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VOLUME 8, ISSUE 3

"The Little Green Paper"

July 20th, 2007

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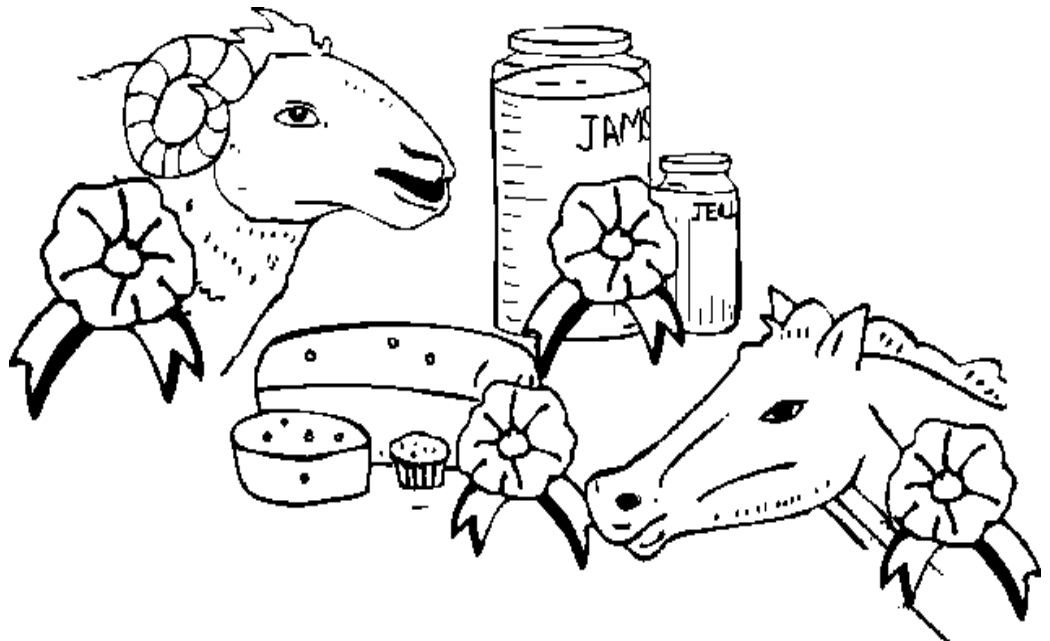
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CRAIG COUNTY FAIR



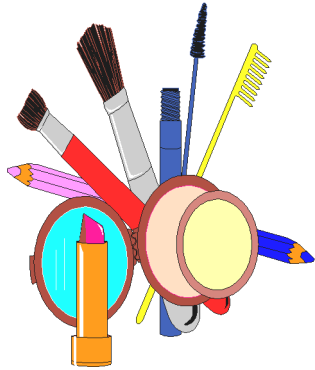
The Craig County Fair is scheduled to officially open on Tuesday, July 31st with the 4-H/FFA Horse show at 5:00 pm. Swine will also weigh in on Tuesday evening, but all other livestock will enter on Wednesday.

Other exhibits, with the exception of baked goods and flowers, will be entered on Monday, July 30th and judged on Tuesday, July 31st. This gives the fair officials an opportunity to arrange the displays before the doors are open to the public.

Baked goods and flowers will be entered on Wednesday morning and judged that afternoon in order to remain as fresh as possible throughout the fair.

The hog show is scheduled for Wednesday morning beginning at 9:00am. The sheep and goat shows will be on Thursday morning and the beef show on Friday morning. Poultry will be judged on Thursday morning and rabbits on Friday morning.

More Inside



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Other activities include an ice cream contest on Wednesday evening, a Pedal Tractor pull following the beef show, a Tots & Teens Pageant Friday evening. Saturday morning there will be an open class 3-D archery shoot, a 4-H/FFA trap shooting, and a dog show. Saturday afternoon we have scheduled a chili cook-off and the bucket animal show. The Vinita Ag boosters will be sponsoring a round robin showmanship contest which will be followed by the Livestock Premium Sale.

