

# Some Fun New

## STAFF PICKS

### TO SUPPORT "ROMANTIC HEALTH"



Many vote for the **ENFUSIA** heart shaped bath bomb called "**UNICORN HEART.**" It's a beautiful teal, lavender, white and pink colored heart infused with calming & invigorating essential oils and smells amazing!



Another staff favorite is the **NOW** essential oil called "**NATURALLY LOVEABLE**" Romance Blend. It combines orange, lemon, ylang ylang, sandalwood, jasmine & sweet floral citrus for a relaxing blend that awakens your senses.

**LIFE SEASONS "VITALI-T"** This product is designed to increase libido & mood support. A unique combination of natural ingredients that can improve mental and physical aspects of performance and overall increased energy.



LOVE  
YOU

**NATURE'S ANSWER ROMANCE ORGANIC BLEND** essential oil is an idea too. A blend of lavender, citrus peel, helianthus, vetiveria, multiple exotic flower oils, eucalyptus and more. Step into new aromas with this one that will spark your senses and brighten your day.

**MACA ROOT** promotes fertility in men & women & helps alleviate menopause symptoms such as hot flashes, mood swings & dryness. Maca promotes overall increase in energy and performance and can benefit all ages.



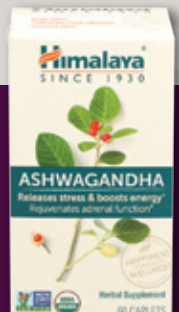
**IRWIN NATURALS SUNNY MOOD** with Rhodiola is a feel good formula that can help lift your spirits when you're feeling down. It promotes feelings of happiness and well-being.

XOXO

**LADY PASSION BY BIORAY** increases sexual desire and supports healthy libido in women. It's a sensual enhancer for women and also supports a healthy endocrine system.

### A NATURAL APHRODISIAC:

Ashwagandha has often been only looked at as a stress relieving herb, but it has also been used as an aphrodisiac for centuries. Stress can affect your libido, energy & mood. Ashwagandha has proven to reduce stress cortisol levels & lead to a significant increase in testosterone levels. All which can help "put you in the mood!"



### OUR MISSION

GreenAcres Market & Deli is your community Natural Foods Market committed to providing:  
Quality Education | Dedicated Customer Service | Fresh, Natural & Organic Products | A Unique Shopping Experience  
In order to improve the health of our community one person at a time.



# ORGANIC PRODUCE SPECIALS

ORGANIC SAVINGS ON NO. 1 GRADE PRODUCE!

LOOK FOR A

## NEW SALE FLYER EVERY WEEK!

➔ IN STORES AND ON SOCIAL MEDIA!

### Patty's PLATE

OF THE MONTH

### Cotta Love LASAGNA



Ingredients: (Serves 4 with hearty appetites!)

- 1 package of **Cappello's** Almond Flour, Grain Free Lasagna Sheets
- 1 lb. of ground beef (use **Plant Boss Crumbles** for meat free)
- 1 yellow onion diced
- 8 oz package of mushrooms (optional)
- **Muir Glen** Organic Italian Herb Pasta Sauce
- Ricotta Cheese 15oz
- Grated Mozzarella Cheese or Italian cheese mix
- Italian Seasonings

Directions:

- Remove Almond Noodles from freezer pouch to thaw
- Preheat oven to 350 and grease 8x8 inch baking dish with olive oil
- In a large skillet heat 2 Tbsp of olive oil over medium heat and brown the ground beef
- Add in diced onion and stir in 18 oz. Pasta sauce and 2 tsp. Italian seasonings
- Wash mushrooms and slice about 1/4" thick
- Line the greased dish with one layer of the lasagna sheets
- Layer 1/2 of beef & sauce mixture and 1/3 of the cheese. Lay mushrooms on top of the cheese.
- Repeat 3x. Top with beef mixture & mushrooms with cheese & Italian seasonings on the top.
- Bake uncovered for about 40 minutes or until set in the middle. Cool for 20 minutes and enjoy!

GET HEALTHY WITH G-US

Diets high in sugar and refined carbs have been shown to drive insulin resistance. Causing imbalanced hormones.

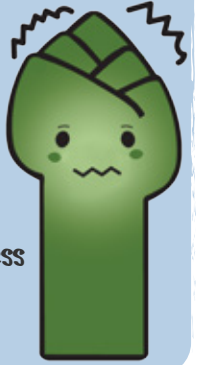


# GROCERY SHOPPING MADE HEALTHY

GET HEALTHY WITH G-US

Two major hormones affected by stress are cortisol and adrenaline.

