

# CEC inside your CO-OP

PUBLISHED FOR MEMBERS OF CHOCTAW ELECTRIC COOPERATIVE

A SUPPLEMENT TO OKLAHOMA LIVING

## Heat causes costly usage peaks

*Please conserve energy during peak periods*

**E**very summer while Choctaw Electric members enjoy the cooling effects of their air conditioners, CEC engineers are keeping a close eye on system wide power usage. They watch for what is known as system "peaks," which generally occur during the heat of summer, when members return home from work turn on the AC, television, cook dinner, do laundry, and otherwise use a lot of electricity.

CEC system peaks tend to occur from 2 pm to 8 pm in July and August. These peaks play a critical role in what your co-op—and you—pay for electricity.

There are two major factors that affect the price of electricity—the price of fuel such as coal or natural gas needed to generate power, and the demand for power.

During normal load periods CEC pays only pennies per kilowatt-hour for power. During "peak demand" periods when the temperatures rise, the price CEC pays for wholesale power increases considerably. These costs must be shared by the membership, and may have an impact on rates.

Some utilities have initiated mandatory load control programs to lower their peak demand, while others like CEC are asking



members to voluntarily reduce their usage during peak periods.

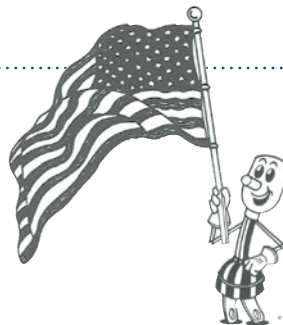
CEC will post peak alert notices on Facebook as an additional reminder. In the meantime, you can help CEC control costs by conserving energy between 2 pm and 8 pm in July and August. A slight change in routine is all that's needed: Try to limit the use of major appliances such as dishwashers, washing machines and clothes dryers during peak times, and adjust your thermostat up by three degrees to reduce the load on your air conditioner.

If you are interested in other ways to lower your energy usage, please call your co-op at **800-780-6486**. Thanks for helping us beat the peak!

## Closing on July 4th

Choctaw Electric Cooperative will close on Monday, July 4th for Independence Day. To report a service problem or power outage, please call our 24-hour hotline at **800-780-6486**.

Please enjoy your holiday and stay safe!



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[www.choctawelectric.coop](http://www.choctawelectric.coop)

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pages/Choctaw-Electric-  
Cooperative](http://www.facebook.com/pages/Choctaw-Electric-Cooperative)

### HUGO OFFICE

PO Box 758  
Hwy 93 North

Hugo, Oklahoma 74743

(800) 780-6486 • (580) 326-6486  
FAX (580) 326-2492

*Monday - Friday 8 am - 5 pm*

### IDABEL OFFICE

2114 E. Washington  
Idabel, Oklahoma 74745

(580) 286-7155

*Monday-Friday • 8 am - 5 pm*

### ANTLERS OFFICE

HC 67 Box 62  
Antlers, Oklahoma 74523  
(One mile east of Antlers)

(580) 298-3201

*Monday-Friday, 8 am - 5 pm*

**24-HOUR  
OUTAGE HOTLINE  
(800) 780-6486**

# CEC **inside** LINES

CEC *Inside Lines* is published monthly for members of Choctaw Electric Cooperative.

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TO REPORT A POWER OUTAGE  
PLEASE CALL

**800-780-6486**

24 HOURS A DAY • SEVEN DAYS A WEEK



INSIDE YOUR CO-OP

## Co-ops hang together

*Principles of democracy guide cooperatives*

**W**hen signing the Declaration of Independence, Benjamin Franklin has been credited with saying "We must indeed, all hang together, or most assuredly we shall all hang separately."

As a co-op we recognize that we need to work together. The principles behind the Declaration of Independence form the American democracy that is

the basis for co-ops. Owned and controlled by the people who use the service. One vote per member, all the same, everyone equal.

The Declaration of Independence declared the equality of the rights of the people. At the time the Declaration of Independence was written, democracy was a pretty untested idea, but an idea the founders of our country

were determined to make work.

While celebrating the liberties and rights we enjoy, think about those principles that inspired our Founding Fathers.

They also inspired

the pioneers who established electric cooperatives, folks who were determined to secure the future of our rural communities.



**BY TERRY MATLOCK**  
CHIEF EXECUTIVE OFFICER

## CEC announces board elections

*Candidates must file by August 2 deadline*

**C**hoctaw Electric Cooperative (CEC) members who plan to run for a seat on the Choctaw Electric board of trustees must submit their intention to run by August 2, 2011.

According to cooperative bylaws, any challenger for nominations to the office of the trustee must submit a petition signed by 25 members within their CEC voting district to be eligible for the election. The petitions must be submitted to CEC's Hugo office by the close of business on Tuesday, August 2, 2011.

