, Owner / Broker / Auctioneer

1705 S. Hwy. 81 - Duncan, OK

580-252-3880

www.FarmsRanchesLand.com

“WE SELL LAND AND *everything* ON IT”

Meet Our Real Estate Professionals . . .



Todd Robertson
Owner/Broker
Auctioneer



Tammy Vaughn
Broker Associate



Cace Robertson
Realtor Associate



Mary Swanson
Realtor Associate



Jennifer Wolston
Realtor Associate



Jessica Parker
Realtor Associate

Let Land Pros
Work for You!

39 years Experience

Farms / Ranches

Homes / Recreation

Commercial Equipment

Business Liquidations

Online & Live Auctions



Caitlin Johnson
Realtor Associate

LOCAL, STATE, AND NATIONAL MARKETING.

IT IS OUR GOAL TO PROVIDE THE VERY BEST COUNSEL, ADVICE AND SERVICE POSSIBLE FOR ANY OF YOUR AUCTION AND REAL ESTATE NEEDS.

 Land Pros Real Estate and Auction Co



COTTON
ELECTRIC CO-OP

CALLLED TO SERVE

Congratulations to
Cotton Electric CEO Jennifer Meason!

She was recently elected by her peers to be the Oklahoma representative for the National Rural Electric Cooperatives of America Board of Directors. Following the Cooperative Principle of Concern for Community, she says she is ready to tackle the monumental challenges that the industry is facing and be an advocate for the needs of electric cooperatives and the members we serve.



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



281810 EAST 1810 ROAD
COMANCHE, OK 73529

1-800-657-6062

DARBYS’
BIG FURNITURE

WWW.DARBYSFURNITURE.COM



FREE
DELIVERY

COMMISSION FREE
SALES STAFF



Covering Oklahoma Day and Night
GRANGE
MUTUAL INSURANCE
for over 100 years!

Specializing
in covering
rural homes
and farms

Free quotes
Dana S. Bailey, Agent
Marlow, Oklahoma
580-641-2231
oklahomagrange@gmail.com

Keep your furry friends safe around electricity

You do all you can to keep your pets healthy: You take them to the veterinarian for checkups, feed them well and ensure they are up to date on vaccinations. After all, for many people, pets are part of the family.

Two-thirds (67 percent) of U.S. households, or about 85 million families, own at least one pet, according to the 2019-2020 National Pet Owners Survey. The survey was conducted by the American Pet Products Association, and the numbers are up 11 percent from 1988.

There is something else you can do for your pets, and that is to keep them safe around electricity. Cotton Electric and Safe Electricity offer these tips:

- Puppies and other pets love to chew on electrical cords. Keep cords out of sight or hidden with a cord cover. Provide teething or play alternatives.
- Watch your pet around dangling or sagging cords, including phone or tablet charging cables. Unplug charging cables once your devices are charged. Not only do they draw a small amount of energy when not in use, but the dangling cords are just crying to be chewed.
- Watch where you place lamps and other plugged-in items. Lamps can be a fire hazard if they are knocked over, especially if they have halogen bulbs.
- Do not leave your pet alone around items that get hot: curling irons and straighteners, an outdoor grill, a portable heater and other electric appliances, including cooktops.



Pet proofing your home is one way to protect pets around electricity. Photo courtesy of Metro Creative.

Pet proof your home much like you would for a baby or toddler. If you suspect your pet has been shocked or burned, take it to the vet right away. Owners may not realize a pet has been shocked until a few hours later when it has trouble breathing. Other symptoms include ulcers in the mouth and lesions on the tongue and gums.

For more information about electrical safety, visit CottonElectric.com or SafeElectricity.org.



FARMERS
INSURANCE
JAMIE SLATE AGENCY

1040 W. Main St.
Duncan, OK 73533

jslate@farmersagent.com

Office (580) 786-4771
Fax (918) 512-4899



HOME • COMMERCIAL • LIFE • AUTO • BOAT • MOTORCYCLE • CAMPER



GAMMILL

INSURANCE AGENCY

CROP • HOME • AUTO • FARM • COMMERCIAL

Affordable Protection That Pays!

Wheat Crop Signup by September 30!

Easy signup
Professional Local Service

Josh Gammill, Agent
Amanda Smith, Secretary
580-479-5416 888-299-2767
201 W 2nd, Grandfield

•

TURKEY TERRACE

•

RV PARK

2909 S. WHALEY RD, MARLOW, OK



Monthly Spots Available!

\$450 MONTHLY • \$45 NIGHTLY

RESERVE YOUR SPACE

580-721-0403

6 tips for hosting a game day gathering

Bats and helmets, sticks and pucks, a goal and a ball – whether your favorite sport takes place on a field or a pitch, the ice or the hardwood, true fans get a kick out of hosting their fellow supporters to watch the home team play. The next time the good guys or gals take on their fiercest rivals, turn your house into a full-blown suite for a watch party that's sure to bring home a win.

A little game planning goes a long way, which is why the entertaining experts at Newman's Own recommend these tips to throw a trophy-worthy watch party.

Send Invites Ahead of Time

Most sporting events are scheduled well in advance, giving you plenty of time to plan for game day. While waiting until the last minute can lead to an overwhelmed host and underwhelming menu, sharing invitations in advance means guests can come pre-

pared. Consider adding the time you'd like fellow fans to arrive as well as the first pitch, kickoff or tipoff time.

Opt for Easy Eats

Tensions are already running high with the stress of a rivalry game, so skip complications in the kitchen and turn to on-hand, easy-to-make game day grub. For example, pizza is a popular choice with multiple toppings available so there's something for everyone, regardless of who they're rooting for.

Test the TV

Whether you're a cable subscriber or cord cutter, ensure you'll have access to the right channel or streaming platform on game day. Test your setup for a good connection, proper picture quality and crisp sound so you can avoid technical difficulties when the game is on the line.

Add Championship-Level Decor

Show off your team's colors with

decor that makes a statement. Weather-permitting, set the stage with an outdoor flag donning the logo or mascot so neighbors and visitors feel your team spirit. Wear your jersey with pride, show off meaningful memorabilia and set out team-themed plates and napkins.

Maximize Seating

Part of a positive game day experience is ensuring comfort for the crowd, meaning you'll want to maximize seating options without squeezing everyone in too tightly. Projecting attendance so you know exactly how much seating you'll need is key to keeping everyone comfortable. Avoid "standing room only" areas by bringing in added chairs or stools, or consider turning on an extra TV in a separate room for a little more space.

Keep Everyone Engaged

While it might be challenging for



Find more winning solutions for game day watch parties at newmansown.com/product.