Work on balancing stress to keep your hormones balanced too.



BARBARA'S  
**GLUTEN-FREE  
CHEESE PUFFS**  
5.5-7 oz.



**2/\$5**

CHOCOLOVE  
**PREMIUM CHOCOLATE  
BARS**  
SELECT VARIETIES



**\$2<sup>69</sup>**

BARBARA'S  
**NON-GMO PUFFINS  
CEREAL**  
10-11 oz.



**2/\$6**

BARE BONES  
**BONE BROTHS**  
16 oz.



**\$6<sup>99</sup>**

CHOICE TEA  
**ORGANIC TEAS**  
16 ct.



**\$3<sup>99</sup>**

COCOMELS  
**CRISPY CHOCOLATE  
CARAMEL BITES**  
3.5 oz.



**\$3<sup>69</sup>**

COOMBS FAMILY FARMS  
**ORGANIC MAPLE SYRUP**  
32 oz.



**\$19<sup>99</sup>**

EDEN FOODS  
**ORGANIC BPA-FREE  
CANNED BEANS**  
15 OZ., SELECT VARIETIES



**2/\$4**

DR. BRONNER'S  
**ORGANIC FAIR TRADE  
CHOCOLATE BARS**



**2/\$6**

FREAK FLAG  
**ORGANIC BONE  
BROTHS**  
16 oz.



**\$5<sup>79</sup>**

DR. BRONNER'S  
**ORGANIC VIRGIN  
COCONUT OIL**  
30 oz.



**\$15<sup>49</sup>**

SWEET LEAF  
**FLAVORED STEVIA  
SWEETENED DROPS**  
2 oz.



**\$6<sup>79</sup>**





EQUAL EXCHANGE  
ORGANIC FAIR  
TRADE CHOCOLATE  
BARS



2/\$5

ESSENTIA  
HYDRATING 9.5 PH  
ELECTROLYTE WATER

1 Liter



2/\$4

EVOLVED CHOCOLATE  
KETO FILLED  
CHOCOLATE BARS



\$3<sup>49</sup>

FLACKERS  
ORGANIC FLAX SEED  
CRACKERS  
5 oz.



\$4<sup>79</sup>

FLAX4LIFE  
GLUTEN-FREE FLAX  
MUFFINS  
4 pack



\$6<sup>49</sup>

RAO'S  
ALL-NATURAL  
PREMIUM PASTA  
SAUCES  
24 oz.



\$6<sup>99</sup>

## Foods to Maintain a Healthy H O R M O N E B A L A N C E

It's often the focus to balance existing hormones by adding or subtracting doses or foods that contribute to this balance. What we don't "realize" is it is just as important to remove the "spent" hormones in the body just like we take out the trash. Otherwise, these old, used hormones clog vital organs, slow down regular hormone production & cause lethargy in the entire endocrine system. So you will see the suggestions below not only "help" regulate hormones but also help "remove" spent hormones for optimal health.

### TOP FOODS WE RECOMMEND:

**Cruciferous Vegetables:** Vegetables such as bok choy, cauliflower, brussel sprouts, kale & cabbage help promote liver function when working to cleanse "spent" hormones out of the body. Make it colorful & keep rotating options.

**Good Fats:** Consume good fats every day – such as olive oil, avocado oil, raw unsalted nuts & seeds. Healthy fats support balanced hormone production and reduces inflammation, which also balances hormones.

**Clean, Hormone Free Meat:** Eat these meats at every meal in small portions. Protein helps keep us full & therefore balances blood sugar levels. You can mix both animal & plant protein sources.

**Ground Flax Seeds:** Eat 2 tbsp a day. Flax seeds are the richest source of lignans, a type of phytoestrogen that helps balance hormones & reduce "spent" hormones.

**Herbs & Spices:** Include herbs & spices that have anti-inflammatory properties in your meals, turmeric, garlic, ginger & paprika, for example.

**Wholegrain:** Eat wholegrain slow release carbohydrates like a cup of brown rice each day. These carbohydrates offer the all important B Vitamins which support healthy hormone regulation & help eliminate "spent" hormones.



HU  
ORGANIC VEGAN  
CHOCOLATE BARS



**\$3<sup>99</sup>**

KETTLE  
ALL-NATURAL  
KETTLE CHIPS  
5 oz.