Our evening events will begin with a Ranch Rodeo on Wednesday beginning at 7:00pm with the introduction of the teams. On Thursday evening Pake McEntire will be appearing in concert in the arena at 8:00pm. Friday and Saturday evening the National Jr. Bull Riders will be competing.

THE PAKE McENTIRE SHOW

Popular country music singer and fiddle player, Pake McEntire, will be performing at the Craig County Fair on Thursday August 2nd at 8:00 o'clock.

When Pake was just big enough to drag a rope around, he began singing while traveling in the car to rodeos with his dad, Clark. To keep Pake and his sisters, Alice, Reba and Susie, from fussing and fighting while traveling the rodeo circuit, their mother, Jac, taught them to sing three and four part harmony in the back seat of their car. Singing, just like roping, came natural to Pake.

Pake, Reba, and Susie became "The Singing McEntires" in the 1970's with their first living room hit single "The Ballad of John McEntire" - a song about their Grandpap.

Pake is a former RCA recording artist who has toured the United States and parts of Canada since the early 1980's, landing three top twenty hits on the Billboard's Country Charts. Pake has performed with entertainers such as Garth Brooks, George Strait, reba McEntire, Vince Gill, The Judds, Alabama, Ronnie Milsap and many more. He has made numerous television appearances on Hee Haw, Nashville Now and A&E Biography.

Pake currently performs throughout the Midwest at rodeos, fair, dances, stage shows, and festivals of all kinds. Pake has a great easy listening and enjoyable country music show which features his talented singing and fiddle playing. His show has a wide variety of country music all the way from Bob Willis to current singers such as Rascal Flats. Pake's throwing in a few stories about his sisters, Reba McEntire and Susie McEntire Luchsinger, always excites the crowd.

We welcome you to come and join us at the Craig County Fair for "The Pake McEntire Show" - A true country show you'll not want to miss.

LINKS

HOMETOWN
OKLAHOMA!"

"Special Edition Series.

The series, monthly editions, features a different small town in Northeast Oklahoma. Each issue has a brief history and interesting facts about that town. We will visit city officials, business owners, schools and citizens of the community.

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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Pake McEntire

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The Pake McEntire Show

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YMCA ,The Playmakers, and Java Dave's Team Up for Upcoming Production

Want to attend a performance of The Playmakers' "All I Really Need to Know I Learned in Kindergarten" but don't have a baby-sitter? The Playmakers and the Grand Lake Family YMCA are offering a special 'parents' night out' service for the three Friday night performances July 13, 20, & 27. 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. 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 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 opening date, The Playmakers think you will be lucky if you get in on this refreshing evening of musical theatrical & storytelling, based on Fulghum's best selling credos for adults.

Opening Night, Friday, July 13, will be a fun affair, with a live broadcast from Java Dave's of the *Integrus Grove's Grand Lake Live* radio program. This program kicks off at 5:00 on KITO, 96.1. Java Dave's will offer a 15%-off-special on meals & drinks during the two

hour show, which will spotlight The Playmakers and the 2nd Saturday at Six downtown merchant participants.

Performances of "Kindergarten" 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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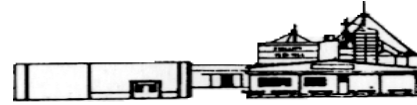
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SWEET MEMORIES OF THE BICENTENNIAL

by Michael Segal

Excitement was in the air.

The year was 1976 and our country was celebrating its Bicentennial -- our nation was 200 years old. There was so much enthusiasm everywhere. Almost every day there was a parade and the skies were always lit up at night with fireworks. The country was so proud -- proud to be Americans.

However, I was not thinking about the Star Spangled Banner that year. I was turning 15 years old in April, and that meant only one thing to me -- I COULD DRIVE A CAR!