A large graphic for Spivey Insulation. It features a red background with a large white circle in the center. Inside the circle is the company logo, which consists of a stylized 'S' and 'I' intertwined. Below the logo, the text 'SPIVEY INSULATION' is written in a bold, serif font. Underneath that, in a smaller, all-caps sans-serif font, is 'FAMILY OWNED AND OPERATED'. At the bottom of the circle, the phone number '(580) 255-9291' is displayed in a bold, italicized sans-serif font. To the left of the circle, on the red background, is a list of services under the heading 'Our Services' in a white sans-serif font. The list includes: 'Open cell and Closed cell foam', 'Spray-on polyurethane foam for metal buildings', 'Blown fiberglass - attics - batts', and 'Complete insulation services'. In the bottom right corner, outside the white circle, is a black button with the text 'Call Today!' in white. There are also decorative patterns of white dots in the top left and bottom right corners.



Lawton Septic Tank & Storm Shelter

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

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

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

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

580-248-3131

OCTOBER 12TH • 13TH • 14TH

**STEPHENS COUNTY FAIR &
EXPO ARENA**

DUNCAN, OK 7:30pm NIGHTLY

**FEATURING THE TOP
COWBOYS & COWGIRLS FROM
OKLAHOMA, KANSAS AND NEBRASKA
TICKETS**

Adult

\$12/Advanced \$15/At Door

Ages 4-12

\$8/Advanced \$10/At Door

3 and Under Free

Advanced Tickets Available at:

CRUTCHER'S
WESTERN WEAR

Duncan
590.252.3220

Lawton
580.248.2997

★ A portion of the event proceeds benefit the Taylor Le Noeman / McCaskand Cancer Center and the Alzheimer's Association, Oklahoma Chapter ★

2023 RPCR
Funny Man
Rob Gann

FRIDAY NIGHT
Wear Pink in Support of Breast
Cancer Awareness

**BACK
THE BLUE**

SATURDAY NIGHT
Support our Local Police, Fire, EMT
and Sheriff Depts

CINCH
JEANS & SHIRTS

LAS VEGAS

MONTANA
HANGAROUTS

The
Guthrie
Nation

MICKEY PRUITT
PRODUCTIONS

Tilley
TOWNS

RE/MAX

K LAW
101

COTTON
CLOTHING CO-OP

www.prairiecircuitfinalsrodeo.com

**ROCK IN
DOWN THE
HIGHWAY**

10 MON. 7 DAY. 23 YEAR.
ADMIT ONE RESERVED

THE CARS AND PEOPLE
DESTINATION
WALTERS CAR CRUZ

By Chamber of Commerce
JJ Pro Audio and Live Entertainment

Car Show - Several Classes available
Best of Show \$1,000 and a Trophy

1st place and 2nd place trophies for each class. All Car show entrants will be eligible for (4) \$200 Drawings. Car Cruz til midnight
Burn out, cash prizes and trophies for the burnout. Cash Prizes and trophies for Kidz Games

Vendors, Food Trucks and Fun for the Whole Family
Call Walters Chamber at 580-471-3174

Looking to Sell Your Rural Home?



RURAL PROPERTIES ARE
IN DEMAND! LET'S FIND
A BUYER FOR YOURS!

CALL US FOR A FREE
& PERSONALIZED
HOME VALUE ASSESSMENT

PAMandBARRY.com

PB Pam & Barry's Team
RE/MAX Professionals
580.248.8800

If your home is currently listed, this is not an attempt to secure a listing. Each office is independently owned and operated.



RED PLAINS
— *Grand Butchery* —

redplainsgrandbutchery.com
1200 Texas Street
Comanche, OK

(580) 439-5670

Now scheduling for
**Custom Exempt
and USDA!**

Quality. Integrity. Excellence.



Troutman Enterprises, LLC

- Excavating
- Tree Clearing
- Dragline Services



- New Pond Excavation
- Existing Pond Cleaning
- 3D Modeling Service

- Rock Hauling
- Heavy Equipment Hauling



We provide services to all of

O K L A H O M A

Contact us today to discuss your next project
(580) 721-0443

facebook.com/troutmanenterprisesllc
troutmanenterprises@yahoo.com

WF

Wichita Furniture
Lawton's Furniture Leader

Corner of Cache RD & FT. Sill BLVD
Lawton, OK



**Financing Available
& Same Day Delivery**



Serving Southwest OKlahoma and North Texas for

44 Years!



Co-op Life

Community Spotlight

If you would like your community event listed in the October issue, please submit information by calling 580-875-3351 or send an email to TheCurrent@CottonElectric.com by Sept. 29. Only events occurring after Oct. 16 will be published in the next issue.

Editor's Note: We recommend checking for cancellations with local sources before attending any event.

2023 International Festival

Lawton's annual International Festival is a free event to promote greater awareness and appreciation of Lawton's diverse heritage. This family-oriented extravaganza is full of fun, food, children's games and activities, demonstration artists, retailers, concerts and multicultural experiences that make the Lawton Fort Sill Community so unique. This three-day event is from Sept. 23-25 at Elmer Thomas Park, 3rd and NW Ferris Ave., Lawton. For questions or more information, call 580-581-3470.

Bark in the Park

The Stephens County Humane Society is pleased to announce the return of Bark in the Park. Festivities will be pet and family friendly, featuring a number of pet-related contests, including Best Costume, Best Bark, Owner-Look-A-Like, Best Trick and more. The entry fee per contest is \$5. Additional highlights will include pet photos, concessions, demonstrations, pet-related vendors, and a Wag Walk pledge drive. The first 100 people to

register will receive a Bark in the Park goodie bag. Pre-registration is \$20 and day-of registration is \$25. This event is aimed at raising public awareness and generating funds for the Stephens County Humane Society, a non-profit organization. The event is from 11 a.m. to 3 p.m. on Sept. 23 at Fuqua Park in Duncan. For more information, call Patti Whitaker at 580 641-0667 or visit www.stephenscounty-shelter.com.

Kicking off the fall season

Enjoy the crisp fall air with your family at the Festival of the Wichitas while enjoying one-of-a-kind artwork, games on the lawn, vendors from across the state, Indian tacos, fair eats and live music. Throughout the day guests will enjoy free hayrides, a petting zoo, a pumpkin patch, face painting, a hay bale decorating contest and more. Watch as the little ones play in the corn pit and bounce houses, then stroll through craft fair booths and grab treats from food trucks on-site. Vendors will be selling handmade art, re-purposed furniture, local honey, barbecue sauce and much more. Be sure to stay for the grand finale fireworks show and make fabulous fall memories with the entire family. The event is set to begin at noon on Oct. 14 on the Sonrise Campus in Cache, 19792 NW Cache Road.

