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"The Little Green Paper"

June 20th, 2007

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A Scholarship Fund Has Been Started For Victim Of Chelsea Pharmacy Robbery



was initially paralyzed on her left side, but after 3 surgeries and extensive physical therapy she has regained partial use of her left extremities.

Channing has a long road ahead of her, but she plans on continuing her education next fall at Rogers State University majoring in the health sciences and eventually becoming a physical therapist. An account has been opened in her name at the Bank of Commerce in Chelsea to help her finance her college education. If you would like to make a contribution, you can do that at any Bank of Commerce branch or at Chelsea Family Pharmacy

Channing Stephenson, a 19 year old technician at Chelsea Family Pharmacy, suffered major head trauma from an armed robber using a hammer on May 14, 2007. She suffered a fractured skull and

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“2007 Environmental Leadership Commendation” awarded to Grand Lake Sail and Power Squadron



The Grand Lake Sail and Power Squadron was recently awarded the 2007 Environmental Leadership Commendation by Boat US Foundation (Boating Safety and Clean Water). While the squadron happily accepts this award most of the commendation should go to Denise Winn, the squadron’s newsletter editor, who, as Environmental Chairperson, deserves the credit for all the work she has done in organizing shoreline cleanup, shoreline habitat restoration, and the development of the Environmental Brochure.

Addressed to the Squadron, Susan Shingledecker, Director of Environmental Program (Boat US), wrote on May 22, 2007:

“It is with great pleasure that I present you with this award of Environmental Commendation from the BoatU.S. Foun-

ation. This award aims to recognize your efforts to educate boaters and marinas about environmental stewardship. We greatly appreciate your efforts to work to educate boaters about the environment through the development of a brochure, organizing community-wide

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The August 10th Edition will be featuring Mayes County History. If you have information please write or call us.

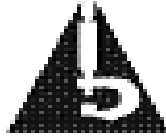
Many Thanks to those who sent in information for the Delaware County History. We are proud to be able to deliver our newest editions to Rogers, Mayes, Ottawa, Delaware and Craig & Nowata Counties.

If you have any information for future features or would like to place an ad, please contact us.

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clean-ups and conducting shoreline habitat restoration projects.

Throughout the country, the Boat U.S. Foundation partners with volunteer groups, government agencies and dedicated individuals to spread the message of clean boating. This year the Foundation created the Environmental Leadership Award to recognize the hard work of these partners, like yourself. We received over 40 nominations for the award highlighting the accomplishments of individuals, local groups and even entire companies in the boating industry.

The committee selected H.P. Sandy Purdon from California as the winner of the 2007 BoatU.S. Foundation Environmental Leadership Award. While we originally planned to have just one award, the committee felt

We hope you will accept this award as a token of our appreciation. The July issue of the *BoatU.S.* magazine will include your name in our article on the award, you will be listed on our website and our press release. We hope that our outreach efforts will bring additional attention to your accomplishments.

Congratulations and we look forward to working with you in the future.

Sincerely,

Susan Shingledecker
Director of
Environmental Programs



“Award Group”: Proudly displaying the 2007 Environmental Leadership Commendation award from Boat US Foundation is Commander Terry Chastain and Environmental Chairperson, Denise Winn. In the back row squadron supporters include Brian Hunt, Sandy Stone, Peggy Miller and Bob Stone.



“Award . . . ” : The Boat U.S. Foundation award given to the Grand Lake Sail and Power Squadron

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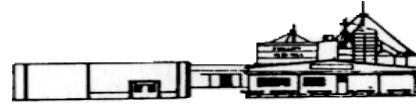
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ALL HE EVER WANTED

by Kathy Whirity

Out of all the Father's days my husband, Bill, has celebrated as a dad, I recall the one we spent apart.

The girls were young and we had the opportunity to visit my sister and her sons at their new home in Portland, Oregon. Bill couldn't take the time off work but he encouraged me to take the girls and have a fun trip.

The girls were anxious to see their aunt and cousins, so we booked a flight, along with my parents, for a three week stay.

Departure day arrived and Bill drove us all to the airport. Right before we boarded the plane, and after he kissed us each good-bye, Bill shook my dad's hand and, with a tear in his eye, asked him to take care of "his girls." And then we were off.

I was about to discover just how lost I would be without my husband. Portland is an awesome city. My sister, the kids and I, would often take walks to a

park a few blocks away from her home. While in the park, we'd climb the more than 50 cobblestone steps that led to a striking neighborhood of mansions on a hill. It was said that movie stars owned some of the homes, Harrison Ford being among the Hollywood elite to spend time there.

Though we never saw any famous faces, we'd walk around admiring the meticulously kept lawns as well as being mesmerized by the flowers that bloomed everywhere. The beauty of the blossoms invigorated the senses leaving the neighborhoods literally drenched in eye catching color.

We drove across a bridge, over water, that seemed to stretch 5 miles. I was thankful to have something to watch -- a scenic view of wind surfers catching waves held my attention until we were safely back on land.

But, no matter what the tourist attraction or tranquil scene, I missed my husband dearly.

After four days, I was ready to pack my bags for home. But the calendar was a sad reminder that I had another 17 days to go.

I pre-ordered a Father's Day bouquet of flowers from the local florist -- a pitiful replacement for our presence. I spent that Father's Day sipping lemonade on my sister's porch as I cherished a gift of my own -- memories of my dear Bill being a wonderful, fun loving and compassionate father to our daughters.

Changing diapers was a main event if Bill was on diaper duty. The task wasn't finished until little bottoms had lotion and were powered to perfection. He was a dad that paid attention to detail.

When the girls were toddlers and sun dresses were the fashion, the look was not complete until their dad patiently

When the girls were toddlers and sun dresses were the fashion, the look was not complete until their dad patiently dotted each tiny toe with pretty red nail polish. On cool summer evenings he'd fill the wading pool with warm water from the hose he'd hook up to the basement faucet. In the winter, he'd bundle them up and pull them in the bright orange sled over freshly fallen snow.

He is a man who loves his family more than life itself -- his family is all the life he's ever wanted or needed. And there I was, in a far away city -- me without my husband and our girls without their daddy.

That tender moment at the airport came to mind of my husband asking my dad to do what he could not -- watch out for us.

The three weeks finally came to an end. Bill was there waiting for us when we got off the plane.

As soon as we got home we were greeted with gifts. Among them were Flight Attendant Barbies for the girls and a sparkling gold necklace for me.

It felt like Christmas in July. And the best gift of all was being back home with my husband.

All these years later, I can still remember how it felt when he hugged me the minute I got off the plane. He hugged me so tight I didn't think he'd ever let me go.

And, I can tell you, from that day on - I will never let him.



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Cherokee Nation General Election Results

TAHLEQUAH, Okla. — Cherokee voters re-elected Principal Chief Chad Smith, elected 17 Council members and passed a referendum affirming a Constitutional amendment during the June 23 general election.

Smith received 7,974 votes, or 59% of the vote, beating challenger Stacy Leeds, who received 5,593 votes, or 41%.

The race for Deputy Chief saw incumbent Joe Grayson, Jr. defeating Raymond Vann. Grayson received 8,230 votes, 61% of the total cast. Vann finished with 5,205 votes, or 39%.

The following results for Council seats were decided at the polls on June 23:

District One - Cherokee District (Cherokee County - 2 Seats):

In Seat 1, incumbent Bill John Baker with 1576 votes (63%) defeated Barbara Dawes Martin who brought in 911 votes (37%). In Seat 2, incumbent Audra Smoke Connor will face-off against Tina Glory Jordan for the Seat 2 spot. Smoke Connor received 583 votes (24%) and Glory Jordan received 1083 votes (44%). David Walkingstick and Amon A. Baker, also vying for Seat 2, received 360 (15%) and 455 (18%) votes respectively.

District Two – Trail of Tears District (Adair County - 2 Seats)

In Seat 1, S. Joe Crittenden received 905 votes (57%) and defeated Rita Bunch, who garnered 690 votes (43%). In the race for Seat 2, incumbent Jackie Bob Martin who received 538 votes (33%) will face off with Jody Fishinghawk, who received 484 votes (30%). Other

hopefuls in the Seat 2 race included Bob G. Leach with 286 votes (18%), Jack L. Christie with 281 votes (17.3%) and Ronnie Joe Hale with 34 votes (2%).

District Three – Sequoyah District (Sequoyah County - 2 Seats)

In the race for Seat 1, incumbent David W. Thornton with 612 votes narrowly defeated Sam Ed Bush, Jr. who received 610 votes. In Seat 2, challenger Janelle Lattimore Fullbright defeated incumbent Phyllis Yargee by a vote of 729 (58%) to 535 (42%).

District Four – Three Rivers District (Muskogee, Wagoner and McIntosh Counties – 1 Seat)

Incumbent Don Garvin will retain his seat, defeating challenger Micky Igert by a vote of 732 votes (69%) to 326 votes (31%).

District Five – Delaware District (Delaware and part of Ottawa Counties - 2 Seats)

In Seat 1, challenger Harley L. Buzzard with 610 votes (53%) won over incumbent Melvina Shotpouch who received 455 votes (40%) and Susan Lamb Reed with 87 votes (8%). In Seat 2, challenger Curtis G. Snell received 699 votes (67%) to defeat incumbent Linda Hughes O'Leary, who received 349 votes (33%).

District Six – Mayes District (Mayes County - 2 Seats)

In Seat 1, Chris Soap, 403 votes (56%) defeated Sue Fine, 250 votes (35%) and Jerry D. Troglin, 62 votes (9%). Meredith Frailey, who ran unopposed, will retain her position in Seat 2, with 615 votes.