I would be eligible for a restricted Driver's License. This meant that as long as there was a parent with me in the front seat, I would be permitted to drive. True, having a parent would "cramp my style," but I could not ignore the fact that I was permitted to sit behind the wheel of the car and drive. This meant INDEPENDENCE! Yes, I could envision it already -- my car and me, how wonderful that would be!

I was very nervous going to the Department of Public Safety on my birthday. It was such a long line. I could feel my heart racing as I inched my way up the long line. Finally, it was my turn. A sergeant on the other side of the counter grabbed my paperwork in a hurry, then said, "Turn to your side" as he took my picture. I stood there anticipating something, anything, but the sergeant merely shouted, "Next!"

As I walked away, I heard the woman at the next counter state, "This is your temporary restricted license. You may expect your permanent license in five to

six weeks."

That was it! I had my license. As I was dreaming of all the things that I could now do, I was awakened from my trance by my mother's voice, "Congratulations, I am so proud of you, but remember, always drive safely. Never forget that."

Yes, having my mother with me at my side would definitely be a minor drag, but still, I COULD DRIVE!

One day, while behind the wheel of my mother's blue Olds Station Wagon, with my mother at my side in the passenger seat, she kept repeating to me, "Whatever you do, don't pass a policeman!" She repeated that phrase so many times.

Days later, I noticed a police car turn onto the street that I was driving, approximately 10 yards in front of my car. My mother shouted loudly, "Mike, slow down. Don't pass that police car!"

So, I slowed down from 35 to 30 mph. The police car, surprisingly, slowed down to 28, and my mother again repeated her admonition.

Therefore, I slowed down to 26 mph. The police car slowed to 25, and I again heard my mother cry out, "Whatever you do, don't pass the police car."

I could picture the next day's copy of the local newspaper with the headline reading, "Segal Is Beat Out In Race By Police Car And A Turtle." So, I hit the gas all the way up to 35, passing the police car. My mother cried out in desperation, "Why did you do that? I told you never to pass a police car!"

Just then the lights from the cruiser began to flash and the siren began to

wail.

I could see his lights in my rearview mirror and there was no mistaking that the sound came from his car. I pulled the Oldsmobile over to the side of the road where the police car followed me.

As the policeman was approaching us I could hear my mother nag, "I told you so many times, never pass a police car. Now you've done it."

The policeman approached my window and said, "Sir, may I see your license?"

I gave the policeman my temporary license and he studied it for what seemed forever. My mother tried to explain to the officer... however, before she could complete her first sentence of the excuse, the policeman cut my mother off short and asked me, "Why were you driving so slowly?"

I did not say a word. I just pointed my left index finger in the direction of my mother.

The officer quickly said, "Ma'am, your son is driving just fine without your help."

Over 25 years later, I look back at that incident as being the only time in my life that I was ever pulled over. I have such fond memories of that year.

We were celebrating the independence of the United States of America from England. However, I was celebrating my "independence" -- being able to begin driving a car. I, at that time, wondered which was more important.

A few years after my 15th birthday, I matured and realized which one was truly more important.

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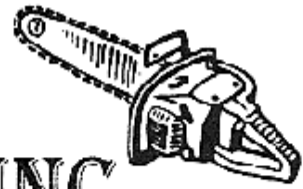
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To get a bodacious booty, you need to follow the rules of a calorie-reduced diet to lose body fat, cardiovascular exercise to burn calories, and strength training for the entire body to stimulate the metabolism and tighten your muscles.

Your glutes won't get tight and small unless your overall body fat is reduced. Let's be honest here -- you can do all the butt movements on the planet for hours a day, but it won't make one bit of difference unless you lose body fat. That fact is non-negotiable.

There are only three exercises involved in my program, and you will be performing three super sets -- all three exercises in a row without rest. After a 90-second rest, repeat two additional times (with the same 90-second rest between sets).

Squats: The barbell squat is one of the best lower body exercises on earth. It works just about the entire lower body. However, leg positioning can assist in better isolating the glutes. If you position your feet about one to two inches past shoulder width and squat to a parallel position, you'll really feel those glutes being worked.