PHOTO OF THE MONTH



Cotton Electric member Greg Brown snaps a photo of his grand-kids before they head to school. Drake Brown is a Marlow Outlaw and Brynlee Brown is a Bray-Doyle Donkey.

Enter your "best shot" in our Photo of the Month contest. The theme for October is Gameday! Entries can be emailed to TheCurrent@CottonElectric.com or mailed to The Current, 226 N. Broadway, Walters, OK 73572. Winners will receive a Cotton Electric prize.

CD special

5.00%
APY*

7-month, \$1,000 minimum

5.25%
APY*

14-month, \$1,000 minimum

Ask an associate for details or
open an account online today at
arvest.com/cdspecial

ARVEST

Member FDIC

*Annual Percentage Yield (APY) valid as of August 1, 2023. \$1,000 minimum balance required to obtain 7-month 5.00% APY and 14-month 5.25% APY. A penalty fee will be assessed for early withdrawal; fees could reduce earnings on the account. Other rates and terms available, ask an associate for details.

Your Fight IS OUR FIGHT

We embrace **New and Innovative Treatments** that emerge each year in the **Fight Against Cancer**. Our doctors and nurses are cancer specialists and our staff is highly trained to support you as a cancer patient.

We encourage you to help us fight cancer by getting annual cancer screenings. **Early detection improves outcomes and saves lives.**

Home is where
HEALING BEGINS

Altus • Lawton • Duncan • Chickasha

CANCER CENTERS
of Southwest Oklahoma

A SERVICE OF COMANCHE COUNTY MEMORIAL HOSPITAL



ALTUS
1200 East Broadway
Altus, OK 73521
580.379.6000



LAWTON
104 NW 31 St.
Lawton, OK 73505
580.536.2121



DUNCAN
2110 Duncan Regional
Loop Rd.
Duncan, OK 73533
580.251.6600



CHICKASHA
210 Mary Bailey Drive
Chickasha, OK 73018
405.222.9222

Painting the heart of the town

By Carli Eubank

An unwavering sense of pride runs through the streets of small towns across Oklahoma. Hidden within these towns are deep roots that paved the way to what we see in communities today: Historical events, school championships, important figures, new innovations, and local talent, just to name a few. It may be challenging to fully preserve the history and evolution of towns, but several artists work to create eye-catching murals that can help capture the spirit of rural communities across Cotton Electric’s service territory in southwest Oklahoma. Raised in Walters, Dr. Bob Palmer has painted murals that can be spotted across southwest Oklahoma, includ-

ing the more than 4,000 murals he’s painted throughout the United States and overseas. Growing up, Palmer always had an interest in art and creativity that led him to graduating with an Art degree from the University of Oklahoma. In the early 70s, Palmer returned to his hometown to start an art program at Walters Public School that he taught for two years. Over the next decade, Palmer would be introduced to new opportunities for his career as an artist: He and his wife moved to Johnson City, TN, while he pursued a master’s degree in Photography and Painting, he created Palmer Studios, and began the journey of painting across the world.

While working towards his master’s degree, Palmer and his wife lived in the campus dorms. One day they saw the four blank walls in the building’s lobby that they saw almost every day, but this time, with a new perspective. With the help of others in the building, they began to transform that room into a seascape. Palmer would go on to paint murals at the Gaylord Opryland in Tennessee and downtown Johnson City. In the early 80s, Palmer and his wife decided to settle back in Oklahoma to be closer to family, and he began teaching at the University of Central Oklahoma. During his almost 30-year teaching career, Palmer created and taught a hands-on mural program, providing students opportunities to paint murals in downtown Edmond. “That’s where painting murals really took off,” Palmer said. “When I started teaching at the college level, I wanted to give students a first-hand experience on how to make a living as an artist because that’s been my experience.” Palmer jokingly added how his students are now his competitors. For a period of time, Palmer often drove through Waurika and always noticed the blank, chipped wall of one of the downtown buildings. Years later, Palmer was able to brush the first stroke of paint across the brick. The Chisholm Trail that runs through Waurika, as well as Oklahoma’s rich history of oil, farming and ranching were Palmer’s inspiration for his design, all captured in front of a mixed sunset sky of red, blues and oranges. “I usually paint the town’s history because it helps people who are just passing through to know a little bit about the town,” Palmer said. “With murals, you don’t have to have a billboard or a lot of words; just at a first glance, murals can tell you a lot about the town.” Palmer’s artwork can also be seen around Walters. One of his former students, Beca Potter, who was teaching the high school’s art program at the

time, reached out to him asking if he would return to Walters to collaborate with her students on a mural. Over the next few days the painting crew met at the Walters High School gymnasium and created a monochromatic display of blues and whites that captures the school’s history and spirit. “Murals are a way to bring a come-together spirit for a town and give the people a sense of pride,” Palmer said. Another mural Palmer worked on with local Walters students was a memorial painting at the intersection of Broadway St. and Colorado Ave. More of Palmer’s murals can be seen across the co-op’s service territory, including Temple and several in Duncan. “Everything I do is really a gift to me from God, and I like being able to share that gift with others,” Palmer said. “I’ve always thought small towns need good art because a lot of times they get overlooked, but I think they have a story to tell and that’s what I am trying to do with each mural.” When you drive east on Main Street in Comanche, a familiar logo of a beverage enjoyed by many will grab your attention. The Dr. Pepper mural was originally painted in the mid-to-late 1950s, and also the mural stood as an advertisement for locals to come into the grocery store and buy themselves a bottle of the well-known soda. “There is a strong historic significance with Dr. Pepper in this town because the very first Dr. Pepper bottling plant in Oklahoma was here in Comanche,” said Chuck Ralls, the city manager of Comanche. “We have ‘Dr. Pepper Road’ because that’s where the old bottling plant was before moving downtown, and if you’re lucky, there are still Dr. Pepper bottles to be found throughout the community.” Over the years, the mural began to deteriorate and fade into the red and brown brick building that was built pre-statehood. One of the recent owners of the building wanted to protect the history of the building and what it meant to the community. So around 2018, she coordinated with Dr. Pep-



The mural at Walters High School gym was a collaboration between Dr. Bob Palmer and the school’s art students. Photo courtesy of Murals by Palmer.



Palmer’s mural in Waurika is a depiction of the Chisholm Trail that runs through the area. Photo by Carli Eubank.



DAILY LUNCH SPECIALS
Dine In - Carry Out - Call Ins Welcome

RESTAURANT
Mon.-Sat. 6 AM-2PM
Sunday 7 AM-2PM

STORE
Mon.-Sat. 6 AM-8PM
Sunday 7 AM-8PM

Call-ins and Take Out (7 Days a week) 2PM-6PM

7503 E. HWY 29
580-658-5211
OPEN 7 DAYS A WEEK



LAWTON FARMERS MARKET

Saturdays 8:00 a.m.-1:00 p.m.
77 SW 4th St.