District Seven – Will Rogers District (Rogers County - 1 Seat)

Incumbent Cara Cowan Watts will retain

her seat with 716 votes (76%), defeating challenger Thelda Rucker Boen, who had 225 votes (24%).

District Eight – Oolagah District (Washington County & part of Tulsa County- 2 Seats)

For Seat 1, incumbent Buel Anglen, with 745 votes (75%), won over challenger Roy Herman, who had 250 votes (25%). For Seat 2, Bradley Cobb with 681 votes (69%) defeated Stephen D. Earley who received 304 votes (31%).

District Nine – Craig District (Nowata and Craig counties - 1 Seat)

Charles “Chuck” Hoskin, Jr., who received 490 votes (69%), defeated Rodney Lay who had 224 votes (31%).

At-Large District (outside the 14-county Cherokee Nation boundary - 2 Seats)

In Seat 1, Julia Coates, with 1,935 votes (74%) defeated Taylor Keen, who received 676 votes (26%). In Seat 2, Jack D. Baker, who had 1,952 votes (75%) will retain his seat, defeating challenger Sean R. Nordwall, who received 650 votes (25%).

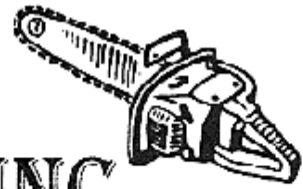
In addition to the races held for elected officials, the resolution affirming the 2003 Constitutional amendment which removed the federal approval requirement from the Cherokee Nation Constitution, passed by a vote of 7,912 to 3,896 (67% to 33%).

Although results are not official until certified by the Cherokee Nation Election Commission, it is not expected that results will change significantly.

The run-off election for the two Council seats is scheduled for July 28, 2007. For detailed election results, visit the Cherokee Nation web site at www.cherokee.org



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22 Ways to Tackle Life's Biggest Energy Zappers Part 2

Get a Restorative Rest

When you have a lot to do (um...always), usually the first thing to get squeezed off your agenda is sleep. But miss out on shut-eye and your energy, positivity, productivity, and memory are sure to suffer. And nearly a quarter of American adults aren't getting enough rest, which has led to an epidemic of daytime sleepiness, according to a poll by the National Sleep Foundation. The key to bucking this trend is to brush up on sleep hygiene. Try these steps for starters.

Cut back on TV and computer time after 8 p.m. If you're already a night owl (you go to bed late and sleep in on weekends), the bright light emitted from television and computer screens can make falling asleep at a decent hour even harder. The reason: Light suppresses the production of melatonin, a hormone secreted at sunset that tells the brain that

it's nighttime, explains John Herman, Ph.D., director of the training program in sleep medicine at the University of Texas Southwestern Medical School at Dallas. And when melatonin levels are low, your brain is fooled into thinking that it's still daytime — and remains raring to go. Whenever possible, wait until the next morning to tune in and/or log on. If you must use light-emitting technology at night, try to turn it off an hour or two before hitting the sack.

Hide your alarm clock. Watching the clock to see how long it's taking you to drift off or how much time you have left before your alarm goes off can result in a poor night's sleep, says Kelly A. Carden, M.D., medical director of the Sleep Health Center Affiliated with Hallmark Health at Medford in Medford, MA. This hypervigilance keeps the brain awake and alert and pre-

vents you from slipping into deep, restorative sleep. The easy fix: Set your alarm clock, then either face the numbers away from you or put it on the floor, in a drawer, or across the room.

Give your pet his own separate sleeping space. At night, pets snore, jiggle their tags, move around a lot, and even hog the covers and bed space. It's no wonder that 53 percent of pet owners who sleep with their pets in the bedroom have some type of disrupted sleep every night, according to a study from the Mayo Clinic Sleep Disorders Center in Rochester, MN. Consider relocating your furry friend's sleeping quarters to another area, even if it's just his own bed in your bedroom.

Lower the thermostat. For a good night's sleep, make sure your room is comfortably cool — enough so that you need a light blanket. This ensures that your



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environment is in sync with your body's internal temperature, which naturally drops during the night, according to the National Sleep Foundation. Studies suggest the ideal sleeping temperature is between 54 and 75 degrees; anything cooler or warmer may cause you to wake up.

Skip the nightcap. Alcohol depresses the nervous system — the system of cells, tissues, nerves, and organs that controls the body's responses to internal and external stimuli. So while sipping a glass of wine before bed may help you nod off, the sedative effects wear off as your body metabolizes the alcohol, which may cause you to wake up in the middle of the night and have trouble falling back to sleep. Alcohol has also been shown to interfere with the body's natural 24-hour biorhythms, causing blood pressure to rise and heart rate to race at night when it's normally calm and relaxed. You don't have to give up that evening cocktail entirely to achieve sound sleep — just try to avoid alcohol within two to three hours of bedtime.

Get your exercise. While scientists don't yet understand why, aerobic exercise has been proved to help you fall asleep faster at bedtime, spend more hours in deep sleep, and wake up less often throughout the night, says Komaroff. At the same time, vigorous exercise can act like a stimulant (which is a great daytime energizer), so schedule your workouts in the morning or afternoon, when you need a boost the most.

Follow the 15-minute rule. If you can't fall asleep, or if you wake up and can't get back to sleep within about 15 minutes, get out of bed and do something relaxing that will help clear your head, such as reading, meditating, or knitting (but not watching TV or surfing the Web). Then, once you feel sleepy again, go back to bed. If you stay put and fret about being awake, you'll only make yourself more anxious — and less likely to catch the z's you need.

Write down your worries. During the day, jot

down any stressors that are weighing on you, says Carden. Then, do some mental problem-solving before your head hits the pillow — or, if you're falling short on solutions, tuck your list away and resolve to brainstorm ideas during your morning shower or commute to work. Just knowing you've established a plan for tackling your to-do's will make you feel like you've made some progress, allowing you to relax, drift off — and wake up the next morning ready to take on the day.

We Tested and Reviewed the Latest Pick-Me-Uppers

H₂O Plus Energize Spa Collection: "I'm not sure if it was the citrus scent of the body wash and scrub or just the warm water, but I did feel more awake after my shower." (h2oplus.com)

TravelSox Odyssey socks: "I was skeptical, but I wore these socks during a five-hour flight, and they really made my legs feel more alive and less cramped than usual." (travelsox.com)

LifeWave Energy Enhancer patch: "It may have been psychosomatic (or what I ate for lunch), but after I put these on, my heart started to race and I felt queasy and sweaty." (lifewave.com)

FOOSH Energy Mints: "I enjoyed the strong, minty taste, but I didn't notice a significant difference in my energy. But I'm not sensitive to caffeine, which is the active ingredient." (vroomfoods.com)

G Pure Energy drink: "The ginger ale taste was nice, and while I wasn't ready to leap tall buildings, it gave me a second wind to tackle some work when I got home from the office." (gpureenergy.com)





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**Robert Fulghum's
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The Grove Playmakers open Robert Fulghum's "All I Really Need to Know I Learned in Kindergarten" on Friday, July 13 at 7:30 pm, with assistance from the Oklahoma Arts Council. Despite the date, The Playmakers think it will be a lucky day for those getting in on Opening Night.

Want to attend a performance but don't have a baby-sitter? The Playmakers and the Grand Lake Family YMCA are offering a special 'parents'night out' service. Elementary age students are welcome to the show, but may not understand all of the stories. So, if you have children, aged 1-7 years old, The YMCA Super-Sitters will entertain your children while you enjoy the play. The YMCA will be open at 7:00 pm for this service.

It's only \$10 per child for the evening. Pick them up immediately after the play. This service is for Friday night performances only, July 13, 20, & 27, 2007. Reserve a space for your child(ren) with The Playmakers, not the YMCA, when you make your reservations for the show. The service is provided for Playmaker audiences only.

The play is great summertime fare. It is a refreshing evening of theatrical storytelling, based on Fulghum's best selling credos for adults. In this musical revue format, traditional values are expressed through disarmingly simple stories told by only six actor-singers. *Kindergarten* takes a funny, insightful and heartwarming look at what is profound in everyday life. The intimate stories talk about love, laughing at ourselves, going for our dreams, the wisdom of spiders, and even the meaning of life, stories that real kindergarten students probably wouldn't understand. At the end of the play, the question is asked, "What is the meaning of life?" Fulghum even gives his own answer to that question.

The cast includes Ashley Davidson, Linda DuBois, Roy Harding, Margaret Howe, Leonard Noel and Alan Sharkis. It is directed by Suzanne

Boles, with musical direction and accompaniment by Nancy Flowers. The Production Coordinator is Melissa Cantrell and set decoration is by Vicki King.

Performances are scheduled for July 13-15, 17, 19-22, and 27-28. All evening performances, Fridays, Saturdays, Tuesdays, & Thursdays, begin at 7:30 pm. Sunday matinee performances are at 2:00 pm. Adult tickets are \$12 plus tax; elementary students through high school are \$6 plus tax. The Playmakers accept Visa/MC. All performances are in the Off Broadway Arts Building, 121 W. 3rd Street, Grove, OK. For further information and *necessary reservations*, call 918-786-8950 or email play_theatre05@sbcglobal.net.