This year, cooperative members will elect representatives for Districts B, C, and G. Currently, these districts are represented by the following individuals:

- Mike Bailey.....District B
- Bob Hodge.....District C
- Bob Holley.....District G

The election will take place during the CEC Annual Meeting on Saturday, October 1, 2011 in



Hugo.

CEC bylaws define the specific qualifications for board members in Section 4.02. These guidelines require board members to live in the district they represent. They must also be willing to attend training to become

certified as qualified rural electric cooperative board members. Certain restrictions ensure the CEC board remains fair and unbiased as they make decisions pertaining to electric service in Southeast Oklahoma.

CEC board qualifications and proper nomination procedures are at the CEC office in Hugo, or by calling **800-780-6486**. CEC bylaws are also available online at [www.choctawelectric.coop](http://www.choctawelectric.coop).

FOR YOUR INFORMATION

## The best part of waking up...

If you can't face the day without your cup of coffee, you're not alone. The National Coffee Association's latest survey of caffeinated beverage consumption reports that 40 percent of 18 to 24 year olds drink coffee every day (reversing a decline in previous years), and 54 percent of consumers 25 to 39 years old drink coffee daily.



Overall, 86 percent of consumers reported drinking coffee at home on the previous day, and 24 percent had a cup away from home. (The survey results included people who drank coffee both at home and somewhere else.)



## ENERGY EFFICIENCY Tip of the Month

One of the easiest ways to make your home more energy efficient is to add insulation in the attic. To see if you need insulation, look across an uncovered attic floor. If the insulation is level with or below the floor joists, you probably need to add more.

—US DEPARTMENT OF ENERGY

## Back pain? Get back to basics.

Your parents told you to sit up straight, but if you slump in your chair, you could be putting unnecessary and painful strain on your back. Here are some basic tips to improve your sitting posture:

- ◆ Pick a chair that fits your body. The seat should fit the distance from your buttocks to your knees. And your chair should be the right height from your knees to the floor for your legs to be straight and comfortable.
- ◆ Support your lower back. Use pillows with office chairs (or the seat of your car).
- ◆ Don't sit with your head forward. You'll put added strain on your spine. Sit up straight (Yes, Mom), and try not to lean your body to one side or the other.



## Spend less at the fuel pump

A few driving tips can help you

Want to use less gas? Check out these fuel-saving tips:

- ▶ Easy does it. Drive as if you've got a full cup of coffee in your vehicle's cup holder, and you don't want to spill a drop by braking hard or accelerating suddenly. A smooth ride uses less gas.
- ▶ Don't be idle. Idling your car when you're not moving wastes gas. Turn your engine off if you're going to be motionless

for more than 30 seconds.

- ▶ Know where you're going. Plan your route using GPS, online directions, or an old-fashioned map. You'll avoid wrong turns and wandering around trying to find your way.



## Convenient payment locations



Choctaw Electric Cooperative provides several authorized payment locations. Drop your payment by any of the following businesses during regular office hours:

### IDABEL

- First Bank & Trust
- McCurtain County National Bank
- Choctaw Electric Cooperative
- Idabel National Bank

### ANTLERS

- First Bank
- Ameri State Bank
- Choctaw Electric Cooperative

### BROKEN BOW

- First National Bank
- First Bank & Trust

### CLAYTON

- Shamrock Bank

### HUGO

- Choctaw Electric Cooperative

### HOCHATOWN

- First Bank & Trust

### VALLIANT

- First State Bank

### WRIGHT CITY

- First Bank & Trust

# CEC community calendar

*Help us promote your event by sending event details in advance.*  
 Please send event information to Jennifer Boling/Choctaw Electric Inside Lines/PO Box 758, Hugo, OK 74743; or e-mail info to jboling@choctawelectric.coop.

*Events and dates are subject to change.*

- JULY**
- 2 1<sup>st</sup> Saturday Elephant Tours  
Endangered Ark, Hugo, 580-326-2233
  - 2 Lake Raymond Gary Fireworks  
580-873-2307
  - 2 Soper Homecoming  
580-345-2238
  - 2 Clayton Homecoming
  - 2-4 J-D Independence Day Trail Ride  
Smithville 580-244-7261
  - 4 Independence Day
  - 4 Honobia Creek Store Fireworks, Honobia  
580-244-3725
  - 23 Advanced Fly Fishing,  
3 Rivers Fly Shop 580-494-6115
  - 28-30 Valliant Watermelon Festival  
580-933-5050

**AUGUST**  
 No events listed

- SEPTEMBER**
- 9 - Oct. 16 Masters at Work Woodturning  
Competition, Beavers Bend State Park,  
Broken Bow
  - 30- Oct. 1 Bigfoot Festival,  
Christ Forty Acres, Honobia
  - 30 - Oct. 1 Deer Festival and Outdoor Show  
Antlers