However, you have to go to the parallel position for maximum effectiveness. Don't let ego guide you on this exercise. Reduce the weight poundage if necessary

and focus on perfect form. Perform a set of 15 repetitions to momentary muscular failure. After the set is completed, immediately go to the next exercise without a break.

Walking Lunges: Stand with your feet hip width apart, grasp a pair of dumbbells with your arms straight at your sides, palms in. Take a large step forward, and lower your body so that your front knee lines up with your ankle. The back knee is almost touching the floor. Push off with your back foot and take a large step forward with your other foot.

Walk lunge 15-20 steps, and then turn around and return to the start using the same form. You should contract your glutes on the lowering of each movement. After the set is completed, immediately go to the next exercise without a break.

Angled Leg Press (also called inverted leg press): Place your feet two inches higher than you normally do on the leg press machine in order to place more overload on the gluteus and hamstrings. Your feet can be positioned at shoulder width or just little wider. Make sure you lower the weight just a tad below 90 degrees, but no more. We can't forget that we need to protect those knees.

Perform a set of 15 repetitions. Make sure your legs are high enough on the platform so you can really feel your glutes on the lowering part of the movement. By the end you'll have performed nine total sets in minimal time and your

glutes and legs will be burning -- but you'll love it.

PLEASE NOTE: This routine isn't for everyone because it's advanced. If you're not an advanced exerciser, follow these guidelines: Perform one set of each exercise on alternate days of the week for two weeks. In week three, add a set. Add a third set in week six, but do not attempt the super set. You'll need three to six months of experience before you can begin the super set routine. However, it is something to strive for.

Check with your doctor before starting this or any exercise program.

A drug-free competitive bodybuilder and 2005 winner of the prestigious WNBFF (World Natural Bodybuilding Federation) Pro Card, Raphael Calzadilla is a veteran of the health-and-fitness industry. He specializes in a holistic approach to body transformation, nutrition programs and personal training. He earned his B.A. in communications from Southern Connecticut State University and is certified as a personal trainer with ACE and APEX. In addition, he successfully completed the RTS1 program based on biomechanics.

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Q: I've heard that cardiovascular exercise can prolong life; is this true?

A: Your heart is only good for so many beats, and that's it... Don't waste them on exercise. Everything wears out eventually. Speeding up your heart will not make you live longer; that's like saying you can extend the life of your car by driving it faster. Want to live longer? Take a nap.

Q: Should I cut down on meat and eat more fruits and vegetables?

A: You must grasp logistical efficiencies. What does a cow eat? Hay and corn. And what are these? Vegetables. So a steak is nothing more than an efficient mechanism of delivering vegetables to your system. Need grain? Eat chicken. Beef is also a good source of field grass (green leafy vegetable). And a pork chop can give you 100% of your recommended daily allowance of vegetable products

Q: Should I reduce my alcohol intake?

A: No, not at all. Wine is made from fruit. Brandy is distilled wine, that means they take the water out of the fruity bit so you get even more of the goodness that way. Beer is also made out of grain. Bottoms up!

Q: How can I calculate my body/fat ratio?

A: Well, if you have a body and you have fat, your ratio is one to one. If you have two bodies, your ratio is two to one, etc.

Q: What are some of the advantages of participating in a regular exercise program?

A: Can't think of a single one, sorry. My philosophy is: No Pain...Good!

Q: Aren't fried foods bad for you?

A: You're not listening.... Foods are fried these days in vegetable oil. In fact, they're permeated in it. How could getting more vegetables be bad for you?

Q: Will sit-ups help prevent me from getting a little soft around the middle?

A: Definitely not! When you exercise a muscle, it gets bigger. You should only be doing sit-ups if you want a bigger stomach.

Q: Is chocolate bad for me?

A: Are you crazy? HELLO Cocoa beans! Another vegetable. It's the best feel-good food around!!

Q: Is swimming good for your figure?

A: If swimming is good for your figure, explain whales to me.