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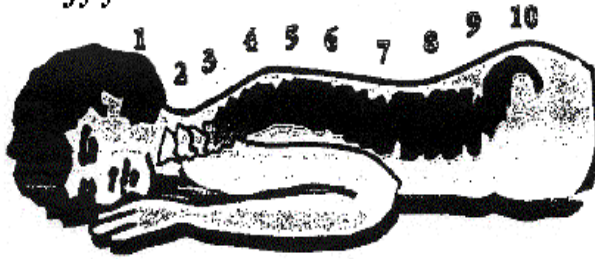
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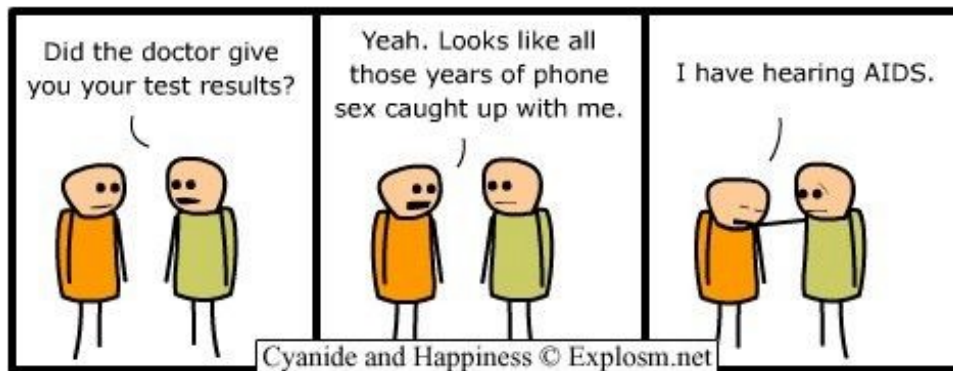
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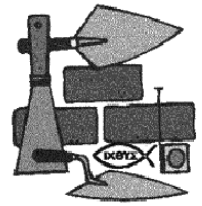
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HOSKIN WINS COUNCIL SEAT



Vinita, OK (June 23, 2007) – Cherokee voters went to the polls on Saturday, June 23rd, electing Chuck Hoskin, Jr., to Council District 9 and returning incumbent Chief Chad Smith for a third term.

In the Council race, Hoskin defeated Rodney Lay of Nowata with 67% of the vote. Hoskin, a lifelong citizen of Vinita, swept all three precincts in District 9. The district covers Craig and Nowata counties with precincts in Vinita, Nowata and South Coffeyville.

“I want to thank my family, friends and supporters who helped me run a positive cam-

paign about issues and ideas,” Hoskin said. “I think this victory shows that the people of this area approve of the progress we’ve seen during the past 12 years and of my father’s record of service to the Cherokee people. I think that the voters, overall, believed that I was the best candidate to continue the progress in the district and I am grateful for the opportunity to serve.” Hoskin will replace his father, Chuck Hoskin, Sr., who is completing his third term on the Council and serves as District 6 State Representative.

In the race for Chief and Deputy Chief, incumbent Chief Chad Smith and incumbent Deputy Chief Joe Grayson won with 59% and 61%, respectively, defeating Chief Candidate Stacy Leeds and Raymond Vann. Smith and Grayson won among District 9 voters with 56% and 58%, respectively.

Hoskin said he was not discouraged by the fact that Chief Smith campaigned for his opponent and believes the two can work together. “I hope Chief Smith will look at these election results and reach the same conclusion that I’ve reached: Cherokees in District 9 chose an independent representative, but they want us to work together as much as possible. During the next few months, I’ll be reach-

out to Chief Smith, asking him to join me in working to improve healthcare, education and economic development in this area,” Hoskin said.

Voters also reaffirmed a constitutional amendment removing the requirement of federal government approval for changes to the Cherokee constitution. The measure passed with 70% of the vote nationally and 76% of the vote in District 9.

Hoskin’s term begins on August 14. Due to a constitutional provision calling for staggered council terms, Hoskin is among several councilors who will serve a unique six-year term, rather than the traditional four-year term.

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Abortion – Another View

Month One

Mommy, I am only 4 inches long but I have all my organs.

I love the sound of your voice.
The sound of your heart beat is my favorite lullaby.

Month Two

Mommy, today I learned how to suck my thumb.
If you could see me you could definitely tell that I am a baby.

I'm not big enough to survive outside my home though.
It is so nice and warm in here.

Month Three

You know what Mommy. I'm a boy!!

I hope that makes you happy.

I always want you to be happy.

I don't like it when you cry.

You sound so sad.

It makes me sad too and I cry with you even though you can't hear me.

Month Four

Mommy, my hair is starting to grow.
It is very short and fine but I will have a lot of it.

I spend a lot of my time exercising.

I can turn my head and curl my fingers and toes

Month Five

You went to the doctor today.

Mommy, he lied to you.

He said that I'm not a baby.

I am a baby Mommy, your baby.

I think and feel.

Mommy, what's abortion?

Month Six

I can hear that doctor again.

I don't like him.

He seems cold and heartless.

Something is intruding my home.

The doctor called it a needle.

Mommy what is it? It burns!

Please make him stop!

I can't get away from it!

Mommy! HELP me!

Month Seven

Mommy, I am okay.

I am in Jesus's arms.

He is holding me.

He told me about abortion.

Why didn't you want me Mommy?

Every Abortion Is Just . . .

One more heart that was stopped.

Two more eyes that will never see.

Two more hands that will never touch.

Two more legs that will never run.

One more mouth that will never speak.

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Nowata City-Wide Garage Sale

Start now to get your items together for the Nowata City-Wide Garage Sale scheduled for Saturday, September 8, 2007. Surely you have toys, clothing, craft items, small appliances, computers, tools, etc. that you don't plan to use again. Clean out your closets, your shelves, your drawers, your storage buildings and your garage; but get your sale together! The Nowata Area Chamber of Commerce also reminds you to call or visit your Chamber to get your name and address on the master list for the City-Wide Garage Sale, so maps can be prepared so others will know you're having a sale. Smaller copies of the Nowata city street maps are available at the Nowata Area Chamber of Commerce office located at the northwest corner of the AEP/PSO building at 126 South Maple St. The phone number is 1-(918)-273-2301. There is no charge to get your sale address shown on the map.

Advertise your sale with many others for the Nowata City-Wide Garage Sale on September 8. For further information, contact Marlene Kincaide at 1-(918)-273-2301.

DR. COLIN QUIGLEY

420 S. Lynn Riggs
Claremore, OK. 74017



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Beaver, Oklahoma

The town of Beaver should be proud of its undisputed title: Cow Chip Throwing Capital of the World. It is here that the World Championship Cow Chip Throw is held each April.

King Cow Chip™, a leering cartoon of a dried bovine fecal wad wearing a tilted crown, is the town's registered trademark. This "Dried-in-the-Sun King" has brought notoriety -- and prosperity -- to Beaver. But, as with any long, unchallenged reign, the populace has become inured to their own charm. King Cow Chip's royal entourage keeps the claim alive, cranking out commemorative gift boxes of cow chips, entertaining foreign dignitaries, and dragging the beaver trailer around town for parades.

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ONE-WAY

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Age 60 & Older
Under 60

ONE-WAY

\$2.50
\$3.00

ROUND TRIP

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10 rides 60 - \$20.00

11th Ride is Free for purchasing Coupon Booklets

PHONE

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Grove Dispatch	786-7516
Claremore Dispatch	341-7300
Vinita Dispatch	1-800-282-2014
Pryor Dispatch	1-800-282-2014
Transit Director	1-800-482-4594 Ext. 40

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Randy Campbell, the mayor of Beaver, is obligated to greet us with open arms, not to mention some gift-boxed cow chips. He assures us he has only tossed a chip once before, yet his mean curve pitch at our Sony Handi-cam betrays a suspiciously-practiced skill. He tosses underhand, a Frisbee-flick, bounding off the bumper of a car on the opposite side of the wide, paved main street.

July 8, 1994, *CBS This Morning*: Host Paula Zahn tossed Roadside America's gift cow chip at co-host Harry Smith. Throw was 6-meter power lateral -- Harry attempted to block, but the chip partially fragmented into his face. The moment was replayed endlessly on the best of *Talk Soup*.

"I think that's my mother-in-law's car," he said.

Cow Chip Moment in History



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Community Links of Chelsea

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Upcoming and Chamber Events

PRYOR LUMBER COMPANY

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Saturday

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789-2332

Open Monday thru Friday
9am to 12pm 1pm to 5pm
and 9am to 12 pm Saturday
Marie White Agent

ANNOUNCEMENTS

1st Tues of the month-Aglow women's meeting, Aglow meeting, 6:30 p.m. Call Peggy Winfrey at 256-7344 or Lavon Lewis at 256-2138 for more information. **JULY 10th is the next meeting**

Senior Citizen's Inside Garage Sale - Monday thru Friday 9:00am to 3:00pm at Northpark in Vinita, OK.

1ST Friday of each month GOSPEL SINGING at 7:00pm Bring your tapes, music instruments, and you love for the Lord. Everyone Welcome. Covered dish dinner afterwards. Fourth Street Mission 439 N. Fourth Street Vinita, OK. 74301 Phone: (918) 323-0439

Every Friday of every month - Chelsea Jams for good clean fun bring your instruments to the Chelsea Civic Center at 6:30 pm. We are located at 618 Pine in Chelsea.

3rd Friday of each month. Gospel Singing at 6:45pm at the Full Gospel Lighthouse located 828 A street N.W., Miami, OK. Bring your songs and music and join in the singing. Covered Dish dinner after singing. Everyone welcome Phone: (918) 542-1531.

Mayes County Pioneer Celebration

A celebrating honoring Pre-statehood pioneers and their descendants will take place Saturday, September 15, in the Pryor Community Building. This event is sponsored by the Mayes County Genealogical Society.