**2/\$6**

KIND  
GLUTEN-FREE  
NUTRITION BARS  
Select Varieties



**4/\$5**

LAKANTO  
KETO CHOCOLATE  
PEANUT BUTTER CUPS  
3.17 oz.



**\$5<sup>39</sup>**

LILY'S SWEETS  
LOW SUGAR  
CHOCOLATE BARS



**\$3<sup>49</sup>**

LOTUS FOODS  
PAD THAI RICE  
NOODLES  
8 oz.



**\$3<sup>69</sup>**

MADHAVA  
ORGANIC  
UNFILTERED HONEY  
16 oz.



**\$7<sup>29</sup>**

MICHEL ET AUGUSTIN  
SHORTBREAD COOKIE  
SQUARES  
4.4-4.9 oz.



**\$2<sup>69</sup>**

PACIFIC FOODS  
ORGANIC CREAMY  
SOUPS  
32 oz., Select Varieties



**\$4<sup>69</sup>**

PIG OUT  
PLANT-BASED PIGLESS  
PORK RINDS  
3.5 oz.



**2/\$5**

PURELY ELIZABETH  
GRAIN FREE GRANOLA  
PLUS MCT OIL  
8 oz., Select Varieties



**\$4<sup>49</sup>**

DIVINE  
FAIR TRADE  
CHOCOLATE



**\$3<sup>29</sup>**

**2X**

**Rewards  
POINTS!**

**THE LAST DAY OF EVERY MONTH!**

SAHALE  
**GLAZED FRUIT  
& NUT MIXES**  
4 oz., Select Varieties



**\$4<sup>49</sup>**

SHANTI  
**PREBIOTIC PLANT  
PROTEIN BAR**



**2/\$4**

SUNFOOD  
**ORGANIC TURMERIC  
POWDER**  
4 oz.



**\$5<sup>29</sup>**

ENDANGERED SPECIES  
**ALL-NATURAL  
CHOCOLATE BARS**



**\$2<sup>69</sup>**

TASTY BITE  
**ALL-NATURAL ENTREES**  
10 oz., Select Varieties



**\$3<sup>49</sup>**

TAZA CHOCOLATE  
**ORGANIC STONE  
GROUND CHOCOLATE**



**\$3<sup>29</sup>**

WHITE LEAF PROVISIONS  
**ORGANIC BABY FOOD**  
3.17-3.2 oz.



**2/\$4**

WYLD CBD  
**SPARKLING  
CBD WATER**  
12 oz.



**\$3<sup>79</sup>**

**SAVE TIME,**  
**SHOP ONLINE!**



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\*within a 10 mile radius  
of GreenAcres



GT'S KOMBUCHA  
**ORGANIC SYNERGY**  
**RAW KOMBUCHA**  
 16 oz., Select Varieties



**\$2<sup>69</sup>**

# REFRIGERATED & FROZEN DEALS

DAIYA  
**NON-DAIRY CUTTING**  
**BOARD SHREDS**  
 7.1 oz.



**\$3<sup>99</sup>**

FARMHOUSE CULTURE  
**ORGANIC FERMENTED**  
**VEGGIE DRINK**  
 16 oz.



**\$5<sup>89</sup>**

ORGANIC VALLEY  
**ORGANIC SHREDDED**  
**CHEESES**  
 6 oz., Select Varieties



**\$4<sup>99</sup>**

LILLY'S  
**NON-GMO HUMMUS**  
 12 oz.



**\$2<sup>99</sup>**

LIVE SODA  
**LOWER SUGAR**  
**ORGANIC KOMBUCHA**  
 12 oz.



**\$2<sup>29</sup>**

BITCHIN' SAUCE  
**VEGAN ALMOND DIPS**  
 8 oz.



**\$4<sup>99</sup>**

ORGANIC VALLEY  
**ORGANIC LACTOSE**  
**FREE CREAMER**  
 25.4 oz.



**\$4<sup>69</sup>**

RIPPLE FOODS  
**PLANT-BASED LOW**  
**SUGAR MILKS**  
 48 oz.



**\$4<sup>39</sup>**

SOWN  
**ORGANIC OAT**  
**CREAMER**  
 32 oz.



**\$4<sup>39</sup>**



# SHOP YOUR FAVORITE ITEMS

# ONLINE!

[GreenAcres.com](https://GreenAcres.com)



## Crack open a sustainable future with eggs from regenerative farms!

Our eggs come from farms that prioritize preserving and regenerating topsoil—leading to better outcomes for farmers, animals, people, and the planet.