More in the next issue

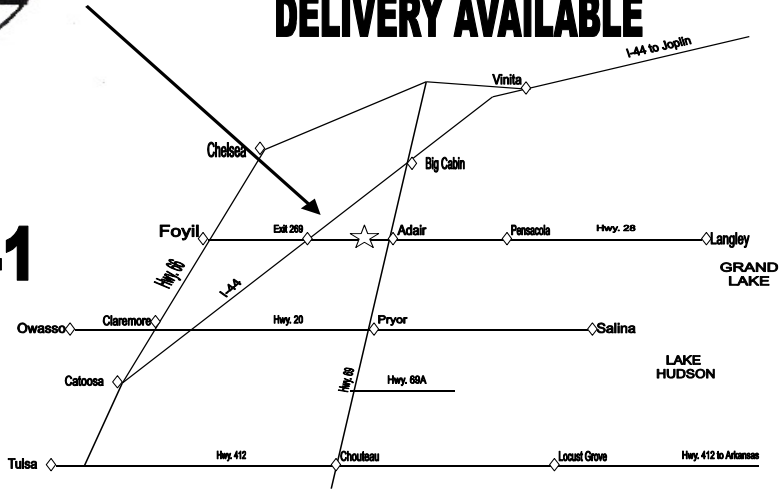


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Senior Companion Volunteer of the Month.



12 years of helping others has kept Lorene Brown very busy. That's how long she has been a Senior Companion Volunteer and plans to keep working! She is also a volunteer at Craig General Hospital. Lorene says she enjoys older people and believes they should be able to stay in their homes as long as possible. Lorene was raised in Vinita and retired from TRW. Thank you Lorene Brown, Senior Companion Volunteer of the Month.

The Senior Companion Program supports person's over 60 in remaining safe and independent in their homes. Senior Companion Volunteers help with transportation , respite and other supportive activities free of charge. Volunteers are paid travel reimbursement and a hourly stipend by the program. . Volunteer opportunities are currently available and we are recruiting now for our next training sessions. Please call the Senior Companion Volunteer Program 918-256-7531 X114



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Rogers County Senior Companion of the Month



Mary Butrovich is the Rogers County Senior Companion of the Month. Mary was raised in Inola, moved away for 25 years and now is back serving her neighbors in Claremore. Mary cared for her father and saw first hand how having a companion made a huge difference.

Mary volunteers to repay the kindness and generosity shown to her family. Mary has a very positive attitude and makes the best of every situation. Thank you Mary for being a Senior Companion Volunteer.

The Senior Companion Program supports person's over 60 in remaining safe and independent in their homes. Senior Companion Volunteers help with transportation, respite and other supportive activities free of charge. Volunteers are paid travel reimbursement and a hourly stipend by the program. Volunteer opportunities are currently available and we are recruiting now for our next training sessions. Please call the Senior Companion Volunteer Program 918-341-3166

Ottawa County Senior Companion of the Month

Jean Shamblin has been named as the Ottawa



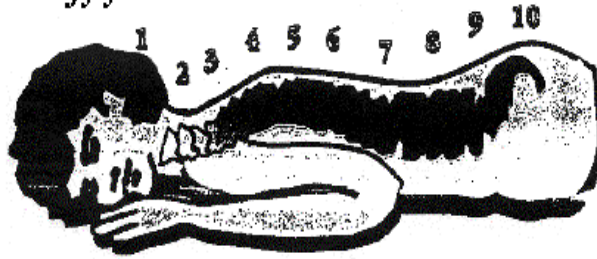
County Senior Companion of the Month. Jean has been a volunteer for 3 years. She says "I enjoy being a Senior Companion. It gives me a chance to help people that really need it. I enjoy doing things for others." Jean lives in Commerce and is a member of the S.E. Baptist Church. Jean has a bright cheery outlook on life that she shares with others. Thank you Jean for being a great friend.