There were over 3000 of these men, women and children living

and working in Mayes County prior to November 1907. Descendants of these pioneers who might like to attend this celebration or who would like more information should send their request to Mayes County Pioneer Celebration, PO Box 765, Pryor, OK. 74362

April-October - Adair Trader's Day 3rd Saturday & Sunday of Each Month. Beginning at 7:00am 1 Block west of HWY 69 & 28 Junction Call (918) 785-2125 for more information. Garage sale items, Arts & Crafts, Antiques, Vegetables, Buy-Sell-trade. Not responsible for accidents. Table & Space available for \$5.00 or 12x12 Space available on parking lot for \$15.00

JULY

7/6th-8th: 2007 Gathering of the Guard, Patriot Guard Riders annual convention.

July 7, 2007 First Saturday Traders Day Whitaker Park is the location for this community shopping arena where citizens and vendors can market their merchandise. Location Whitaker Park Pryor OK 74361 For More Information Phone: 918-825-0157 Email: www.pryorok.com Web: info@pryorok.com

July 12, 2007 Bravo Company Graduation Cycle 28

7/12 - 7/14/2007 Jenks, America - Great American Quilt Show & Sale

July 13, 2007 thru Sunday, July 15, 2007 Rock Fever Roll on over to the festival grounds and Rock

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on. Location Catch the Fever Festival Grounds Pryor OK For More Information Phone: 918-824-2288

7/13/2007 to 8/18/2007 The Man Who Ran Picture In Scripture Amphitheater PO Box 190 Disney, OK 74340 918-435-8207 Presented By Picture In Scripture Amphitheater July 13th thru August 18th Performance Schedule 6:30pm to 8:00pm- Pavilion Dining 8:00pm- Gospel Singing Sunset - Play Begins Ticket Prices- \$12 adults/ \$4 children For more information, please contact (918) 435-8207 or visit our website

www.pictureinscripture.com

7/15th: Motorcycle Swap Meet at the Claremore Expo Center; for more information call Jeff Williams at 816-228-5811.

July 18, 2007 PACC Ambassador's Meeting Time Noon Location Pryor OK For More Information Phone: 918-825-0157 Email: www.pryorok.com Web: info@pryorok.com

July 21, 2007 thru Sunday, July 22, 2007 American Cowboy Traders Day Cowboy Trade Days, Square Dancing, Live Entertainment. Location Whitaker Park and Downtown Pryor OK 74361 For More Information Phone: 918-825-0157 Email: www.pryorok.com Web: info@pryorok.com

7/21/2007 Cruise to Grove Civic Center 18th and Main Grove, OK 74344 This event began in 2000. We have had from 30 to 250 very diverse autos. Bring your car, truck, or motorcycle to park on the Grove Civic Center Parking lot. Plan to exchange ideas, ask questions, show off the old iron, and meet fellow car nuts. No Vendors. No fees. No competition. Bring your chair and enjoy the evening Cruise to Grove ... a gathering

of auto enthusiasts. For further information contact Dave, Beverly, or Andy Helms at (918) 786-4646 or E-Mail : grandpro@sbcglobal.net.

July 30th- August 4th Craig County Free Fair This event is held at the Craig County Fairgrounds and is hosted by the Craig County Free Fair Board. The fair includes exhibits, livestock show, children games and nightly events. Call 918.256.7569 for more information

August:

2nd-3rd: Gatesway Balloon Festival

August 4th - Route 66 Summer Fest Car Show This annual event is sponsored by the Vinita Area Chamber of Commerce. It is held in Downtown Vinita beginning at 7:00 a.m. Activities include a sidewalk sale, pet parade, food concessions, kid games, and vendors. The car show at North Park begins around 2:00 pm with food, live entertainment, vendors and awards. A cruise night on Historic Route 66 in downtown Vinita is held in the evening after the car show.

4th: Wild Notions Barrel Race at the Claremore Expo Center. For more info call Cindy Woodworth at 918-636-6571.

12th: Will Rogers-Wiley Post Remembrance Fly-In. Will Rogers Birthplace Ranch, Oologah starting at 9:00 am. For more info call 918-341-0719.

15th: Wreath Laying Ceremony at Will Rogers Memorial; starts at 9:00 am. For more info call 918-341-0719.

August 21st- 25th - 71st Annual Will Rogers Memorial Rodeo As one of the premier rodeos in the Southwest, this event is sponsored by the American

Legion Post #40. Tickets are available in advance by calling Sue Ayres at 918-244-0265, 918-788-3756 or buy at the gate August 21st- 25th - 71st Annual Will Rogers Memorial Rodeo As one of the premier rodeos in the Southwest, this event is sponsored by the American Legion Post #40. Tickets are available in advance by calling Sue Ayres at 918-244-0265, 918-788-3756 or buy at the gate

August 22nd- Will Rogers Memorial Rodeo Parade The parade is hosted by the American Legion Post and the Vinita Area Chamber of Commerce. The parade begins at 11:00 a.m. from North Park through downtown Vinita. Bring the family for this wonderful event.

August 22nd- All Settlers' Day Immediately following the parade, all the gang will meet out at Cowboy Junction. Lunch can be purchased at the Chuck Wagon Restaurant. Live music and drawings for lots of prizes will start after 1PM. This get-together provides a place to cool off and enjoy old friends and be entertained. See you there.

Do you have an Upcoming or Chamber event that you would like published?

Please contact us!

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Phone: 789-2861

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Two Trouble Makers

Two Trouble Makers

A couple had two little mischievous boys, ages 8 and 10. They were always getting into trouble, and their parents knew that if any mischief occurred in their town, their sons would get the blame.

The boys' mother heard that a clergyman in town had been successful in disciplining children, so she asked if he would speak with her boys. The clergyman agreed and asked to see them individually.

So, the mother sent her 8-year-old first, in the morning, with the older boy to see the clergyman in the afternoon.

The clergyman, a huge man with a booming voice, sat the younger boy down and asked him sternly, "Where is God?"

The boy's mouth dropped open, but he made no response, sitting there with his mouth hanging open.

The clergyman repeated the question. "Where is God?"

Again, the boy made no attempt to answer.

So, the clergyman raised his voice some more and shook his finger in the boy's face and bellowed, "Where is God!?"

The boy screamed and bolted from the room. He ran directly home and dove into his closet, slamming the door behind him. When his older brother found him in the closet, he asked, "What happened?"

The younger brother, gasping for breath, replied: "We are in real BIG trouble this time! God is missing, and they

The boy screamed and bolted from the room. He ran directly home and dove into his closet, slamming the door behind him. When his older brother found him in the closet, he asked, "What happened?"

The younger brother, gasping for breath, replied: "We are in real BIG trouble this time! God is missing, and they think we did it!"



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Pryor DHS
Pryor Public Library
Pryor T Conoco
Ranch Hounds
Shady Rest Nursing Home
The Book Exchange
Yeoman's Tire & Auto

Salina

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Spavinaw

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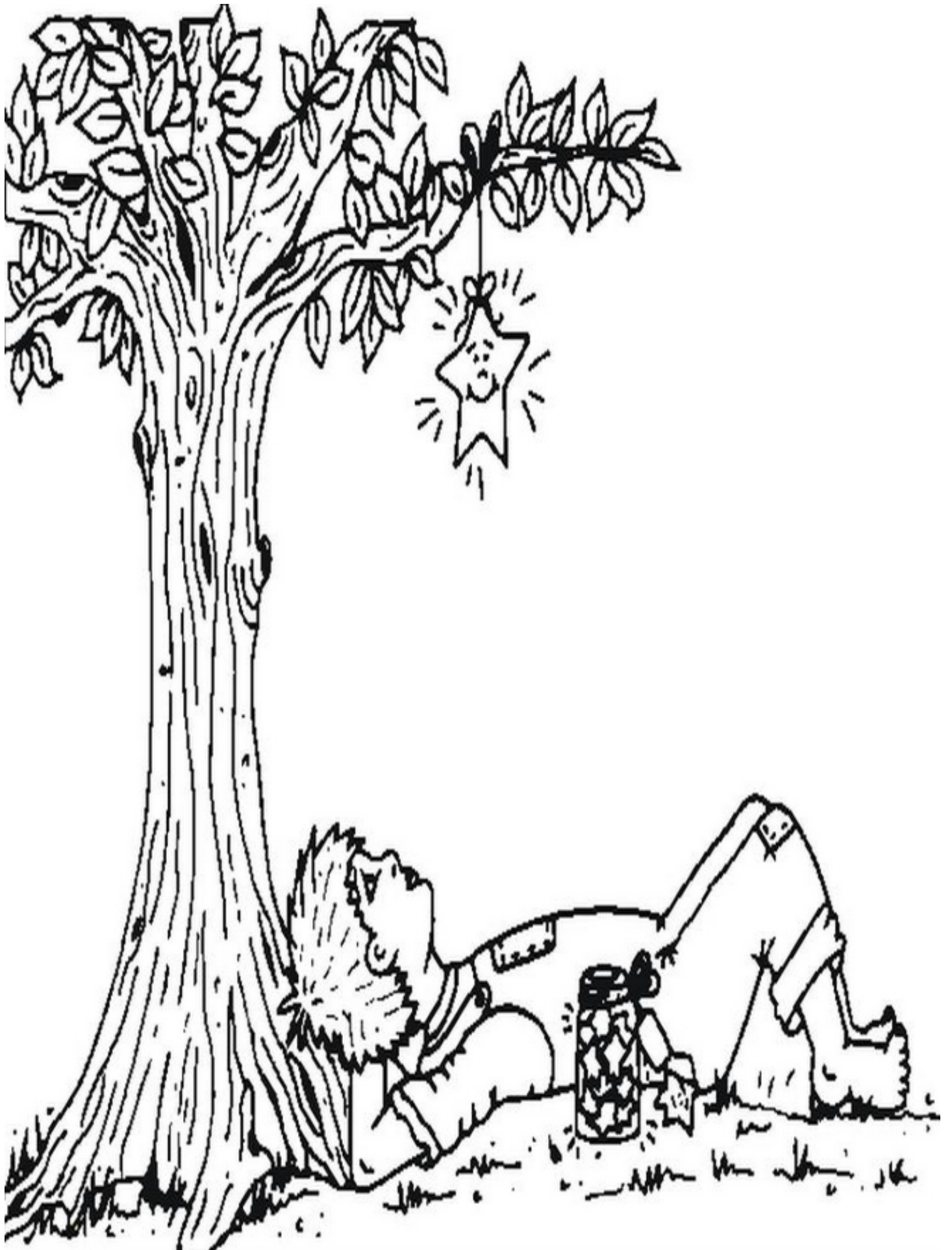
MY HUSBAND BOUGHT ME A MOOD RING THE OTHER DAY.
WHEN I'M IN A GOOD MOOD IT TURNS GREEN.
AND WHEN I'M IN A BAD MOOD,
IT LEAVES A NASTY RED MARK ON HIS FOREHEAD.