## Birthday Greetings to CEC Employees

- JULY**
- 12 Randy Mills
  - 14 Toby Johnson
  - 16 Hilary Pound
  - 17 Johnathan Lacy
  - 17 Tonia Allred
  - 27 Larry Alford



**What's the best way to reach a crowd?  
 Bring your booth to CEC's Annual Meeting!  
 Reserve your free space today!**

## CEC ANNUAL MEETING Vendor Booth Reservation Form

Organization \_\_\_\_\_

Contact person \_\_\_\_\_

Daytime Telephone \_\_\_\_\_

Mailing Address \_\_\_\_\_

Products to be displayed/sold \_\_\_\_\_

Do you require electricity?  Yes  No

Vendors must bring their own tables, chairs and electrical cords, if needed.

**Deadline to reserve booth: September 23, 2011**

*Please send booth reservation form to:*

Jia Johnson, Choctaw Electric Cooperative PO Box 758, Hugo, OK 74743

**ATTN: All special requests must be approved prior to Annual Meeting Day.**

*Please see your electric bill for the current Power Cost Adjustment.*

## JULY Meter Reading and Billing Dates

Bill Cycle	Reading Date	Billing Date	Due Date
Cycle 1	July 1	July 7	July 28
Cycle 2	July 8	July 14	August 4
Cycle 3	July 15	July 21	August 11
Cycle 4	July 22	July 28	August 18

Note to members: For your convenience, the billing chart above also includes meter reading dates. Keeping track of the meter reading dates allows you to evaluate your electrical usage over a precise billing period. We hope this will clear up billing questions.



## Happy campers

Tana Holloway (Grant/Goodland School), Samantha Manual (Broken Bow School) and Cassidy Baze (Rattan School) show off their YouthPower Energy Camp t-shirts. The trio returned from the five-day camp at Red Rock Canyon in June. Energy Camp encourages leadership skills in eighth grade students by teaching them about cooperatives.

For more details on Energy Camp, please visit [www.choctawelectric.coop](http://www.choctawelectric.coop).



## Did you know...

### QUICK FACTS ABOUT YOUR CO-OP

► Many of Choctaw Electric Cooperative's first employees got their start on the co-op right of way crew. Back then, crew members cleared right of way using sickles, cross-cut saws, and slings rather than

gasoline powered chainsaws. Even members pitched in to help with the grueling work.

SOURCE: *Turning the Lights On in Southeast Oklahoma*, 70th anniversary book published by Choctaw Electric Cooperative. Copies available at all co-op locations.

## MONTHLY REPORT

# Rural Electric taxes collected for local schools

(For May 2011 collections)



Choctaw Electric Cooperative gross receipts taxes are collected by the state and distributed to local schools. The amount each school receives is based on the number of miles of CEC line in the school district. Ninety-five percent is distributed to schools. The remaining five percent is retained by the state.

SCHOOL	CURRENT MONTH	YEAR-TO-DATE
Lane	\$8.33	\$115.82
Farris	\$1,765.63	\$25,192.01
Bennington	\$129.84	\$1,805.07
Grant	\$2,103.89	\$29,413.24
Swink	\$359.48	\$5,016.19
Boswell	\$1,292.20	\$18,077.39
Ft. Towson	\$2,810.58	\$39,101.33
Soper	\$2,074.50	\$28,986.07
Hugo	\$3,378.47	\$47,120.50
Rattan	\$4,519.79	\$61,618.75
Whitesboro	\$150.11	\$2,089.74
Forest Grove	\$1,154.19	\$16,127.40
Lukfata	\$854.60	\$11,828.45
Glover	\$996.54	\$13,797.45
Denison	\$726.99	\$10,071.18
Holly Creek	\$963.37	\$13,209.58
Idabel	\$1,897.19	\$26,561.00
Haworth	\$4,016.64	\$56,619.28
Valliant	\$2,762.48	\$39,153.37
Eagletown	\$1,462.74	\$20,327.29
Smithville	\$2,927.53	\$40,795.55
Wright City	\$1,533.16	\$21,380.35
Battiest	\$2,967.29	\$41,284.28
Broken Bow	\$4,017.74	\$56,482.20
Nashoba	\$1,104.84	\$15,461.18
Clayton	\$845.33	\$11,783.56
Antlers	\$5,410.06	\$75,186.67
Moyers	\$1,764.53	\$24,779.34

## TOTALS

95% paid to schools	\$53,998.04	\$753,384.24
5% paid to state	\$2,842.00	\$39,651.81
100% paid by CEC	\$56,840.04	\$793,036.05

SOURCE: OKLAHOMA TAX COMMISSION

GOOD THINGS TO KNOW

## Alternative energy options

*Get the facts before going off the grid*



options for your home, CEC encourages you to educate yourself before making a large investment. Make sure you understand the advantages and disadvantages involved, and the energy savings versus cost of the equipment.