The Senior Companion Program supports person's over 60 in remaining safe and independent in their homes. Senior Companion Volunteers help with transportation, respite and other supportive activities free of charge. Volunteers are paid travel reimbursement and a hourly stipend by the program. Volunteer opportunities are currently available and we are recruiting now for our next training sessions. Please call the Senior Companion Volunteer Program 540-2481

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To Cheer You Up



Two little old ladies were attending a rather long church service. One leaned over and whispered, "My butt is going to sleep." "I know," replied her companion, "I heard it snore three times."



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Cherokee Nation Offering Tetanus Shots to Flood Victims; Providing Assistance to Local Officials



The Cherokee Nation will be providing tetanus shots to victims of the recent flooding in South Coffeyville. The tribe will also have family assistance advocates stationed in the area as well as in Miami.

As part of an ongoing community partnership, the Cherokee Nation is stepping in to assist victims of the recent floods in northern Oklahoma. On Friday, July 6, Cherokee Nation officials will be on hand at the Cherokee Nation Community Building to offer free tetanus shots to residents living in the community. In addition, family advocates for the tribe will be on hand in South Coffeyville and in Miami to help Cherokee citizens apply for assistance and possible home repair.

“The Cherokee Nation continues to be ready to assist our citizens and our neighbors living in these areas,” said Chad Smith, Cherokee Nation Principal Chief.

“We are in constant contact with local officials and are glad we are able to work together to help those affected by this natural disaster.”

Cherokee Nation health officials will be providing the shots to residents in the area beginning at 9:30 a.m. at the Cherokee Community Building, located on Oklahoma Street in South Coffeyville. Family advocates from the tribe’s Human Services division will also be on hand to assist Cherokee citizens with basic needs, and representatives from the tribe’s Housing Rehabilitation Program will be available -to assist potential applicants in need of home repair assistance. Cherokee Nation Family Advocates and

Housing Rehabilitation officials will also be stationed at the conference room of the Peroria Tribal Administration Building, located at 118 South Eight Tribes Trail in Miami.

Cherokee citizens requesting basic needs or home repair assistance will need to provide both CDIB and their blue tribal citizenship cards, proof of residency within the Cherokee Nation, social security numbers, and proof of income. Those needing housing assistance will also need to provide proof of home ownership and a copy of their homeowners insurance policy.

Area law enforcement officials are also receiving some needed assistance from the Cherokee Nation Marshal Service, who will be patrolling to help ensure the safety of residents in the area.

On Tuesday, the tribe delivered several hundred gallons of bottled water to the South Coffeyville Fire Department to provide to residents. The area continues to be under a boil order from the Cherokee Nation Medical Director and the USEPA.

Cherokee Nation Emergency Management officials are recommending that residents returning to their flooded homes take the following precautions:

- Ensure there is no structural damage and power is turned off before entering the home
- Upon re-entering, open windows and doors. If a gas odor is present or the sound of gas is heard, leave the building immediately and notify emergency officials.
- Protect yourself from mold and chemicals by wearing goggles, rubber gloves and boots, and a mask that filters out airborne particles.
- Discard wet materials that cannot be cleaned such as carpet, stuffed animals and baby toys.

Cherokee Nation Continues Assistance to Flood Areas

The Cherokee Nation has provided water, food, clothing, shelter and tetanus shots to those affected by the recent flood waters in northeastern Oklahoma.

The Cherokee Nation is continuing efforts to assist victims of the recent floods in northern Oklahoma. Thus far, the tribe has contributed several hundred gallons of bottled water to the areas affected by the flood waters and the oil spill in Coffeyville, Kansas. In addition, area residents were provided with free tetanus shots from the tribe in the communities of South Coffeyville, Nowata, Delaware and Lenapah. Human services and community services teams were on site in South Coffeyville, Miami and Nowata to assist with basic needs and housing renovation efforts.

The Cherokee Nation Environmental Services group is continuing to monitor the results of testing being performed by the USEPA and the Department of Environmental Quality, to help ensure the safety of residents still trying to return home to these areas.