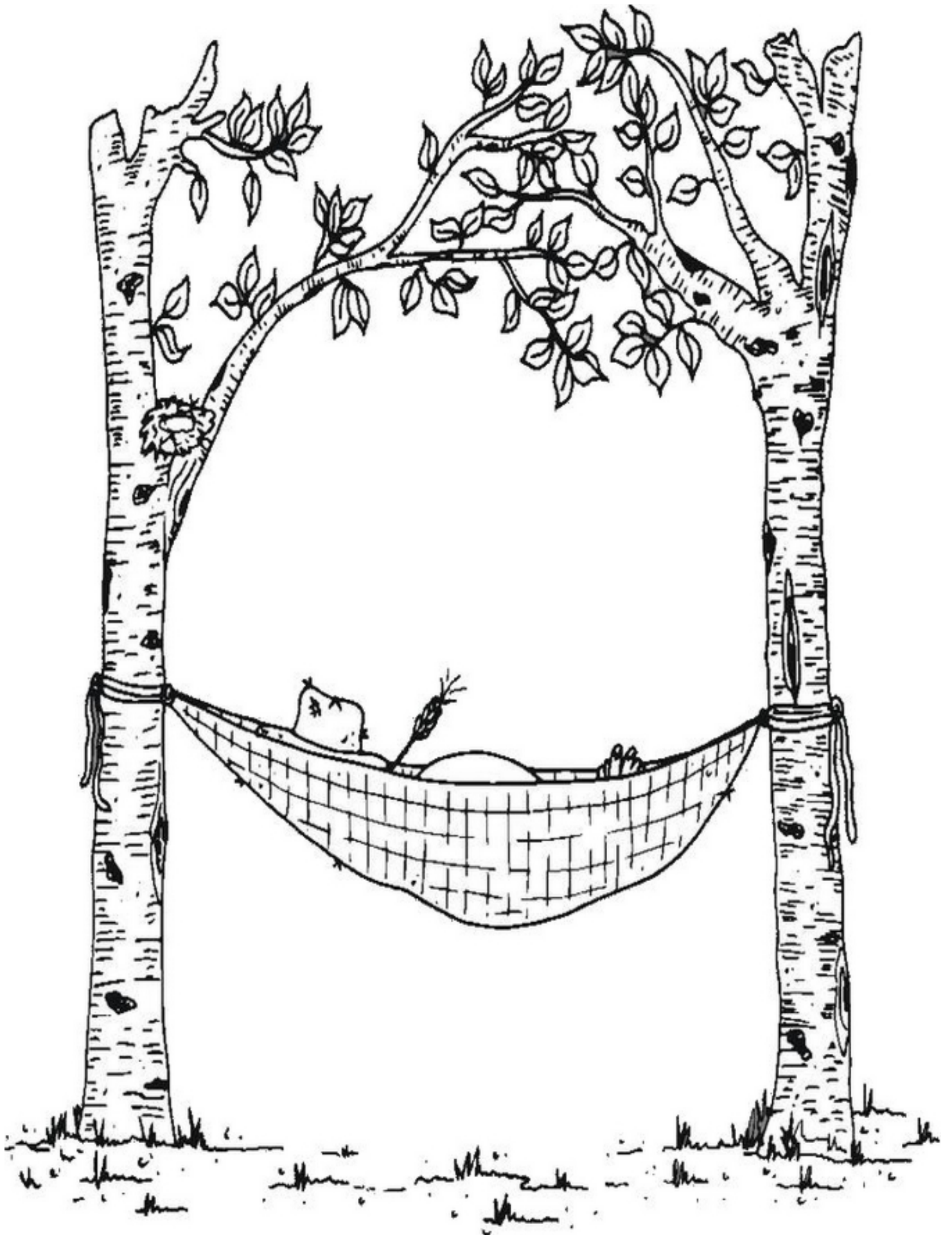
THE WATER PISTOL:

...WHEN MY THREE-YEAR-OLD SON OPENED THE BIRTHDAY
GIFT FROM HIS GRANDMOTHER, HE DISCOVERED A WATER
PISTOL.. HE SQUEALED WITH DELIGHT AND HEADED FOR
THE NEAREST SINK.
I WAS NOT SO PLEASED. I TURNED TO MOM AND SAID, "I'M
SURPRISED AT YOU, MOM. DON'T YOU REMEMBER HOW WE
USED TO DRIVE YOU UTTERLY CRAZY WITH WATER GUNS?"
MOM SMILED KNOWINGLY AND THEN REPLIED.....
"OH YES, I REMEMBER!!"

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"EVERYONE WHO THINKS THEY'RE STUPID, STAND UP!"
AFTER A FEW SECONDS, LITTLE DAVIE STOOD UP.
THE TEACHER SAID, "DO YOU THINK YOU'RE STUPID, LITTLE
DAVIE ?"
"NO, MA' AM, BUT I HATE TO SEE YOU STANDING THERE ALL
BY YOURSELF!"





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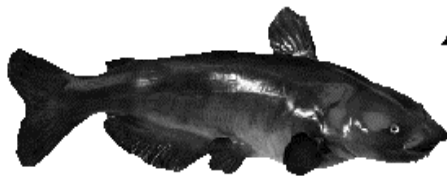
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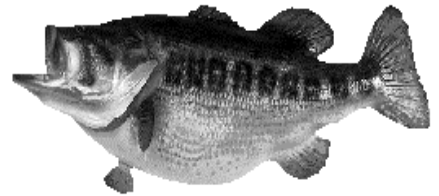
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The Lord taught His disciples to pray like this:

**Our Father--He is my personal Father,
not just my God. He belongs to me
and I belong to Him. I am my Beloved's
and He is mine. His banner over
me is love.**

**Which art in heaven----He is the Most
High God, Maker of heaven and
earth. His throne is on high, but He is still
available and ever-present
in my life here on earth**

**Hallowed be Thy Name----He is worthy of
all praise and glory and honor
and power and blessing. He is the Most
High God, Maker of heaven and
earth, He is our Saviour, Redeemer,
Friend, Constant companion.**

**Praise the Holy Name of the Lord. There
is nothing impossible with God. He
delights in providing for His children. In
His Presence, there is
fullness of joy. At His Right Hand there
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The Dream Diet: Losing Weight While You Sleep

Can more sleep really help us control our weight? Three top experts explore the possibilities.

Lose weight while you sleep. It sounds like something you'd hear on a late night infomercial -- just around the time you are reaching for that bag of cookies because, well, you can't sleep.

But as wild as the idea sounds, substantial medical evidence suggests some fascinating links between sleep and weight. Researchers say that how much you sleep and quite possibly the quality of your sleep may silently orchestrate a symphony of hormonal activity tied to your appetite.

"One of the more interesting ideas that has been smoldering and is now gaining momentum is the appreciation of the fact that sleep and sleep disruption do remarkable things to the body -- including possibly influencing our weight," says David Rapoport, MD, associate professor and director of the Sleep Medicine Program at the New York University School of Medicine in New York City.

While doctors have long known that many hormones are affected by sleep, Rapoport says it wasn't until recently that appetite entered the picture. What brought it into focus, he says, was research on the hormones leptin and ghrelin. First, doctors say that both can influence our appetite. And studies show that production of both may be influenced by how much or how little we sleep.

In fact, have you ever experienced a sleepless night followed by a day when no matter what you ate you never felt full or satisfied? If so, then you have experienced the workings of leptin and ghrelin.

How Hormones Affect Your Sleep

Leptin and ghrelin work in a kind of "checks and balances" system to control feelings of hunger and fullness, explains Michael Breus, PhD, a faculty member of the Atlanta

School of Sleep Medicine and director of The Sleep Disorders Centers of Southeastern Lung Care in Atlanta. Ghrelin, which is produced in the gastrointestinal tract, stimulates appetite, while leptin, produced in fat cells, sends a signal to the brain when you are full.

So what's the connection to sleep? "When you don't get enough sleep, it drives leptin levels down, which means you don't feel as satisfied after you eat. Lack of sleep also causes ghrelin levels to rise, which means your appetite is stimulated, so you want more food," Breus tells WebMD.

The two combined, he says, can set the stage for overeating, which in turn may lead to weight gain.

Studies:

Those Who Sleep Less Often Weigh More

How the hormones leptin and ghrelin set the stage for overeating was recently explored in two studies conducted at the University of Chicago in Illinois and at Stanford University in California.

In the Chicago study, doctors measured levels of leptin and ghrelin in 12 healthy men. They also noted their hunger and appetite levels. Soon after, the men were subjected to two days of sleep deprivation followed by two days of extended sleep. During this time doctors continued to monitor hormone levels, appetite, and activity.