With energy prices on the rise, Choctaw Electric is seeing an increase in calls from members who are interested in alternative energy.

Most members are interested in systems that generate part or all of their residential electricity needs using wind or solar energy. Others simply wish to learn more about solar powered appliances and other alternative energy options.

If you are considering these

The following resources provide plenty of information on wind and solar-powered systems including cost, energy savings and payback.

Before spending money on an alternative energy system, it's best to know the facts.

*Choose Renewables*  
[www.chooserenewables.com](http://www.chooserenewables.com)

*American Wind Energy Association*  
[www.awea.org](http://www.awea.org)

*US Department of Energy*  
[www.windpoweringamerica.gov](http://www.windpoweringamerica.gov)

## Interested in a storm shelter?

*High volume of orders causes delay*



While the early summer tornado outbreaks appear to have subsided, the calls from members requesting in-ground storm shelters continue to pour in.

Due to the large volume of requests—eight to ten per day—members should expect to wait at least two months before their shelter is installed.

CEC storm shelters are manufactured and installed by Hausner's Construction in Durant. The company is moving as quickly as possible to keep up with orders, and want members to be aware of the delay.

CEC offers low interest financing to help members pay for the shelter and installation. Loan applications and details about the storm shelters are available online at [www.choctawelectric.coop](http://www.choctawelectric.coop), or call CEC at **800-780-6486** or **580-326-6486**.

PLAY IT SAFE



**BY GUY DALE**  
COORDINATOR OF SAFETY & LOSS CONTROL

If you work in construction or on a farm, you know that not only is it hard work, it can also be dangerous. It seems too often we hear about workers who are electrocuted when machinery they're working with comes into contact with overhead power lines.

Often, these sort of tragedies occur when someone is working with a new combine, front end loader or other piece of big equipment that no longer clears a line the way their smaller machinery did.

Another factor that is often overlooked is soil condition. If the soil is dryer than usual, it may affect whether or not machinery clears power lines from year to year.

Because summer is the time when most of our members are working outside on construction projects or doing farm related chores, we at Choctaw Electric like to reinforce a few basic safety reminders:

- Before beginning on a project or task, look over the work area carefully for overhead power lines and utility poles.

- If you're moving large machinery such as combines, grain augers, pickers, bailers, and front-end loaders, consider the route you are traveling and make sure you have ample clearance when traveling under power lines. CEC recommends that you maintain at least 15 feet of clearance between all machinery and power lines. If you're not sure if a particular wire is an electric wire, assume that it is. Mark off a "safe zone" and stay within it.

- Remember that soil conditions can affect clearance.

- When planning new construction, factor in the position of existing power lines.

- Be extra careful when working around trees and brush. They can make it difficult to see power lines.

- Train farm hands to keep an eye out for overhead power lines. Don't assume they will do this on their own—remind them!

Finally, if you are unsure about whether your equipment will clear a power line, please contact Choctaw Electric Cooperative at **800-780-6486**. We take your safety seriously and are more than happy to help you avoid a deadly accident.

To visit with Guy Dale about safety issues, please call **800-760-6486, ext. 227**.



# Choctaw Electric Kid's Zone

**Fun stuff  
for kids!**



## Energy saving workshops—free!

Learn real ways to save energy from CEC experts

**W**ant to learn the most effective way to lower your monthly electric bill without spending a fortune?

Choctaw Electric Cooperative (CEC) will offer you the opportunity to learn from CEC energy experts during a series of free energy efficiency workshops at various locations in CEC service territory.

The workshops will be taught by John Drake and Mark Zachary, CEC's energy use specialists. They aim to help members learn how to evaluate their energy use and learn the best possible energy saving solutions. The workshop format will put CEC experts face to face with members so they can address specific questions, and help each participant understand both the challenges and opportunities to lower their energy bill.

Please watch your newsletter for workshop details including dates, times and locations. We'll keep you posted.

## CEC makes efficient purchases possible

**W**hether you need a new heating and air system or simply a new microwave oven, your electric co-op makes it easier for you to purchase the most efficient model by offering low-interest financing.

CEC will loan up to \$2,500 on qualifying Energy Star appliances that include: clothes washers, dryers, refrigerator/freezers, dishwashers, water heaters, central heat and air units, cooktops, stoves, ovens, and microwave ovens.

Loans are available to all qualifying CEC members. For complete details, please call **800-780-6486**, or simply apply for a CEC appliance loan online at **www.choctawelectric.coop**.

LET'S SAVE ENERGY TOGETHER

# Want to save money and energy? Change the filter on your air conditioner

BY JOHN DRAKE  
COOPERATIVE ENERGY AUDITOR

**O**kay. I think we can all agree that the summer of 2011 is looking like a hot one. With the heat and humidity we've seen in June, it means your air conditioning system is working extra hard to keep you comfortable.