A year-round market located in the heart of downtown Lawton, Oklahoma.

For vendor inquiries please call:
Cindy Nocton (580) 678-9472

LawtonFarmersMarket.com





CORNISH PROPERTIES

Insured & Bonded
Serving Lawton Since 1980

Commercial • Industrial
Interior & Exterior

- Drywall Finish
- Spray Painting
- Construction Management

6209 W Gore Blvd, Lawton
580-536-0575



BOB'S LANDMARK EATERY

580-439-5639

Dine In or Carry Out
Old Hwy 81 & Refinery Rd

Same great food and friendly service!

Cattfish, Steak, BBQ, Burgers, & more!
Banquet room with seating for up to 45.

Ryan & Amanda Mora
179027 N. 2820 Rd
Comanche, OK 73529



aquadry

100% Non Toxic Cleaning Solutions

Carpet Cleaning
Upholstery
Hard Surface Cleaning

24 hr. Emergency Water Damage Restoration

580.467.7991





RED RIVER
Garage Doors

(580) 755-0265
(940) 447-3600
REDRIVERGARAGEDOORSLLC@GMAIL.COM

FREE QUOTES
LIKE US ON FACEBOOK



CHISHOLM TRAIL ARTS COUNCIL

PRESENTS

MATT AND BAND

AXTON

SON OF DUNCAN'S OWN HOYT AXTON

SIMMONS CENTER THEATER
SEPTEMBER 28
7:30 PM

SPONSORED BY Bank of Commerce Relationship Banking

First Bank & Trust Co.

580-252-4160 for Tickets
or www.chisholmtrailarts.com





NATURESCAPE

Rooted in Quality

11703 NW Cache Road
Lawton, OK 73505

580-699-0626

www.naturescapelawton.com



per and arranged for one of their artists to restore the mural. Now, people travel from all over to snap a picture in front of the bold maroon painting.

“It’s not just a mural to us,” Ralls said, “it’s a significant part of our culture.”

To see a glimpse of the history of Comanche, Ralls encourages downloading the TimeFrame app to experience an augmented reality tour of the town.

Kayla Kohout’s artwork can be seen across many towns in southwest Oklahoma, including Geronimo, Temple, Waurika and more. One of her most recent projects was a mural that has added a pop of color at the swimming pool at Youth Park in Walters. As the supervisor for the Walters Cotton County Enhanced 911 Center and a mom of four, Kohout views painting as a therapeutic release.

“For as long as I can remember, I have always enjoyed creating,” Kohout said. “There is this uncertain excitement I seek every time my brush meets the paint.”

When presented the opportunity to paint the town’s municipal pool, the only guidance Kohout was given was to create a design with lots of color and tropical elements that both adults and children could enjoy. When she got off work, Kohout would head to the pool and work on the mural, little-by-little. Three nights later, she reflected on the project, happy with the end result.

The mixture of bright pink flamingos and other hidden birds with vibrant orange and purple flora pop against the aqua background, creating a fun, tropical atmosphere at the swimming pool.

“As someone who grew up in Walters and swam in that pool many times, it was bitter sweet to now be part of such a fun project,” Kohout said. “I love to see growth and change in the community and what better way than with some color.”

In the west side of Cotton Electric’s service territory, members can find



Kayla Kohout’s mural is a burst of vibrant tropical birds and flowers at the Youth Park swimming pool in Walters. Photo by Carli Eubank.

two murals in Chattanooga that document significant events and individuals of the town’s history.

Located at the Chattanooga Elementary Annex is a portrait of Jack Abernathy and President Teddy Roosevelt. According to www.chattyyok.com, this mural is to remember when Roosevelt visited Chattanooga in the early 1900s to meet Jack “Catch-em-Alive” Abernathy, who Roosevelt later appointed as U.S. Marshal.

Goodknight Park in downtown Chattanooga is the location of the town’s second mural that preserves the memory of the park’s founder, George W. Goodknight. The mural of Goodknight shows the cattle trail that was made by an ancestor of his, Charles Goodknight. According to www.chattyyok.gov, Goodknight was born and raised in Chattanooga, where he worked cattle his entire life and owned and operated Goodknight Feed Lot.

For more information about the artists, members can view all of Palmer’s artwork at www.muralsbypalmer.com and see Kohout’s artwork by following her on Facebook at Boho Art.



(above) The original Dr. Pepper mural before it was repainted. Photo courtesy of Chuck Ralls. (below) The mural after restoration. Photo by Carli Eubank.



CLEAN CUTS AND POWERFUL PERFORMANCE

Get your woodpile ready for winter with the exceptionally well-balanced MS 250 chain saw.

SAVE \$50

MS 250
CHAIN SAW

Offer valid for a limited time only at participating dealers while supplies last.



STIHL



HSA 45 BATTERY HEDGE TRIMMER
\$139⁹⁹

Includes charger and built-in battery.

★★★★★

"Light weight and easy to use."
- Harfah



FS 56 RC-E TRIMMER
\$229⁹⁹

★★★★★

"Great product, very reliable."
- Tolbert



BG 50 HANDHELD BLOWER
\$149⁹⁹

★★★★★

"Powerful and lightweight."
- Kevin2376



MS 170 CHAIN SAW
\$199⁹⁹

★★★★★

"Plenty of power and easy to use."
- asain93



ACE Hardware

ACE HARDWARE
3209 N Highway 81
Duncan, OK 73533
(580) 255-3500

All prices are MSRP at participating dealers while supplies last. *The actual listed guide bar length may vary from the effective cutting length based on which powerhead is installed on. Check out these reviews and others on the product pages at STIHL.dealers.com. ©2023 STIHL.

Cable

MEAT & FOOD SERVICE

Wholesale Food Distributor

Wholesale delivery within 75 mile radius of Marlow.

Retail Store Hours:
Mon. - Fri.
8 - 4



CABLE

MEAT & FOOD SERVICE
— MARLOW, OK —
580-658-6646

Now taking orders for Smoked Hams and Turkeys!

Field's Pecan Pies are \$6.99/ea!

Food Service Office Hours:
Monday - Friday, 5:00 a.m. - 4:00 p.m.

Place orders 24/7 on our mobile app or online at cablefoodservice.com



Field's Pecan Pie



MONTGOMERY TIRE & ALIGNMENT

580-255-3030

& TRUCK WASH

PASSENGER, LIGHT TRUCK, COMMERCIAL & AG

24 HOUR ROAD SERVICE

TOLL FREE 1-888-255-3031

MONTGOMERYTIREANDALIGNMENT.COM



NEW Provider

NEW Hours

Same Great Care!