The end result: When sleep was restricted, leptin levels went down and ghrelin levels went up. Not surprisingly, the men's appetite also increased proportionally. Their desire for high carbohydrate, calorie-dense foods increased by a whopping 45%.

It was in the Stanford study, however, that the more provocative meaning of the leptin-ghrelin effect came to light. In this research -- a joint project between Stanford and the University of Wisconsin -- about 1,000 volunteers reported the

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number of hours they slept each night. Doctors then measured their levels of ghrelin and leptin, as well as charted their weight.

The result: Those who slept less than eight hours a night not only had lower levels of leptin and higher levels of ghrelin, but they also had a higher level of body fat. What's more, that level of body fat seemed to correlate with their sleep patterns. Specifically, those who slept the fewest hours per night weighed the most.

Can more sleep really help us control our weight? Three top experts explore the possibilities.

Eating and Sleep Apnea: The New Connection

As a result of these and other studies, researchers began to theorize that getting more sleep just might be the answer to society's burgeoning waistline. But before you trade the cost of your gym membership for a pricey new mattress, take note: Experts also say the relationship is not as obvious as it seems.

The reason: Enter the somewhat mysterious nocturnal ailment known as "obstructive sleep apnea." People with sleep apnea may stop breathing for up to a minute, sometimes hundreds of times during the night while sleeping, says Dominic Roca, MD, director of the Connecticut Center for Sleep Medicine at Stamford Hospital.

Though the exact cause of the problem remains unknown, Roca and others believe that in most instances physical abnormalities inside the mouth and neck cause the soft tissue in the rear of the throat to collapse. This briefly closes off air passages many times during a night, causing disruption in breathing and a tendency to snore.

The end result: Although you may go to bed early and think you are getting a good night's rest, the disruption in breathing prevents you from getting deep sleep. Eight hours of disrupted shut eye can leave you feeling like you had only four.

"You wake up feeling tired and continue to feel tired all day," Roca tells WebMD.

The Link Between Sleep Apnea and Weight

So what does sleep apnea have to do with weight gain?

First, says Roca, patients who suffer from sleep apnea are more likely to be obese. However, studies show they do not have the usual low leptin levels associated with being overweight. In fact, Roca says that folks with sleep apnea have uncharacteristically high levels of leptin.

What's more, when their apnea is treated, leptin levels drop -- and somehow that helps them to lose weight.

"I've had about thirty patients who, when successfully treated for their sleep apnea were able to lose weight -- possibly because they had more energy, so they were more active and they just ate less," says Breus.

So why does low leptin seem to cause weight gain in some folks while allowing others to lose weight? One theory says that it may not be the level of this hormone that matters so much as a person's individual response to it. In much the same way that obese people can become resistant to insulin, folks with apnea may be resistant to the fullness signal that leptin sends to the brain.

"It's like the body is trying to tell them to stop eating, but their brain just isn't getting the message," says Breus.

Another theory: The overall response to leptin may be more individual than we think. Experts say our environment, dietary habits, exercise patterns, personal stress levels, and particularly our genetics may all influence the production of leptin and ghrelin, as well as our response to them.

The fact that we just don't know causes at least some experts to view *all* the research on sleep and weight with a cautious or skeptical eye.

"There is a serious challenge to the closing of the loop. That isn't to say that what we know about leptin and ghrelin is not important, or that when we finally do understand it that it won't be crystal clear -- but right now it just isn't," Rapoport tells WebMD.

Breus agrees: "I think we are likely to find that bad sleep matters but that it's likely to be bad sleep plus some other problems. I don't think we know what they are yet."



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LITTLE TENT OF HORRORS

The canvas walls of the two-man tent were closing in around me. The heavy cotton fabric of my sleeping bag wrapped around me like a boa constrictor, tightening its grip with diabolical efficiency. My heart was pounding. I was breathing hard, each anxious breath escaping my mouth and forming a doom-laden cloud in the cold mountain air. Off in the distance a coyote howled in what I was sure sounded for all the world like fiendish delight.

"I'm sorry," I muttered to Anita, who was snuggled in her sleeping bag next to mine, "I've gotta get outta here."

Anita didn't reply. I assumed she was sound asleep. Good, I thought as I pulled on my shoes, my coat and my hat and stepped out into the dark, desolate night. She won't see me cry.

OK, I wasn't actually crying. But I was preparing to freak out. And not just because I'm the world's worst camper (you can look it up – it's in Wikipedia under "Coleman Challenged"). I was also exhausted from a long day of hiking in the mountains with 250 teenagers from our church youth group. I was overwhelmed from trying to organize activities to keep them busy learning and feeling the things we wanted them to learn and feel. The temperatures were unseasonably cold, plunging below freezing as the night wore on . . . and on . . . and on.

Oh, and did I mention that I'm claustrophobic? You might just as well slide me into a casket full of spiders as ask me to sleep in a small tent and a tight sleeping bag.

So stayed in my little tent of horrors as long as I could, then I left Anita and went out to face the freezing night alone. The sky was clear and ablaze with stars. The North Star was as brilliant as I have ever seen it, and I could swear the stars of Ursa Major were winking at me. The wide-open stillness of the scene was beautiful – and a refreshing change from the smothering closeness of the tent I had just left. But it was also cold – oppressively cold – and I knew I needed to find some way to keep warm or I would be forced to dive back into the tent and risk being swallowed alive by my boa bag.

So stayed in my little tent of horrors as long as I could, then I left Anita and went out to face the freezing night alone. The sky was clear and ablaze with stars. The North Star was as brilliant as I have ever seen it, and I could swear the stars of Ursa Major were winking at me. The wide-open stillness of the scene was beautiful – and a refreshing change from the smothering closeness of the tent I had just left. But it was also cold – oppressively cold – and I knew I needed to find some

way to keep warm or I would be forced to dive back into the tent and risk being swallowed alive by my boa bag.

Shivering, I wandered around the camp and found myself standing near the fire pit. Of course I didn't have any matches or anything else with which to build a fire (that would require, you know, planning and foresight and good camping skills and stuff), but I thought I could see a few glowing embers remaining from the fire we had enjoyed earlier in the evening. I found a stick and poked at the embers, and they flickered invitingly. I laid the stick against the embers and immediately it began to smoke.

"Come on, baby, light my fire!" I muttered.

Hey, you're liable to do anything – even channel Jim Morrison – when you're cold and claustrophobic.

From within the smoke I could see a small flame burning on the tip of my stick. The flame grew as it engulfed more of the stick, and I began racing around the camp to find more wood. Within a few minutes a nice little fire was burning, which did wonders for my cold hands.

But it did even more for my shivering spirit. There's something about looking into the dancing flames of a campfire that exhilarates and calms – simultaneously. I kept the fire stoked for the rest of the night (much to the chagrin of Anita, who, it turns out, awakened and spent the biggest part of the night wondering if her wacky husband had finally lost it and was howling at the stars with the coyotes). And when the morning sun began painting the surrounding mountaintops with soft light I felt a surge of energetic elation knowing that the night was over.

And I had survived.

As we continued to trek our way around the mountains on a beautiful clear, warm day it occurred to me that there are times for all of us when life seems cold and dark and oppressive, and we find ourselves alone – shivering and fearful. If we can just find something to cling to long enough to help us make it through such times – something like the fire of faith – eventually a new day will dawn with new warmth, new energy and new light.

And we will survive.

ValueSpeak
A Weekly Column
By Joseph Walker

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Oven Fried Chicken

- 1 1/3 cups rice-corn crispy cereal, (recommended: Crispex)
- 2 1/4 cups broken bagel chips or melba toast
- 1 tablespoon canola oil
- 2 teaspoons kosher salt
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon sweet paprika
- 1/2 teaspoon freshly ground black pepper
- 1/2 cup light mayonnaise
- 1 teaspoon Dijon mustard
- 4 bone-in, skinless chicken pieces (about 6 ounces each) See

Cook's Note

Preheat the oven to 400 degrees F. Set a rack on a foil lined baking sheet. Spray the rack generously with cooking spray. Finely grind the cereal and toasts together in a food processor. Transfer crumbs to a large gallon size plastic bag. Add the oil, salt, cayenne, paprika, and ground pepper and toss to mix thoroughly. Whisk the light mayonnaise and Dijon mustard together in a medium shallow bowl. Add chicken to mayonnaise and turn to coat all the pieces evenly. Drop the chicken into the plastic bag, seal and shake until each piece is evenly coated. Place coated pieces on the prepared rack. Spray the chicken pieces evenly with cooking spray, and bake until the coating crisps and browns and an instant-read thermometer inserted in the thickest part of the pieces registers 160 degrees F, 35 to 40 minutes. Transfer to a platter and serve hot or at room temperature.

Cook's note:

We like to cook the chicken on the bone for a real moist and juicy chicken experience. If you can't find bone-in skinless chicken, simply pull off the skin before coating. Chicken breast halves can be quite large. To get a healthy 6 ounce portion, cut the breast pieces crosswise with a heavy knife into pieces about the same size as a chicken thigh.

Hashbrowns



- 2 medium Yukon gold potatoes (about 10 ounces), scrubbed
- 1 large parsnip, (about 5 ounces)
- 2 scallions (white and green), chopped
- 2 tablespoons minced flat-leaf parsley
- 1/2 teaspoon kosher salt
- Freshly ground black pepper
- 1 tablespoon extra-virgin olive oil

Grate the potatoes, with their skin into a large bowl. Peel and grate the parsnip; add to the potatoes. Toss the vegetables with the scallions, parsley and season with the salt and pepper, to taste. Heat a large (12-inch) nonstick skillet over medium heat and brush the skillet with about half the oil. Add the potato mixture and form into an even cake by pressing lightly with a spatula. Cook, shaking the pan periodically to prevent sticking, until the hash browns are crisp and brown, about 10 minutes. Remove the pan from the heat; place a flat plate over the top of the skillet. Carefully flip the pan so the potato cake goes onto the plate. Brush the skillet with the remaining olive oil and then slide the hash browns back into the skillet. Cook until browned and crisp, about 10 minutes more. Slide out of the skillet onto a heated serving plate. Cut into wedges to serve.