While it seems like most of us would learn by now to change our air filters regularly, we often fail to do it.

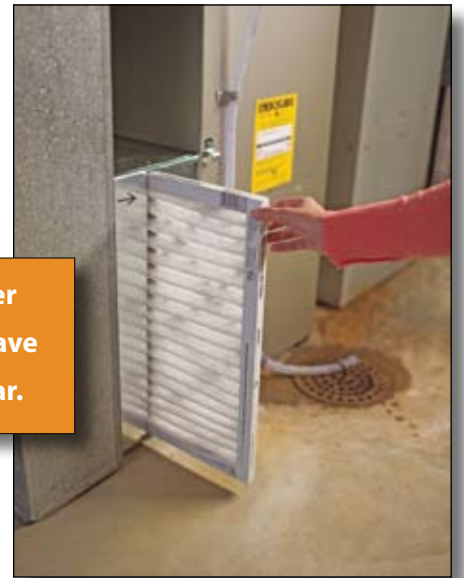
I'm here to remind you that this simple job is important if you prefer to hang on to your hard earned money rather than spending it on staying cool. The following are my best suggestions to help you help your cooling system operate more efficiently—and save you money.

**Change your air filter regularly.** It only takes a couple of minutes to change the air filter in your heating/cooling system. It's simple and easy. The experts at **TogetherWeSave.com** have shown—and I'm inclined to agree—that changing your filter every month can save you up to \$82 a year.

But that's not all you can save. A dirty air filter makes your system work harder to keep you cool, and this wastes energy.

Changing your air filter once a month helps ensure efficient operation and keep your electricity bill in check. What's more, a dirty air filter allows dust and dirt to build up in your system. If you change your air filter regularly, you can reduce the need for expensive maintenance and prevent damage to your system. Believe me, the last piece of equipment you want to fail on you this

Changing your filter every month can save you up to \$82 a year.



summer is your AC!

Of course it's hard to think about winter now, but when it does finally roll around, it's still important to change your air filter regularly. Your heating system needs to work as efficiently as possible to keep you warm, and a clean air filter helps it do that.

Before changing your air filter, we recommend turning your system off. Make sure that the arrow on the filter—which indicates the direction of the airflow—is pointing toward the blower motor. When you've made the change, turn your system back on.

Finally, make it easy on yourself. Always keep a couple of spare filters on hand so there's no reason to put off the task. Make it habit and you'll enjoy a more efficient AC, and lower bills.

**Lucky Account ##30532600.** If this number matches the account number on your bill, please call 800-780-6486 for a \$25 bill credit.

For energy saving advice, please visit Touchstone Energy® Cooperatives energy-saving website, **www.TogetherWeSave.com**. To schedule a free energy audit, please call John Drake or Mark Zachary at **800-780-6486**, ext. 233.



Tonia Allred, CEC's benefits specialist, with her granddaughter special athlete Kerrigan Bolding.



## A special kind of inspiration

*CEC employees find Special Olympics uplifting*

**W**hile their disabilities leave them less able in some areas, there is no question Oklahoma's special athletes possess the lion's share of courage and determination. In fact, their accomplishments during the Oklahoma Special Olympics—whether to cross the finish line in a wheelchair, make a long jump or swim a lap in the swimming pool—are so inspiring that many bystanders can't keep their seats. They stand, they cheer, and sometimes they cry.

For Choctaw Electric's team of volunteers, the time donated to the Statewide Special Olympics seems a small price to pay for what they receive in return: Hugs, smiles, and thanks from children and adults whose handicaps are far less important than their joy and determination.

For the past 12 years, CEC has provided volunteers for the event, which took place this year on May 11-13 in Stillwater. Team members included Tonia Allred, Lori Bryan, John Drake and Joe Penson. Volunteers from other electric cooperatives brought the total number of electric co-op volunteers to 162.

Kathy Holsonbake, assistant coordinator of the statewide cooperative volunteer effort, said the event never fails to leave co-op employees exhausted—and inspired. "It's a great event but we love doing it," she said. "Our volunteer effort just keeps on growing."

CEC employees certainly plan to return next year—and the year after that, and the year after that. For more details on Special Olympics volunteers, please visit [www.oaec.coop](http://www.oaec.coop).



CEC's team of volunteers included the following employees: (L-r) Tonia Allred, Lori Bryan John Drake and Joe Penson.



## Say goodbye to seasonal high bills.

*CEC's budget billing plan levels out seasonal extremes*

**H**ot summers and cold winters can cause your energy usage to rise. With Choctaw Electric's budget billing plan you can level out those seasonal high bills.

Budget billing works by averaging your usage over a period of eleven months, making it easier to anticipate your energy spending and avoid any unpleasant seasonal surprises.

For additional convenience, be sure to ask about CEC's automatic payment plan. With this option, your monthly payment is automatically withdrawn from your checking, savings or credit card account, saving you time and trouble.