**\$1.50 OFF**  
this month only!

Pasture-Raised Organic:  
**\$5.49 (now \$3.99)**

Free Range Organic:  
**\$4.99 (now \$3.49)**



Flap along with us @helpfulhens · [www.helpfulhens.com](http://www.helpfulhens.com)



GET HEALTHY **WITH** GUS



Including high-quality natural fats in your diet may help reduce insulin resistance and keep hormones balanced.

# HEALTH & BEAUTY

AURA CACIA  
**SELECT  
PRODUCTS**



**30% OFF** MSRP

CBD MEDIC  
**SELECT  
PRODUCTS**



**20% OFF** MSRP

GIOVANNI  
**SELECT  
PRODUCTS**



**30% OFF** MSRP

MINERAL FUSION  
**SELECT  
PRODUCTS**



**20% OFF** MSRP

NOW  
**SELECT  
PRODUCTS**



**30% OFF** MSRP

NUBIAN HERITAGE  
**SELECT  
PRODUCTS**



**30% OFF** MSRP

ZUM  
**SELECT LAUNDRY  
SOAP**



**15% OFF** MSRP

## STOCK UP

- on your favorite -

**SUPPLEMENTS &  
Health and Beauty Products**

SHOP AT GREENACRES.COM



Essential Oil **DUO PACK**  
of the month

*Love is in the Air*  
**DIFFUSER BLENDS**



**DUO \$18<sup>19</sup>**  
REG. \$27<sup>98</sup>

### INGREDIENTS

#### - Now Bottled Bouquet

Calming lavender, uplifting citrus, and grounding wood notes

10 drops of Bottled Bouquet in your favorite diffuser for morning and daytime use to freshen and revitalize your mood, brighten your spirits, and fill your room with love!

#### - Now Naturally Loveable

Sweet floral tones, crisp citrus, and warm sandalwood

10 drops of Naturally Loveable Romance Blend in your diffuser will put you in a relaxed state of mind open and receptive to closeness and companionship tonight!

SPECIAL DUO PRICE GOOD ALL MONTH  
\*WHILE SUPPLIES LAST

# BALANCED HORMONE SUPPORT

## for Women & Men

### WOMEN

**Estrogen** | Produced by adrenal glands, ovaries, and fat tissues. It controls the formation of breast tissues, maintains the thickness of vaginal walls, and regulates many more female characteristics essential for the normal function of the body.

**Progesterone** | It controls the menstrual cycle and maintains pregnancy, as well as complements some effects of estrogen and works with testosterone, which is the precursor for adrenal hormones.

### MEN

**Testosterone** | Responsible for sex drive, fat distribution, bone density, and muscle strength both in men and women, but in men, the testosterone deficiency can be especially harmful and cause muscle weakness, weight gain, lowered sex drive, less energy, and even the increased risk of heart attacks.

**Human Growth Hormone** | Women produce more HGH than men, so it's important for men either to prevent the deficiency or start treating it once it's been diagnosed. Growth hormone is responsible for regulating metabolism, keeping proper body composition, supporting normal energy and activity.

**Cortisol** | Cortisol regulates blood sugar levels, metabolism, blood pressure and controls the inflammatory processes. Excess cortisol production resulting from stress can affect both men and women

#### WHAT CAUSES HORMONE IMBALANCES?

- Stress
- Diseases
- Eating Disorders
- Injuries
- Traumas
- Medications
- Tumors
- Aging

#### WHAT ARE THE SYMPTOMS?

- Weight Gain Or Loss
- Loss Of Muscle Mass
- Difficulty Concentrating
- Acne
- Excess Hair Growth
- Hair Loss & Baldness
- Mucous Membranes Dryness
- Headaches
- Erectile Dysfunction (Men)
- Vaginal Dryness (Women)

### HELPFUL OPTIONS TO BALANCE HORMONES

A woman's hormones change normally throughout life. Adrenal support can be a powerful place to start rebalance.



Herbal support to strengthen adrenals can help to maximize energy and mitigate stress. There are many great herbs for adrenal support: Ashwagandha, Rhodiola, Suma, Ginseng.



Black Cohosh can ease a woman's hormonal transitions. Balancing these xenoestrogens can help with weight loss, adult acne, PMS & menopause.



Support for men is not unlike support for women starting with dealing with stress which can elevate cortisol levels. Balancing stress can include Ashwagandha or other herbs.