Monday - Friday
8:00 AM - 5:00 PM



DRH HEALTH

Velma Family Care
404 W Main St | Velma, OK
580-444-2630

Michelle Vannoy, APRN-CNP

Increase in protein decreases fall risk



Kim Bandelier, MPH, RD, LD

Food For THOUGHT

Hip fractures in older adults are costly - financially and physically. Experts estimate hip fracture patients spend \$40,000 on recovery in the first year after a hip fracture. Physically, hip fractures increase risk of dying prematurely and decrease in quality of life. Full recovery can take 6 to 9 months and often requires surgery and extensive rehabilitation. Given these consequences of hip fracture, researchers continue to explore what places an individual at increased risk for hip fracture. One potential variable is nutrient intake.

Bone health and fall risk are impacted by the intake of protein, calcium, vitamin D, and vitamin B12. Animal

proteins are excellent sources of these nutrients. Dietary changes to manage other chronic diseases like heart disease and diabetes can result in decreased intake of these important nutrients and can potentially increase fall and fracture risk. It is important to understand how dietary changes, including intake restrictions to lose weight, impact nutrients of concern as we age.

Webster and colleagues published their findings on risk of hip fracture in meat-eaters versus pescatarians (eat fish but no other meat) and vegetarians/vegans in the journal BMC Medicine in July of 2023. They examined dietary intake and hip fractures in men and women from England, Scotland, and Wales who participated in the UK Biobank study from 2006-2010. Their findings revealed that Vegetarians/Vegans had a higher risk of hip fracture than participants who ate meat (beef, chicken, pork, lamb, game) and participants who ate fish but no other meat (pescatarians). While their study cannot prove causality, it lends weight to the body of literature that identifies hip fracture risk factors that are modifiable.

Based on this study and others on hip fracture and diet, it is important that older adults consider including animal sources of protein in their diet.



Adding protein sources, such as beef, chicken, or pork, can help reduce the risk of injury from a fall. Photo courtesy of Metro Creative.

If that is not possible, it is important to find ways to consume adequate protein, calcium, Vitamin D, and Vital B12 through fortified foods or supplements. If you are choosing a vegetarian/vegan lifestyle to help manage or reduce the risk of chronic diseases like heart disease or diabetes, I encourage you to consider incorporating fish into your diet. You should also check in with a Registered Dietitian to establish necessary intake levels of these nutrients and creative ways to achieve intake if you have any dietary restrictions.

In addition to diet, it is important to remain as physically active as possible as you age, focusing specifically on weight-bearing activities as they have been shown to improve bone health. Pay attention to your medications as some can increase your risk of falling either independently or in combination with other medications. Avoid excessive alcohol intake, stop smoking, and eliminate things in your environment that could cause a fall. Keep up with your annual check ups for vision and general health. At every visit with your primary care physician, ask about tests to measure bone density and if osteoporosis is a concern, comply with medication and lifestyle changes that can combat bone loss.



4616 N. Hwy 81
Don Jose Duncan
www.donjose1.com
580.252.5853

Sunday-Thursday: 11:00 am to 9:00 pm
Friday & Saturday: 11:00 am to 10:00 pm



PARAMORE SUPPLY COMPANY
401 E. MAIN, DUNCAN WWW.PARAMORE.COM
BUY IT - RENT IT - BUILD IT
WE RENT EQUIPMENT FOR DIY AND PRO'S ALIKE!



OUR NEW SHOWROOM HAS EVERYTHING ELSE YOU NEED! COME SEE US, THEN **BUILD IT!**
580-255-4147



DUNCAN
AREA ECONOMIC DEVELOPMENT FOUNDATION

IN DUNCAN, WE ARE FOCUSED
ON WORKFORCE
DEVELOPMENT
& CREATING A PIPELINE OF TALENT.

OK-DUNCAN.COM



Climate CONTROL

HEATING • COOLING

710 W Walnut Ave, Duncan, OK 73533

Lower your energy costs. Increase your comfort.

PLANNED MAINTENANCE AGREEMENT

Plans start at

\$169

climatecontrolco.net

580-255-0183

A heart-healthy, whole-grain breakfast

(Family Features) A balanced breakfast can go a long way toward setting you up for success each day and on a path to healthier eating overall. In fact, you can level up the nutritional value of “the most important meal of the day” by gaining a better understanding of whole grains and their importance as part of heart-healthy diets.

Whole grains – like the sorghum flour used to provide the mild, nutty flavor in these Raspberry Streusel Muffins – are rich sources of dietary fiber, may improve blood cholesterol levels and provide nutrients that help the body form new cells, regulate the thyroid and maintain a healthy immune system. These flavorful muffins and other heart-healthy recipes that use whole grain sorghum as a key ingredient can be part of an overall healthy diet as recommended by the American Heart Association’s Healthy for Good initiative, supported by the Sorghum Checkoff.

To find more heart-healthy recipe inspiration, visit [Heart.org/healthyforgood](https://www.heart.org/healthyforgood).

Raspberry streusel muffins

Muffins:

- Nonstick cooking spray
- 1 1/2 cups whole grain sorghum flour
- 1 teaspoon ground cinnamon
- 3/4 teaspoon baking soda
- 3/4 cup low-fat buttermilk
- 1/3 cup firmly packed light brown sugar
- 3 large egg whites
- 1/4 cup canola or corn oil
- 2 teaspoons grated lemon zest
- 1 teaspoon vanilla extract
- 1 cup fresh or frozen unsweetened raspberries, thawed

Streusel:

- 2 tablespoons whole grain sorghum flour
- 2 tablespoons light brown sugar
- 2 tablespoons uncooked quick-cooking rolled oats
- 2 tablespoons chopped pecans
- 2 tablespoons light tub margarine
- 1/2 teaspoon cinnamon



To make muffins: Preheat oven to 400 F. Lightly spray 12-cup muffin pan with nonstick cooking spray. In large bowl, stir sorghum flour, cinnamon and baking soda. In medium bowl, whisk buttermilk, brown sugar, egg whites, oil, lemon zest and vanilla. Stir into flour mixture until batter is just moistened and no flour is visible without overmixing. Spoon batter into muffin cups. Top each muffin with raspberries. To make streusel: In small bowl, stir sorghum flour, brown sugar, oats, pecans, margarine and cinnamon to reach texture of coarse crumbs. Sprinkle over muffins, gently pushing into batter. Bake 16 minutes, or until wooden toothpick inserted in center comes out clean. The USDA recommends cooking egg dishes to 160 F. Transfer pan to cooling rack. Let stand 5 minutes. Carefully transfer muffins to rack. Let cool completely, about 20 minutes.