For details about CEC payment options, please call us at **800-780-6486** or visit [www.choctawelectric.coop](http://www.choctawelectric.coop).

# july

Best days according to Moon phases.



### Best planting days

Above ground crops . . .	1, 7-11, 14
Root crops . . . . .	15-16, 19-20, 24-25, 28-29
Seed beds . . . . .	1, 9-11, 28-29
Kill plant pests . . . . .	23, 26-27

### Best fishing days

☺ Best . . . . .	17-20
☺ Good . . . . .	1, 9-11, 14-16, 28-29
☺ Fair: . . . . .	4-6, 12-13, 24-25
☺ Poor . . . . .	2-3, 7-8, 21-23, 26-27, 30-31

### Best days to do other stuff

Begin diet to gain weight . . . . .	5, 9
Begin diet to lose weight . . . . .	18, 23
Begin logging . . . . .	13-14
Breed animals . . . . .	9-10
Make sauerkraut, can, or pickle . . . . .	28-29
Cut hair to discourage growth . . . . .	23-24
Cut hair to encourage growth . . . . .	7-8
Cut hay . . . . .	21-22
Destroy pests and weeds . . . . .	21-22
Entertain . . . . .	3-4, 30-31
Go camping . . . . .	11-12
Go to the dentist . . . . .	5-6
Graft or pollinate . . . . .	1-2, 28-29
Harvest above ground vegetables . . . . .	5-6
Harvest below ground vegetables . . . . .	23-24
Plant above ground vegetables . . . . .	9-10
Plant below ground vegetables . . . . .	18-19, 28-29
Potty train children . . . . .	18, 23
Prune to discourage growth . . . . .	21-22
Prune to encourage growth . . . . .	3-4
Quit smoking . . . . .	18, 23
Set chicken eggs . . . . .	15-16
Set posts or pour concrete . . . . .	13-14
Start projects . . . . .	2-3
Wean animals and children . . . . .	18, 23

—from the *Old Farmer's Almanac*

## Folksey Tips, Hints & Wisdom

FOR FARM, HOME AND GARDEN

### Prepare for fall harvest

#### Plant vegetables in July and August

When the hot summer sun sends most people indoors, serious vegetable gardeners take it as a sign to get busy. Believe it or not, July and August is the time to start preparing and planting your cool season vegetable garden for a fall harvest.

First, remove the weeds that have worked their way in using your method of choice—hand weeding, herbicide, etc. (If you applied a heavy mulch on your garden this spring, you'll be awfully glad you did!)

As you prepare your bed, remember to mix in a good amount of compost. Add manure, lime or other soil boosters if needed.

Tomatoes and peppers need to be planted soon—by the first of August—if they are going to make a good crop before first frost. Grow fast maturing tomato varieties for a good fall harvest. Look for varieties with less than 75 days to maturity. 'Surefire' sets and matures all of its tomatoes very quickly, giving you a strong harvest that beats the first freeze. Most cherry tomatoes will bear fruit within 65 days of transplanting.

Timing is very important for a successful fall garden. Heat tolerant/cold sensitive crops need to be planted in time to mature before cold weather slows growth, while cool season/heat sensitive crops are planted late enough to avoid the heat, but early enough to take the first frosts of winter.

The optimal times for planting fall vegetables in southeast Oklahoma are listed below. Happy gardening!

Beans.....8/1 - 9/1	Lima beans .....7/15 - 8/15
Beets .....9/1 - 10/15	Mustard.....9/15 - 10/15
Broccoli plants .....8/1 - 9/15	Parsley.....8/15 - 10/1
Brussels sprouts.....8/1 - 10/1	English peas.....8/15 - 9/15
Cabbage plants .....8/15 - 9/15	Southern peas.....7/1 - 8/1
Carrots.....8/15 - 10/15	Pepper plants.....7/1 - 8/1
Cauliflower.....8/15 - 9/15	Potatoes..... 8/15 - 9/15
Swiss Chard.....8/1 - 10/15	Pumpkin.....7/1 - 8/1
Collard/Kale.....8/15 - 10/1	Radish.....9/15 - 10/15
Corn, Sweet.....8/1 - 8/15	Spinach.....9/1 - 10/15
Cucumber.....8/1 - 9/1	Summer squash..7/15 - 8/15
Eggplant.....7/15 - 8/1	Squash, Winter.....7/1 - 7/15
Garlic.....9/1 - 10/15	Tomato plants.....7/15 - 8/1
Kohlrabi.....8/15 - 9/15	Turnips.....10/1 - 11/1
Lettuce.....9/15 - 10/15	Watermelon.....7/1 - 8/1

# Vacation in your own backyard.

Why spend money on gas, when all you need is here at home?