Endurance herbs such as Horny Goat Weed, Long jack, Fenugreek extract and the mineral supplement Shivaji can offer support for sexual health.

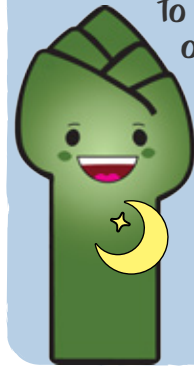
GET HEALTHY WITH GUS



Eating too much or too little may result in hormonal shifts that lead to weight problems.

# SUPPLEMENTS

GET HEALTHY WITH GUS



To maintain optimal hormonal balance, aim for at least seven hours of high-quality sleep per night.

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MSRP

## HOST DEFENSE SELECT PRODUCTS



**25% OFF**  
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## IWI SELECT PRODUCTS



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## KYOLIC SELECT PRODUCTS



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# RESTORE, REVITALIZE & REPLENISH

Select Products

**35% OFF**  
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MACROLIFE NATURALS  
SELECT PRODUCTS



**25% OFF**  
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NATURAL FACTORS  
SELECT HEART  
HEALTH PRODUCTS



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NATURE'S WAY  
SELECT  
PRODUCTS



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NORDIC NATURALS  
SELECT HEART  
HEALTH PRODUCTS



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OREGON WILD HARVEST  
SELECT  
PRODUCTS



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SOLARAY  
SELECT  
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# Solutions for **PANDEMIC** Hair Loss in Women

*Let's face it:* the last two years have been a challenge. Lockdowns, quarantines, illness, fear, and all sorts of added stress has taken a toll on women's hair! Many Covid survivors have reported hair loss and thinning and a change in hair quality. Most hair loss will be temporary, especially if you take added steps to replenish and nourish your hair.

## What causes hair loss and thinning?

- Thyroid disease • Hormonal Changes • Medication • Anemia
- Protein Deficiency • Low Vitamin Levels
- Chemotherapy • Stress • Severe Anxiety

## What Steps to Take:

*Get to the Root of the Issue:* Use scalp treatments to treat your hair at the root.

*Go Natural:* Use natural ingredient products that don't clog pores & damage hair follicles.

*Protein Up:* Consume high quality protein and protein supplements to support healthy hair.

*Boost Collagen:* Collagen supplements flourished in improving hair, skin, and nail support.



## Supplements to Help

- MULTIVITAMIN • SILICA • ASHWAGANDHA • B COMPLEX

## Beneficial Topical Treatments

- JOJOBA OIL • BIOTIN • HAIR MASKS

# Just Say N.O.!

## (NITRIC OXIDE)

**NITRIC OXIDE  
PLAYS A CRITICAL  
ROLE IN MANY KEY  
ORGAN SYSTEMS  
OF THE BODY!**

### WHAT IS NITRIC OXIDE?

**N**itric oxide is a type of molecule, an oxide of nitrogen, that plays a critical role in blood health within the body.

**A**lthough it is technically classified as a free radical, it is important for blood vessel dilation and the overall health of the circulatory system, among others.

**W**hen you consume nitrogen-containing foods, namely nitrates and nitrites, they can be converted into nitric oxide (N.O.) within the gastrointestinal tract.

**O**ur body can also generate nitric oxide by combining certain amino acids.

**F**inally, getting enough sunshine can increase the body's level of nitric oxide.

### RESULTS

**What is expected when you increase your N.O. levels?**

Nitric oxide is **not a miracle**, but it does work when you follow the proper regimen. Results may be expected in about three weeks. Doctors have been prescribing the use of nitric oxide, or the consumption of nitrates, for cardiovascular conditions for generations. You can access nitric oxide by taking specific N.O. supplements or by altering your diet to include nitric oxide-rich foods.

Some of the best dietary choices you can make to increase your body's production of N.O. include: dark chocolate, citrus fruits, pomegranate, spinach, beets, garlic, watermelon, and walnuts.

### BENEFITS

There are a number of benefits to increasing the amount of N.O. in your body, such as: preventing heart disease, increasing stamina for bodybuilding, eliminating fatigue, and stimulating the sex drive in both men and women.

Perhaps the most important aspect of this molecule is the effect it can have on blood vessels. Nitric oxide is a natural vasodilator, meaning that it will reduce the strain on the cardiovascular system by widening blood vessels and preventing hypertension. It also prevents the accumulation of plaque in the arteries and blood vessels, which can lower your risk of coronary heart disease.