On-the-go breakfast options

(Family Features) If you’re in need of a quick breakfast, consider starting your day with one of these tasty breakfast ideas. This on-trend Acai Bowl with Whole-Wheat Toast provides a flavorful serving of fresh fruits while Overnight Oats can be made the night before for a grab-and-go solution as you head out the door in the morning. Find more breakfast recipes at [Culinary.net](https://www.culinary.net).



Acai bowl with whole-wheat toast

- | | |
|--|--|
| 1 frozen acai smoothie pack (100 milligrams) | Under warm water, thaw frozen acai smoothie pack about 5 seconds. |
| 1 cup low-fat milk | In blender, combine acai, milk, banana and mixed berries. Blend until smooth. |
| 1 medium frozen banana, sliced | Toast bread slices to desired doneness. |
| 1 cup fresh or frozen mixed berries | Pour acai mixture into bowl and garnish with blueberries, granola and coconut flakes before serving. Serve with toast. |
| 2 slices whole-wheat bread | |
| fresh blueberries | |
| granola | |
| coconut flakes | |

Overnight oats

- | | |
|-----------------------------------|--|
| 1/3 cup old-fashioned rolled oats | In bowl or jar, combine oats, milk and vanilla extract. Cover and refrigerate overnight. |
| 1/2 cup low-fat milk | Before serving, stir in dried fruit, walnuts and honey. |
| 1/4 teaspoon vanilla extract | |
| 2 tablespoons mixed dried fruit | |
| 1 tablespoon walnuts, chopped | |
| 1 tablespoon honey | |

A mission for nutrition

(Family Features) Setting out on a mission to eat healthier starts with creating goals and working to achieve them with those you love. To help make nutritious eating more manageable, call together your family and work with one another to create a menu everyone can enjoy while staying on track.

Connecting an array of recipes that all can agree on starts with versatile ingredients like dairy. Gathering at the table with your loved ones while enjoying delicious, nutritious recipes featuring yogurt, cheese and milk can nourish both body and soul.

For example, the key dairy ingredients in these recipes from Milk Means More provide essential nutrients for a healthy diet. The cheese varieties in Feta Roasted Salmon and Tomatoes and 15-Minute Weeknight Pasta provide vitamin B12 for healthy brain and nerve cell development and are a good source of calcium and protein, which are important for building and maintaining healthy bones. Meanwhile, the homemade yogurt sauce served alongside these Grilled Chicken Gyros provides protein and zinc.

To find more nutritious meal ideas to fuel your family’s health goals, visit [MilkMeansMore.org](https://milkmeansmore.org).



Feta roasted salmon and tomatoes

- Nonstick cooking spray
- 3 cups halved cherry tomatoes
- 2 teaspoons olive oil
- 1 teaspoon minced garlic
- 1/2 teaspoon dried oregano or dried dill weed
- 1/4 teaspoon salt
- 1/2 teaspoon coarsely ground black pepper, divided
- 1 1/2 pounds salmon or halibut fillets, cut into four serving-size pieces
- 1 cup (4 ounces) crumbled feta cheese

Preheat oven to 425 F. Line 18-by-13-by-1-inch baking pan with foil. Lightly spray foil with non-stick cooking spray. Set aside.

In medium bowl, toss tomatoes, olive oil, garlic, oregano or dill weed, salt and 1/4 teaspoon pepper.

Place fish pieces, skin side down, on one side of prepared pan. Sprinkle with remaining pepper. Lightly press feta cheese on top of fish. Pour tomato mixture on other side of prepared pan. Bake, uncovered, 12-15 minutes, or until fish flakes easily with fork.

Place salmon on serving plates. Spoon tomato mixture over top.



Grilled chicken gyros

- Chicken:**
- 3 tablespoons unsalted butter, melted
 - 2 tablespoons chopped fresh dill
 - 1 tablespoon chopped fresh oregano
 - 2 cloves garlic, peeled and minced
 - 3 tablespoons freshly squeezed lemon juice
 - 1 teaspoon kosher salt
 - 1/2 teaspoon black pepper
 - 2 pounds boneless, skinless chicken breasts
- Yogurt Sauce:**
- 1 1/2 cups plain, whole-milk yogurt
 - 1 1/2 tablespoons freshly squeezed lemon juice
 - 1/2 cup diced cucumber
 - 2 tablespoons chopped fresh dill
 - 1 clove garlic, peeled and minced
 - 1/4 teaspoon kosher salt
 - 1/8 teaspoon black pepper

To make chicken: Place melted butter, dill, oregano, garlic, lemon juice, salt and pepper in gallon-size zip-top freezer bag. Seal bag and shake contents to combine. Add chicken. Seal bag, pressing air out of bag. Shake chicken to coat with marinade. Refrigerate chicken in marinade 30 minutes.

To make yogurt sauce: Stir yogurt, lemon juice, diced cucumber, dill, garlic, salt and pepper. Cover sauce and refrigerate.

Heat grill to medium heat.

Grill chicken over direct heat, about 10 minutes per side, until cooked through. Transfer chicken to cutting board and rest 10 minutes. Thinly slice chicken across grain.

Serve chicken on pita bread with tomatoes, red onion and yogurt sauce.

- 3-4 small loaves whole-wheat pita bread, halved lengthwise
- 1 cup thinly sliced tomatoes
- 1/2 cup thinly sliced red onion

15-minute weeknight pasta

- 6 quarts water
- 16 ounces linguine or penne pasta
- 2 tablespoons unsalted butter
- 1/2 cup thinly sliced onion
- 1 cup thinly sliced carrots
- 1 cup thinly sliced sweet bell pepper
- 1/2 cup grape tomatoes, halved
- 1 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 2 cloves garlic, peeled and minced
- 1 cup reserved pasta water
- 1 teaspoon finely grated lemon zest
- 1/2 cup smoked provolone cheese, shredded
- 1/4 cup chopped fresh parsley (optional)
- Parmesan cheese (optional)

Bring water to rolling boil and prepare pasta according to package directions for al dente texture, reserving 1 cup pasta water.

In large skillet over medium heat, melt butter. Stir in onions, carrots and sweet bell peppers. Saute vegetables about 5 minutes, or until they brighten in color and begin to soften. Add tomatoes, salt, pepper and garlic. Cook and stir 1 minute to allow tomatoes to release juices.

Pour reserved pasta water into skillet, stirring well. Bring sauce to boil. Reduce heat to medium-low and simmer 3 minutes. Taste sauce and adjust seasonings, as desired.

Transfer drained pasta to skillet along with lemon zest and smoked provolone cheese, tossing well to coat. Serve immediately with fresh parsley and Parmesan cheese, if desired.