With gas prices through the roof, now is the perfect time to plan a vacation a bit closer to home. With your Co-op Connections card you can save on cabins and lodging, RV parks, state parks, restaurants and more. View the list of local participants below, then visit [www.choctawelectric.coop](http://www.choctawelectric.coop) and click on "Co-op Connections" for complete details on each savings offer. Or check out the list of state and national participants if you're in the mood to travel. Have fun!

## ■ ANTLERS

Betsy's Quilts and Fabric Shop  
Bryant's Custom Camouflage  
Nancy's Liquor & Drive Thru  
Village Creations  
Oak Ridge RV Park  
Candle Cabin  
High Street Pizza  
RnL Photography  
RnL Print Shop  
Ronina Designs  
Sister's Fashion & Decor  
Enlyten Amanda Alford  
C & J Tire  
Zen Gee Counseling & Psychological Services

## ■ BOSWELL

La Te Da, LLC

## ■ BROKEN BOW

Mountainer Cabins  
Beavers Bend Lodging  
Broken Bow Photography  
Wilderness Lakefront Resort  
The Turning Leaf Inn  
Lambert Lumber and Do It Best Hardware  
Reuben's Rest Bed & Breakfast  
Pier 49 Catfish  
Lake Mountain Cabins  
Pine Meadow Cabins  
Subway  
Jordan Construction, Inc.  
Beavers Bend Wildlife Museum, Cabin Rental & Taxidermy Studio  
B & N Hardware & Poultry Supply  
Beavers Bend Getaways  
Cabin In the Woods  
The Hickory Hut  
Limited Space  
Lakeway Bait & Tackle  
Duncan's Deli  
Broken Bow Nursing Home  
Lakerat Cabin Rentals  
Girls Gone Wine  
River Mountain Manufacturing  
Charles Wesley Motor Lodge  
Camping Superb L.L.C.  
Chad Tucker's Heat & A/C Service  
The Emporium

## ■ CLAYTON

Clayton Lake State Park

## ■ FT. TOWSON

Beauty Control  
Gawdy Girlz  
Raymond Gary State Park  
Beauty Control

## ■ GRANT

High Brass Hunting Reserve

## ■ HOCHATOWN

The Antler Cabin  
Hochatown Country Lodge

## ■ HUGO

Bonnie's Bows  
Coyote Salon  
Choctaw Electric Cooperative  
Floral Gardens  
Merle Norman Cosmetics  
Hugo Golf Club  
Hugo Plate Glass & Mirror  
Special Expressions  
It Works  
Hughes Variety Store  
Granny's Home Remedies  
City Medical  
Maple Small Engine Repair  
Glitz - N- Glam  
Jean's Hair Fashion Salon  
Lesco Furniture  
Lesco Bridal and Gifts  
Hugo Lake State Park  
JT's Trading Post  
Ooh-La-La- Boutique & Salon  
Misty's Nail Salon

## ■ IDABEL

Ace Hardware of Idabel, Inc  
Museum of the Red River Store  
McCullough Printing  
Oasis Massage Therapy  
Gary L Dennington DDS.  
ABCO Printing and Office Supply  
Grice Computer Consulting  
Wee Care Pregnancy Resources, Inc.

## ■ MILLERTON

Choctaw Nations's Wheelock Academy

## ■ MOYERS

K River Campground  
Derby Janitorial  
Telephone Systems & Services of S.E. Okla.

## ■ PARIS

Jackson Hewitt Tax Service  
Check 2 Cash

## ■ RATTAN

The Bent Tree Grill  
Hannah's Bent Tree Cabins  
Tupperware Rep. Susan Jackson  
The Ram's Pen/Simple Simon's Pizza

## ■ SOPER

Sissy's Stuff

## ■ TOM

Lu's Hair Studio

## ■ VALLIANT

Ron's Archery  
Red River Air  
Scentsy - Scented Sisters  
Milligan Wrecker Service

## ■ WATSON

Dollarstitch

## Is your business participating in the Co-op Connections program?

*If not, you're missing an opportunity to connect with thousands of rural electric consumers locally and nationwide.*



*For complete details on the program and how you can take part in it, please contact Lois Ann Beason, 800-780-6486, ext. 244, or sign up online at [www.choctawelectric.coop](http://www.choctawelectric.coop).*



## What's Cookin' IN SOUTHEAST OKLAHOMA

### Flavorful Catfish Fillets

#### INGREDIENTS

1/4 cup buttermilk  
2 teaspoons Dijon mustard  
1/2 cup cornmeal  
1 teaspoon each salt, onion powder, garlic powder and paprika  
1/2 teaspoon dried thyme  
1/2 teaspoon pepper  
1/4 to 1/2 teaspoon cayenne pepper  
1 pound catfish fillets  
Lemon wedges, optional



#### DIRECTIONS

In a shallow bowl, whisk buttermilk and mustard until smooth. In another bowl, combine the cornmeal and seasonings. Dip fillets into buttermilk mixture, then into cornmeal mixture.