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Prolonged rainfall over several days can cause a river or stream to overflow and flood the surrounding area. A flash flood from a broken dam or levee or after intense rainfall of one inch (or more) per hour often catches people unprepared. Regardless, the rule for being safe is simple: head for high ground and stay away from the water. Even a shallow dept of fast-moving flood water produces more force than most people imagine. The most dangerous thing you can do is to try walking, swimming, or driving through such swift water. Still, you can take steps to prepare for these types of emergencies. The American Red Cross offers the following tips on what you can do to prepare for floods and flash floods and getting help if one occurs.

Know what to expect -

Know your area's flood risk-if unsure, call your local emergency management office, or planning and zoning department.

If it has been raining hard for several hours, or steadily raining for several days, be alert to the possibility of a flood. Listen to local radio or TV stations for flood information.

Reduce potential flood damage by -

Raising your furnace, water heater, and electric panel if they are in areas of your home that may be flooded.

Consult with a professional for further information if this and other damage reduction measures can be taken.

Floods can take several hours to days to develop -

A flood WATCH means a flood is possible in your area.

A flood WARNING means flooding is already occurring or will occur soon in your area.

Flash floods can take only a few minutes to a few hours to develop -

A flash flood WATCH means flash flooding is possible in your area.

A flash flood WARNING means a flash flood is occurring or will occur very soon.

Prepare a Family Disaster Plan -

Check to see if you have insurance that covers flooding. If not, find out how to get flood insurance.

Keep insurance policies, documents, and other valuables in a safe-deposit box.

Assemble a Disaster Supplies Kit containing -

First aid kit and essential medications.

Canned food and can opener.

At least three gallons of water per person.

Protective clothing, rainwear, and bedding or sleeping bags.

Battery-powered radio, flashlight, and extra batteries.

Special items for infant, elderly, or disabled family members.

Written instructions for how to turn off electricity, gas, and water if authorities advise you to do so. (Remember, you'll need a professional to turn natural gas service back on.)

Identify where you could go if told to evacuate. Choose several places...a friend's home in another town, a motel, or a shelter.

When a flood WATCH is issued -

Move your furniture and valuables to higher floors of your home.

Fill your car's gas tank, in case an evacuation notice is issued.

When a flood WARNING is issued -

Listen to local radio and TV stations for information and advice. If told to evacuate, do so as soon as possible.

When a flash flood WATCH is issued -

Be alert to signs of flash flooding and be ready to evacuate on a moment's notice.

When a flash flood WARNING is issued -

Or if you think it has already started, evacuate immediately. You may have only seconds to escape. Act quickly!

Move to higher ground away from rivers, streams, creeks, and storm drains. Do not drive around barricades...they are there for your safety.

If your car stalls in rapidly rising waters, abandon it immediately and climb to higher ground.

Getting help if a flood or flash flood occurs -

The American Red Cross can help you by providing you with a client assistance card to purchase new clothing, groceries, essential medications, bedding, essential furnishings, and other items to meet emergency needs. Listen to local radio or TV stations to find out where to go for this assistance, or call the American Red Cross.

The American Red Cross can provide you with a cleanup kit: mop, broom, bucket, and cleaning supplies.



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Get a copy of "After a Flood, The First Steps" from the American Red Cross.

Contact your insurance agent to discuss claims.

Listen to your local radio or TV stations for information on assistance that may be provided by the state or federal government and other organizations.

If you hire cleanup or repair contractors, be sure they are qualified to do the job. Be wary of people who drive through neighborhoods offering help in cleaning up or repairing your home. Check references.

Remember, whether it be a flood, flash flood, tornado, fire, or other emergency that may happen in your community, you can count on the American Red Cross to be there to help you and your family. Your American Red Cross is not a government agency and depends on contributions of your time, money, and blood.

If you need assistance, would like a copy of "After a Flood, The First Steps", or to make a contribution, please call the Rogers/Mayes County Service Center of the American Red Cross at (918) 343-1803.

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It was that time, during the Sunday morning service, for the children's sermon. All the children were invited to come forward. One little girl was wearing a particularly pretty dress and, as she sat down, the pastor leaned over and said, "That is a very pretty dress. Is it your Easter Dress?" The little girl replied, directly into the pastor's clip-on microphone, "Yes, and my Mom says it's a b*tch to iron."

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that man cannot, by his own will believe in Christ. We confess with Martin Luther in his explanation of the third article of the Apostle's creed that we "cannot by our own reason or strength believe in Jesus Christ, our Lord or come to Him." We ascribe conversion solely to the divine working and the Holy Ghost.

that the Holy Ghost works in this manner, conversion by which men are brought to faith in Christ, is ascribed to God and in particular, to the Holy Ghost. It is God our Father that draws us to Christ (John 6:44); it is God who must turn us if we are to be turned (Jer. 31:18); they who believe are born, not by the will of man, but of God (John 1:12-13) and their faith is due to the operation of God (Col. 2:12). It is only by the Holy Ghost that men can believe and call Jesus their Lord. Saint Paul writes: "Therefore I tell you that no one who is speaking by the Spirit of God says, 'Jesus be cursed,' and no one can say, 'Jesus is Lord,' except by the Holy Spirit." (1 Cor. 12:3). The Apostle Paul says, "But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God." (1 Cor 6:11)

that conversion is a work of divine Grace. We believe that it was grace that moved God to redeem many by the death of His Son, and it is grace and in no way the merit of man, that moves God to convert man and impart to him the blessing of Christ's redemption. If any man is converted, it is not because he is more worthy than others or because he has contributed something toward his conversion which others have not done, but it is entirely and solely a work of divine grace.

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Email: stpauluthch@aol.com

Mount Olive Lutheran Church
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Worship 10:30 a.m. (918) 542-4681
Email: www.mtolive@cableone.net Website:
www.mtolivemiamiok.memberconnect.net
School: www.mtoliveschool@yahoo.com

Immanuel Lutheran Church
107 Broadway
Grove, OK.

Sunday School and Bible Class 9:30 a.m.
Worship 8:30 a.m. (918) 220-0436
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St. John Lutheran Church
607 SE 9th Street
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Redeemer Lutheran Church
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Irish Film Crew

CLAREMORE (OK) < An Irish television travel series crew filming a Route 66 documentary received the same royal welcome in Claremore that Will Rogers received when he visited Ireland nine years before his death.

Will, as an ³unofficial Ambassador² of the United States, accompanied by a producer and cameraman swept through Europe for Pathe Ind., Inc., an independent film group filming travels through parts of Paris, hiking through Holland, roaming the Emerald Isle, through Switzerland and Bavaria, London, Berlin, the River Rhine and in Dublin.

A cameraman, producer and Daithi Ose, the Will Rogers of that group, came from Ireland to film a travel series for Irish Television TG4 of Route 66. They started in Chicago on June 8, working their way to Santa Monica.

They spent the better part of an evening and the next day in Claremore, staying the night at Will Rogers Motor Inn visiting with Steve Gragert, Will Rogers Museum director, and Andy Hogan, the Museum's storyteller, and a stop at the J.M. Davis Arms and Historical Museum.

³It wouldn't be a trip down the Will Rogers Highway (Rt. 66 was dubbed the Will Rogers Highway at one time) without a stop in Claremore,² Ose said. ³We left Chicago June 8 and are working out way to California.

³It (the Will Rogers Museum) was one of the best, if not the best, on our trip ⁵friendliness, atmosphere and informative. The staff, Steve and Andy, everyone was wonderful.

Andy Hogan, retired Claremore educator and the Museum storyteller and ³tour guide² accompanied the crew through the Museum and grounds. Ste-

ve Gragert, Museum director, shared Will Rogers history.

If time allows, the travel series will end with a visit to Will Rogers State Park and the Will Rogers Ranch in Santa Monica, Calif., where will was living at the time of his death Aug. 15, 1935.

The Irish crew was excited to learn of Will's visit to Dublin in 1926 and received a copy of the travel film converted to CDROM.

Pat Reeder

Will Rogers Memorial Museums
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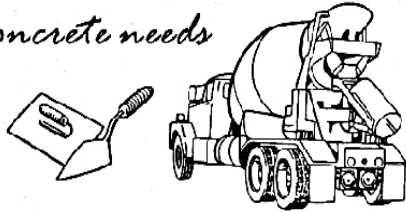
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Maybe

Maybe God wanted us to meet the wrong people before meeting the right one so that when we finally meet the right person, we will know how to be grateful for that gift.

Maybe when the door of happiness closes, another opens, but often times we look so long at the closed door that we don't see the one that has been opened for us.

Maybe the best kind of friend is the kind you can sit on a porch and swing with, never say a word, and then walk away feeling like it was the best conversation you've ever had.

Giving someone all your love is never an assurance that they will love you back. Don't expect love in return; just wait for it to grow in their heart; but if it does not, be content it grew in yours.

It takes only a minute to get a crush on someone, an hour to like someone, and a day to love someone, but it takes a lifetime to forget someone.

Don't go for looks; they can deceive. Don't go for wealth; even that fades away. Go for someone who makes you smile because it takes only a smile to make a dark day seem bright. Find the one that makes your heart smile.