Save on prescription

with Co-op Connections

For more information, call 580-875-3351 or download the Co-op Connections app today.



LOCAL PROVIDERS

- | | | |
|---|--|---|
| R&S DRUG
DUNCAN, OK | KENS RX
LAWTON, OK | SAM’S CLUB PHARMACY
LAWTON, OK |
| STAR MEDICAL CENTER PHARMACY
DUNCAN, OK | LAWTON IHS PHARMACY
LAWTON, OK | ELGIN PHARMACY
ELGIN, OK |
| HOMELAND PHARMACY
DUNCAN, OK | GREAT PLAINS PHARMACY
LAWTON, OK | SILL TMC PHCY
FORT SILL, OK |
| BAKER EXPRESS PHARMACY
DUNCAN, OK | ANDERSON PHARMACY AND ACCENTS
LAWTON, OK | SILL COMMISSARY PHCY
FORT SILL, OK |
| MARLOW MEDICINE
MARLOW, OK | SHERIDAN EXPRESS PHARMACY
LAWTON, OK | SILL MAIN OP PHCY
FORT SILL, OK |
| NEWBERRY EXPRESS PHARMACY
MARLOW, OK | LAWTON COMMUNITY HEALTH CENTER
LAWTON, OK | DOD FT SILL PHARMACY
FORT SILL, OK |
| THOMPSONS PHARMACY
COMANCHE, OK | LAWTON COMMUNITY HEALTH CENTER
LAWTON, OK | LAWTON VA CBOC PHARMACY
FORT SILL, OK |
| ECK DRUG AND GIFT
WAURIKA, OK | COMANCHE COUNTY MEMORIAL HOSPITAL
LAWTON, OK | CVS PHARMACY
ALL LOCATIONS |
| COTTON COUNTY DRUG
WALTERS, OK | MAXOR PHARMACIES
LAWTON, OK | WALMART PHARMACY
ALL LOCATIONS |
| EASTSIDE PHARMACY
LAWTON, OK | LAWTON HERITAGE PHARMACY
LAWTON, OK | WALGREENS PHARMACY
ALL LOCATIONS |

IT’S SIMPLE

- 1 Present your Co-op Connections Card at check out. If you have insurance, present your insurance card as well.
- 2 Ask the pharmacist to calculate the discounted price. If you have insurance, ask the pharmacist to compare the discount card price to your insurance price.
- 3 You pay the lowest price between the two.

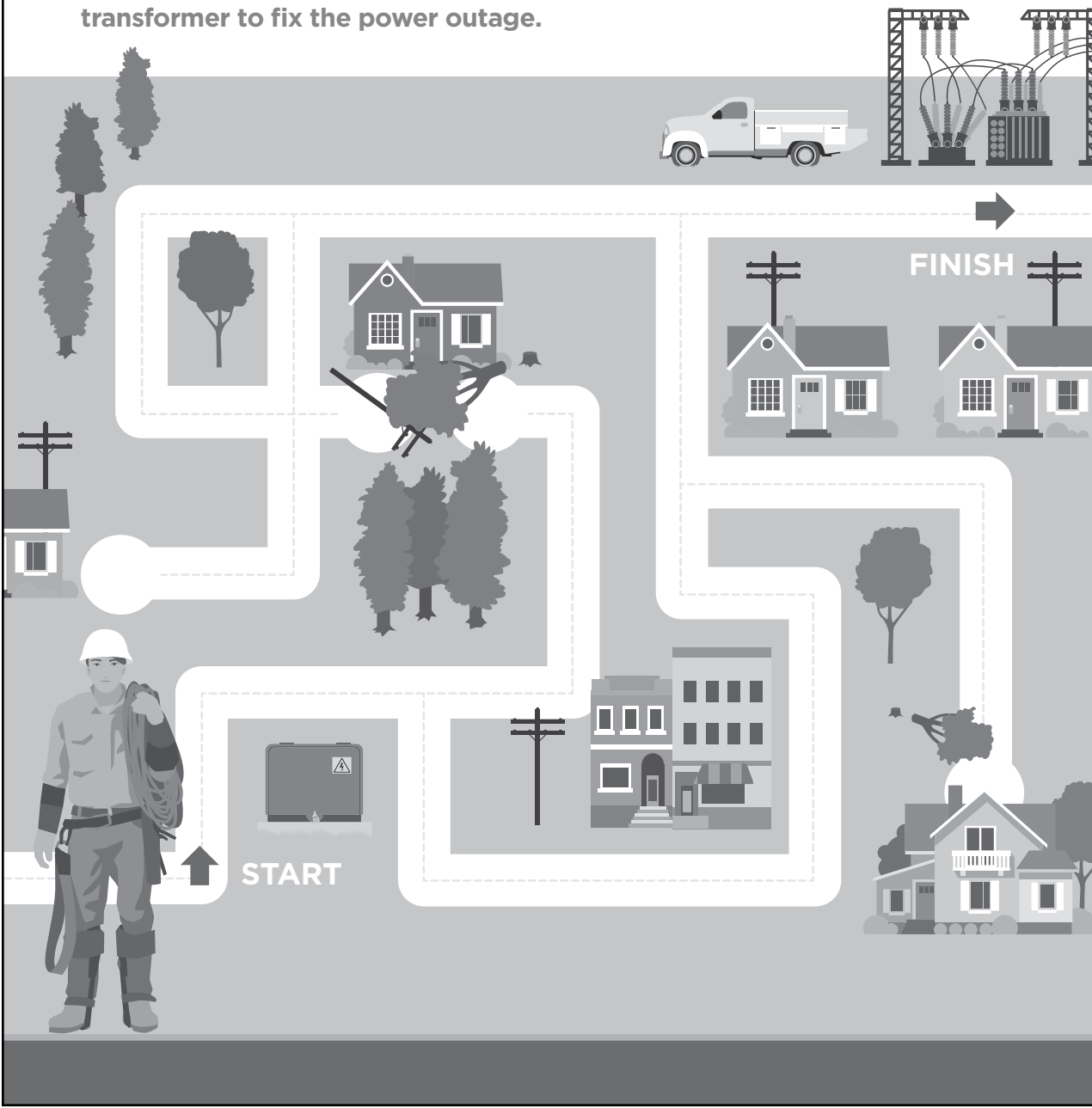
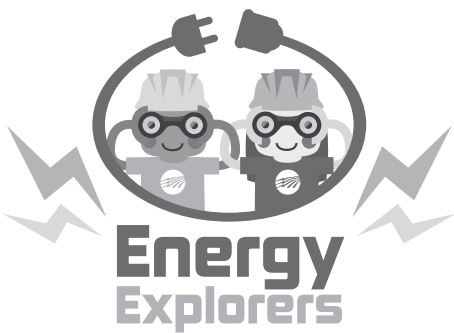
ANOTHER GREAT MEMBER BENEFIT
BROUGHT TO YOU BY COTTON ELECTRIC COOPERATIVE



HELP THE
LINEWORKER
RESTORE POWER

Occasionally, severe weather can cause power disruptions. When outages occur, our lineworkers get to work! They restore power as quickly and safely as possible.