Place 1 inch apart on a wire rack coated with cooking spray. Place rack on a baking sheet. Broil 4 inches from the heat for 3-4 minutes on each side or until fish flakes easily with a fork. Serve with lemon if desired. **Yield:** 4 servings.

### Hush Puppy Mix

#### INGREDIENTS FOR MIX

4-1/3 cups cornmeal  
3/4 cup all-purpose flour  
6-1/2 teaspoons baking powder  
2 tablespoons sugar  
2 tablespoons garlic powder  
1 tablespoon pepper  
1 tablespoon salt  
1/2 teaspoon crushed red pepper flakes

#### ADDITIONAL INGREDIENTS

1 can (8-3/4 ounces) cream-style corn  
1/2 cup chopped onion  
1 egg  
Oil for deep-fat frying

#### DIRECTIONS

In a bowl, combine 1-1/2 cups mix, corn, onion and egg; stir just until moistened. In an electric skillet or deep-fat fryer, heat 1-1/2 inches of oil to 375°F. Drop batter by teaspoonfuls into oil; fry until golden brown. Drain on paper towels. Serve warm. **Yield:** about 4 dozen per batch.

## swap shop

### FREE ADS FOR CEC MEMBERS

#### ■ ATVs, Motorcycles

1985 Yamaha RS/X70 motorcycle. Runs good, \$2,000. 580-587-2766.

#### ■ Real Estate

For sale: 4.5 acres and mobile home, 18 x 76, at Broken Bow. 580-420-3033 or 903-209-8975.

80 or 160 acres hunting/recreational property in south Leflore County. No water or electric. This is mostly hardwood forest on side and top of mountain. \$800.00 per acre. 580-306-5513.

If you like to ride, hunt or fish this is the place for you. 3,000 sq. ft. rock home and 1,000 sq. ft. guesthouse, 83 x 200 covered arena, shop building, large storage building, 6 stall barn with tack rooms and hay loft and 3 ponds, \$550,000 on Hwy. 2 just 23 miles from Antlers, 3 hours from Dallas. 918-569-4261.

#### ■ Miscellaneous

Kenmore refrigerator, \$75, Lowry black-finish piano \$250, small apartment size refrigerator, \$50, GE dryer, good condition, \$50. 580-587-2766.

Mule collars, quart canning jars, videos movies, goat milk soap, quilts, 1500 thread count cotton sheets. 580-241-5402.

GE profile extra large capacity washer and dryer, 4 years old. Still under warranty. Stainless steel tub, very nice w/all options. Great washer and dryer. 580-236-1945.

Older lady who learned to type in the 40s would like to buy and older typewriter that is in working order. 580-298-2781.

Portable storage building. Whoever wants to move it, can have it. Located 11 miles west of Broken Bow. 580-236-4041.

Digistar cattle scale, \$1,000. T-post drive \$395. 918-569-4261.

Saddel. Courtz roper 15 1/2 inch seat \$700. 918-569-4261.

#### ■ Pets

Border Collie puppies. Ready by end of June. 580-326-2940.

Found near Spencerville, Oklahoma. Beautiful silvery dog with blue eyes. If you are the owner or know who the owner is please call 580-326-3144.

HAVN Low cost Spaying & Neutering. Sterilizing your pet makes them live longer. Call 580-873-2491 or 580-317-5026.

Spay and neuter your pets! Ark of McCurtain County offers discount spay/neuter services and mobile spay/neuter services. For more info, please call 580-236-2275, or visit [www.arkofmccurtaincounty.org](http://www.arkofmccurtaincounty.org).

#### ■ Livestock

2 female donkeys for sale, \$50 each or \$75 for the pair. Muscovy ducks for sale. \$25 a pair for the full grown ones and \$4 for the baby ducks. 580-236-1945.

*Place your ad in CEC's Swap Shop and reach thousands of rural readers in Choctaw, McCurtain and Pushmataha counties. FREE for CEC members. See details below.*

### How to submit a classified ad

Ads must be received by the 10th of the month for publication in the next month's issue. Please print your ad as you would like it to read. Indicate the category: Real Estate, Vehicles, Boats and Recreational Vehicles, Livestock, Pets or Miscellaneous. Make sure the ad includes a contact telephone number or email address. Please indicate if you are buying, selling or trading.

Please include your name, mailing address, telephone number and CEC account number.

CEC reserves the right to edit or reject ads due to inappropriate content or excessive wording. *Commercial or business ads are not accepted.*

Submit your ad online at [www.choctawelectric.coop](http://www.choctawelectric.coop), or mail or e-mail your ad to: Jennifer Boling, CEC Inside Lines, PO Box 758, Hugo, OK 74743. Email: [jboling@choctawelectric.coop](mailto:jboling@choctawelectric.coop).