Dream what you want to dream; go where you want to go; be what you want to be, because you have only one life and one chance to do all the things you want to do.

May you have enough happiness to make you sweet, enough trials to make you strong, enough sorrow to keep you human, enough hope to make you happy.

Always put yourself in others' shoes. If you feel that it hurts you, it probably hurts the other person, too.

The happiest of people don't necessarily have the best of everything; they just make the most of everything that comes along their way.

Happiness lies for those who cry, those who hurt, those who have searched, and those who have tried, for only they can appreciate the importance of people who have touched their lives.

Love begins with a smile, grows with a kiss and ends with a tear.

The brightest future will always be based on a forgotten past, you can't go on well in life until you let go of your past failures and heartaches.

When you were born, you were crying and everyone around you was smiling.

Live your life so that when you die, you are the one who is smiling and everyone around you is crying.

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the Arabs get the oil,
and we have to cut off the ends of our what?"**

ROD



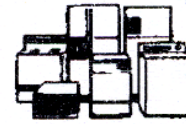
"Personally, I wish the whole world were Jewish."

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SPEAKING OF LIFE

For some reason that is completely beyond me, representatives from a local business college have asked me to be their commencement speaker. I'm assuming President Bush was busy. And Vice President Cheney. And Paris Hilton. And . . . just about everyone else.

Except me.

So because I have no life I get to stand in front of 150 graduates and their friends and families and tell them . . . what? I don't have any unique political insights to offer. I can't give them any tips about finding success in the business world. I'm not a philosopher or a comedian or a poet. Heck, I'm not even a college graduate, so the way I see it, they've already accomplished something that I didn't accomplish – so why should they bother to listen to me?

As far as I can see, the only thing I've done that they haven't done is aged. A lot. I've lived two or three decades longer than most of the graduates. Maybe there are a few things that I've learned through the years that will be worth 15 minutes of their time on graduation evening.

For example, I've learned that "fair" only exists for prize hogs and Disney princesses. For the rest of us "fair" is, at best, a theoretical concept. It would be nice to think that fairness and equity dictate that we will at least receive equal portions of good stuff and bad stuff – eventually. But it doesn't work that way with referees in the NBA playoffs, and it doesn't work that way in life. While all of us are going to experience difficulty now and then, some of us are going to have more than our share of disaster and disappointment. That's just that way it is.

Thankfully, life isn't a sprint – it's a steeplechase. It isn't about racing unimpeded from beginning to end. It's about facing obstacles and overcoming them. Sometimes we clear the hurdle cleanly and efficiently. Sometimes we stumble and fall face first in the water. The key to success in the steeplechase – and in life – is not in never falling, but in getting up quickly and getting back in the race.

What happens to you isn't as important as how you choose to respond to what happens to you. That will make all the difference.

Another thing I've learned through the years is that karma is real. What goes around comes around. You reap what you sow. Just ask Tony Soprano.

At its heart, life is a series of choices. Am I going to get up on time? Am I going to shower this morning? Am I going to have Cocoa Krispies for breakfast? Am I going to break the speed limit on the way to work? Am I going to pull over to help that stranded motorist? You make choices, and you accept the consequences of those choices. Sometimes the consequences are immediate and natural: anxiety, indigestion, a speeding ticket. Sometimes they are more ethereal, like how good things seem to happen to you after you've done something good for somebody else. At the very least, you feel good about yourself and the world in which you live.

And that's good karma to have working for you – especially if life isn't fair (see above).

Of course, there are other things I've learned through the years – mostly "don'ts": don't double dip your chip at a party, don't hurry when shaving with a new blade, don't forget to change your oil, don't invade a Middle Eastern country without having an exit strategy firmly in place. But I don't plan to spend much time on those during my commencement address. Instead I'll wrap up with the biggest "do" of all: do be meticulously honest. Right from the start. Don't tell that first little lie. Don't steal that first ream of paper. Don't fib one half-hour on your time sheet. If you don't do it the first time, there won't be a next time. Or a next. Or that final stupid dishonesty that will ruin your life and your reputation forever.

Even if that means that you don't have an excuse – real or fabricated – when someone asks you to give a speech.

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INVENTIONS

Charles Goodyear and the first Rubber Tire

You could say that Charles Goodyear invented the rubber check. The slightly, sickly man had a knack for invention Surpassed only by a talent for financial disaster. He learned how to transform a malodorous gum from South American trees into vulcanized rubber—a material for waterproofing raincoats. Insulating electric wires, and making everything from washers for kitchen sinks to mile-long conveyor belts for industry. But even his success in 1839 didn't end years of frustration and racking poverty.

Typically, Goodyear had begun his experiments in debtors' prison, where he was such a frequent guest that he referred to it as his "hotel." In the kitchen of a small cottage on the prison grounds, he blended raw rubber with anything he could get his hands on: ink, witch hazel, cream cheese, soup, castor oil. By testing everything in the world, he was bound to find the right material sooner or later. His obsession was to solve the sticky problems that gum elastic caused manufacturers. Angry customers were returning rubber goods that, in summer's heat, melted into foul-smelling, gooey masses and, in winter, grew as hard as planks and often cracked.

Born a Connecticut Yankee in 1800, Goodyear had entered his father's farm implement business and later moved to Philadelphia, where he opened America's first retail hardware store. It soon went bankrupt. Then he decided to become an inventor, obtaining patents on a number of tools.

Gum elastic had captured Goodyear's interest during boyhood, when he had found a rubber bottle and marveled at its "wonderful and mysterious properties." As a young inventor, he visited New York and tried to interest the Roxbury India Rubber Company store in his design for an improved life preserver valve. The manager glumly told him that what the company really needed was improved rubber.

Goodyear saw his life's challenge: God had chosen him to improve rubber as a gift to the world. It did not faze the he had absolutely no background in chemistry, nor any funding for his work.

After several years of experimenting and those stints in debtors' prison—Goodyear found that nitric acid seemed to invest the raw material of its adhesiveness and enable it to resist

heat. This success finally attracted a backer. Goodyear's rubber factory failed, however, when a financial panic hit in 1837. The unlucky inventor camped his wife and children at the derelict factory on Staten Island and fished for their food in the harbor.

Finally, Goodyear obtained a contract with the U.S. Post Office for 150 rubber mailbags, to be treated with nitric acid and sulfur. He confidently stored the bags in a warm room while he and his family were away. When he returned, the bags lay decomposing in a mass on the floor. Apparently the process cured only the surface of the rubber. His work had yielded nothing but more heartache and poverty.

Then came the breakthrough.

While doing experiments in 1839 at a Massachusetts rubber factory, Goodyear accidentally dropped a lamp of rubber mixed with sulfur on a hot stove. To his shock the lump didn't melt, but charred like leather. When he nailed it outside in the cold, it remained flexible. He had discovered vulcanization, the process that was to make rubber a commercial success.

By now exhausted and ill, Goodyear sought financial backing to perfect the process. But he had prematurely trumpeted his "successes" once too often, and no one was interested. Fearful that he would die before he could convince the world, he pawned the family dishes and sold his children's schoolbooks to keep his research going. His family once again stood by him.

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Thursday - 12:15 p.m.

Blood Pressure Test, Free - 4th
Wednesday, 9:30-11:30 a.m.

Birthday Party (monthly) - 4th
Friday, 11:30 a.m.

Viet Nam Vets Wives Meeting -
2nd and 4th Tuesday, 7:00 p.m.

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Group - 3rd Thursday, 10:00 a.m.

Viet Nam Vets Support Group -
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Fibromyalgia Chronic Pain Syn-
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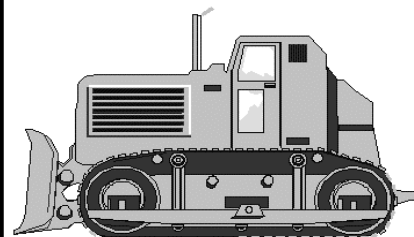
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JEWELS FROM THE WORD

GRAND-MOTHER'S FEATHER BED

Grandmother had a feather bed on top of her mattress. When I lay my body down at night, the feather bed enveloped me with sheer luxury, conforming to my every shape. Grandmother and I would lie there in peace, sweet peace, softly talking until I drifted off to sleep.

"Grandmother, I have a new mole on my leg."

Up she jumped, dragging me out of bed, and sure enough, there was a tick on my leg. Granddad and Grandmother got the tick off, doctored me, and back to bed we went. I was so soothed to know that they could handle any situation that came up, just about as well as my mama.

Another time, I got a splinter in my foot, so we soaked it in Epson salts water for a while until we could pull it out with tweezers.

Grandmother pattered around in her little kitchen and served dinner (that is lunch to you) on her 1950s chrome dinette set. The windows all around were filled with potted plants growing up over the curtain rods. Outside those windows were roses and flowering bushes of every kind.

Behind the studio couch in the "front" room was her piano and she kept her guitar there too. If I was good, she let me play the guitar, sitting in the middle of the couch so I wouldn't bang the guitar on the furniture. And since I took piano lessons, she let me play the piano carefully. No banging on the piano. And Granddad stood looking over my shoulder correcting my mistakes.

as a teenager, there wasn't much to interest me at Grandmother's, so the overnight visits stopped. It was almost drudgery to visit her home.

Most children lose the desire to spend the night with grandma by the time they become a pre-teen. It is understandable, but a little sad. However the memories that are made during those overnights at Grandma's house will stay with them forever.

Grandmother Hightower lived to be 86 years old, great-grandmother to 14 children. Till the day she died, her windows were filled with plants and her little bed was piled high with a feather bed.

Lavon Hightower Lewis

Email me at

llewis2138@sbcglobal.net

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