Help the lineworker reach the transformer to fix the power outage.



For all of Your
Farming and Ranching Needs

Fertilizer
Chemicals
Feed & Seed
Farm Supplies

Your Co-op can blend and apply either
Dry or Liquid Fertilizer
Call and Schedule your Needs-

Walters Co-op
580-875-3345

We Appreciate Your Business



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

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



More than just insurance, we offer
Financial Protection & Peace of Mind.

Medicare & Health Options
Home, Auto, & Life Insurance

thekinderagency.com

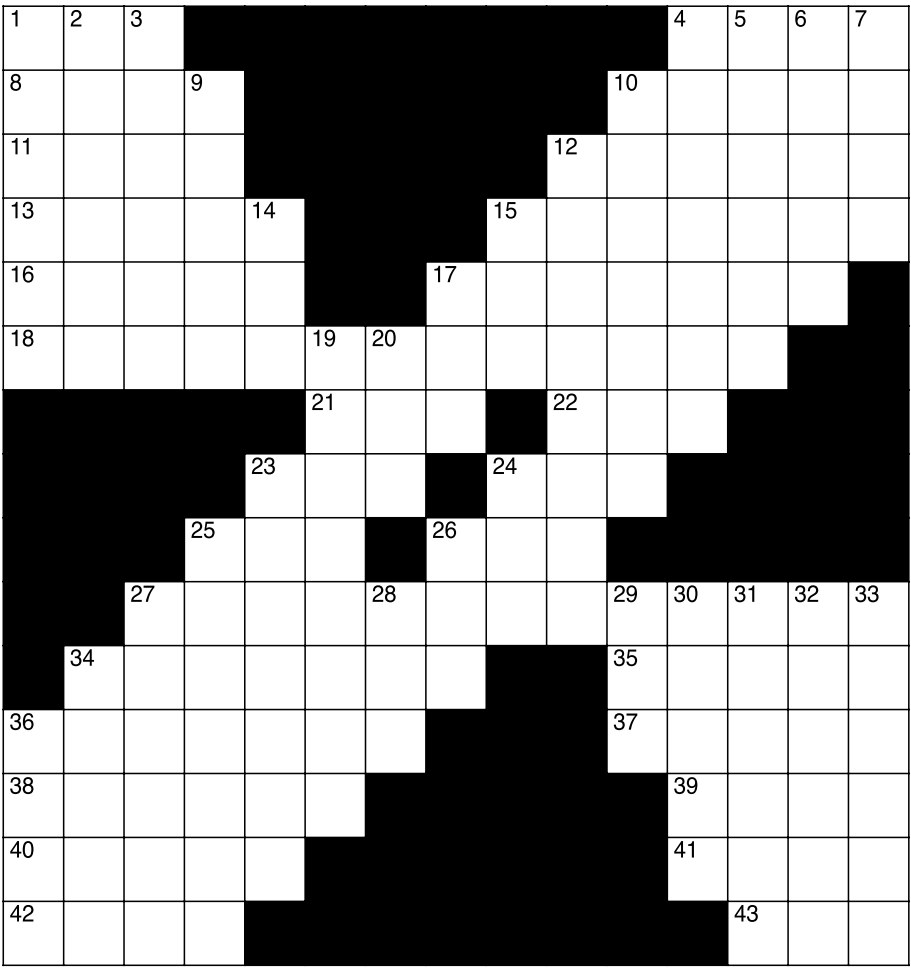
580-875-3314

212 N Broadway, Walters, OK

NMLS ID 2177036

ACROSS

1. Outsourcing (abbr.)
4. Post
8. German city on edge of Black Forest
10. “___, but good-
ie”
11. Spiced stew
12. Passionately
13. Monetary units
15. Group of living organisms
16. Organic compound derived from ammonia
17. High honors
18. 5-year-olds’ classes
21. Swiss river
22. Old woman
23. Cash machine
24. A way to soak
25. Hair product
26. Deride
27. “The Blonde Bombshell”
34. Cause to become insane
35. Bluish greens
36. Supported with money
37. Type of equation
38. Court officials
39. Indian god
40. Rids
41. Leak slowly



- through
42. Units of ionizing radiation
43. Midway between south and southeast
novelist
7. Rulers of Tunis
9. Shaped like a circle
10. Make a pig of oneself
12. Aphorism
14. Witness
15. Single Lens Reflex
17. Freshwater North American fish
19. Nautical ropes
20. Leg (slang)
23. Pokes holes in
24. Moved quickly on foot
25. Fix-it shops
26. Type of bread
27. Repaired
28. Synthetic diamond (abbr.)
29. Type of drug (abbr.)
30. German city along the Rhine
31. Animal disease
32. Martini necessities
33. Get away from
34. Village in Mali
36. Djibouti franc

DOWN

1. Native of Slovakia
2. Deli meat
3. Fibrous substance in fungi
4. Cutting
5. Vedder and Van Halen
6. Horror comic

Do You Have To Wrestle
With Your Insurance
Company?



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

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

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



Comanche 580-439-8809
Waurika 580-228-2085

Apache Auction Market

Thursday 8 a.m.

Stockers, Feeders, Cows, Bulls & Pairs

Apache Video

Wednesday 10 a.m.

800-926-9696 580-588-3840



Livestock Marketing, Inc.

Parting Shot



Cotton Electric Director of Member Services Tonya Daniel welcomes members at the District 2 Meeting. Photo by Carli Eubank.

**COTTON**
ELECTRIC CO-OP



WHAT:

ANNUAL MEETING AND MEMBER APPRECIATION NIGHT

WHEN:


SEPT. 26, 2023

WHERE:

STEPHENS COUNTY FAIRGROUNDS

DON PRATER DOZERS


Building Farm Ponds & Private Lakes
In the Cotton Electric Service Area
“Wealth is not measured in dollars.”



-Farm Pond and Lake Construction-

- Fence Rows • Building Pads •
- Land Clearing • Dredging • Pond Repair •

Serving the Southwest Area
Bulldozers, Trackhoe Scrapers & Loaders



Call Bruce At-580-641-1952





Hilliary

INTERNET • PHONE • TV

(580) 529-5000
HILLIARY.COM

**Always
Innovating**
because every community matters