There have been studies showing that low N.O. levels result in muscle fatigue and general tiredness more rapidly, likely because the oxygenation of your organ and muscle systems is unable to be done efficiently. By improving circulation, N.O. compound can increase sex drive and virility in both genders, although it is more commonly recommended for men. This can prevent symptoms of infertility and replace pharmaceutical solutions for impotence.





# FEBRUARY BONUS BUYS

**BONUS BUYS** are items that we have negotiated with vendors to offer at a 35% discount or more!

NATURAL FACTORS  
**LIPOMICEL QUERCETIN**  
250 MG.  
60 ct.



**\$29<sup>99</sup>**

RENEWLIFE  
**EXTRA CARE  
PROBIOTIC 50 BILLION**  
30 capsules



**\$25<sup>99</sup>**

NOW  
**ORALBIOTIC**  
60 ct.



**\$14<sup>99</sup>**

KAL  
**MAGNESIUM  
GLYCINATE 350 MG.**  
160 capsules



**\$15<sup>59</sup>**

NATURE'S WAY  
**ZINC GUMMIES**  
11 MG.  
120 ct.



**\$10<sup>79</sup>**

GARDEN OF LIFE  
**MAGNESIUM  
GUMMIES**  
60 ct.



**\$12<sup>99</sup>**



GARDEN OF LIFE  
**BEET GUMMIES**  
60 ct.

**\$19<sup>49</sup>**

**ANCIENT  
FOOD**

**GAINING INTEREST AS A HIGH-POWERED**

*Nutritional Supplement!*

Beets have been part of the world's food source for centuries. Ancient Greeks and Romans cultivated beets for their greens. Over 500 years ago beets were grown for the roots (beetroot), with the most widely known variety as the red / purple root vegetable.

Beets are rich in vitamins, minerals, and antioxidants. Scientific studies looked at eating beets for energy and stamina, anti-aging benefits, detoxification, and blood pressure control. Recent evidence suggests that dietary nitrates found in these vegetables deliver cardiovascular benefits. These nitrates are metabolized into nitrites that are converted into Nitric Oxide in the body.

#### Nitric Oxide (NO):

- Vasodilator which causes blood vessels to dilate improving blood flow and the delivery of oxygen and nutrients to the cells.
- Studies on athletes have shown that consuming beet juice can improve exercise performance.
- By age 40, our production of NO can drop to half compared to our youth. Consuming adequate nitrate-rich vegetables can help the body produce more heart-healthy NO.

#### Getting the Benefits of Beets Made Easy:

Let's face it, Americans struggle to eat their daily allotment of vegetables! Garden of Life makes it easy to obtain the benefits of beets in a convenient gummy. Two gummies a day are like a salad in a bottle given the fact that they are made with apples, raspberries, lemons, black currant, and tart cherries – all in addition to the beets! Fortified with added vitamin B-12 and plant-based vitamin D, these gummies are nutrient-dense superfoods.

#### Conclusion:

Beets can benefit heart health, give you better energy, improve muscle growth and recovery, and help build healthy blood cells!

What are you waiting for? Visit your nearest GreenAcres Market and let our supplement experts acquaint you with this exciting new Beet supplement; on sale now for 35% off.





# GREEN ACRES MARKET

*Your healthy food experts*

8141 E. 21st St. Wichita, KS 67206

Prices valid 2/01/2022 through 2/28/2022 at participating locations, while supplies last. All prices plus tax where applicable.  
Regular prices may vary from store to store. **Not all items are available at all stores.**

**FREE WITH**

**Rewards  
POINTS!**



**Alter Eco Organic  
Chocolate Bars**



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**-The Village at Briarcliff-**

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Kansas City, MO 64116  
PH 816-746-0010

### WICHITA

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8141 E. 21st St.  
PH 316-634-1088

**-West – 21st & Maize-**

10555 W. 21st St.  
PH 316-729-4365

**-Normandie-**

6574 E. Central Ave.  
PH 316-685-4283

**-Clear Lakes-**

2315 W. 21st St., Suite 115  
PH 316-832-1227

### OKLAHOMA

**-Walnut Square Shopping Center-**

7301 S. Pennsylvania Ave. Suite D  
Oklahoma City, OK 73159  
PH 405-681-6060

**-Lawton-**

14 N.W. Sheridan Road  
Lawton, OK 73505  
PH 580-353-1533