“The Cherokee Nation continues to assist our citizens and our neighbors living in these areas,” said Chad Smith, Cherokee Nation Principal Chief. “We are continuing to stay in constant contact with local officials and are working together to help those affected by this disaster.”

Cherokee Nation Emergency Management officials and representatives of the tribe’s service groups are continuing to meet with citizens and local officials to assess damage and offer advice on resources available through tribal programs.

Cherokee citizens requesting basic needs or home repair assistance will need to provide both CDIB and their blue tribal citizenship cards, proof of residency within the Cherokee Nation, social security numbers, and proof of income. Those needing housing assistance will also need to provide proof of home ownership and a copy of their home owners insurance policy.

Citizens with questions regarding home renovation should contact Sharon Lay at (918) 453-5696 and for self-help home repair materials contact Vicki Welch at (918) 458-6234. Those needing food supplies can call Bud Squirrel at (918) 207-3914 and those needing shelter, clothing, health and safety needs should call (918) 453-5422.

Area residents impacted by the flood should call FEMA registration at (800) 621-3362 and the Natural Resources Conservation Service at (918) 341-3222.



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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.

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Claremore, OK. 74017



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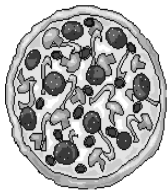
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Grand Lake Sail & Power Squadron Members Ready for Emergencies



Janet Sloan and Gail Offerman, center – holding mannequins, surrounded by Grand Lake Sail and Power Squadron members.

Twenty members of the Grand Lake Sail and Power Squadron recently completed the American Heart Association CPR training. This was offered in cooperation with Integris Grove Hospital. Certified instructors, Janet Sloan, RN and Dr. Gail Offermann were instrumental in organizing and promoting this class for GLS&PS members.

Those completing the class were: David and Linda Adzigian, Terry and Jim Chastain, Jim and Cindy Reynolds, Bob and Carol Goodwin, Chet and Patsy Vanatta, Peggy Miller, Janice Endo, Darl and JoAnn Gregory, George and Carolyn Weston, John and Diane Endres and Gene and Marcia Pett.

"Emergencies often happen on or around the water where it is sometimes difficult to find help," states Offermann. "It is important that lifesaving measures begin immediately." Grove police dispatcher and GLSPS member, Melissa Kaser staged scenarios and then answered calls from the students just as though there were calling in a real emergency. Sloan, Gail Offermann and Melissa Kaser are also GLSPS members and volunteered their time as instructors.

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\$3.00

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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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Instructors and personnel for the CPR class included Janet Sloan, RN; Dr. Gail Offerman (ER); Joe Gelin as RN, Nursing Director; and Cindy Clark, EMT.



GLSPS member, Peggy Miller, learning chest compression from Dr. Gail Offerman.



Dr. Gail Offerman and Janet Sloan, SN demonstrating the electronic AED.



Dr. Gail Offerman demonstrating mouth-to-mouth resuscitation.

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Upcoming and Chamber Events

PRYOR LUMBER COMPANY

Monday-Friday

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Saturday

7:30-5:00

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Pryor, OK. 74361
Phone: (918) 825-2260**

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

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

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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 26th - 28th - Jazz Festival in Sapulpa - 227-5151 for more information

July 28th - Sapulpa Downtown Main Street Mania Sidewalk Sale

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.

August 4, 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

August 9, 2007 Pryor School Enrollment School enrollment for the 2007-08 school year. Location Appropriate School For More Information Phone: Email: www.pryorok.com Web: info@pryorok.com

August 11, 2007 2nd Annual Hot Wheel Show & Swap Meet Delaware County Museum presents the 2nd Annual Hot Wheel Show & Swap Meet. Thousands of toy hot wheels from personal collections and vendors. Time 10am-5pm Location Delaware County Museum 538 Krause St. Jay Ok 74346 For More Information Phone: 918-253-3439 Mike Coatney

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.

August 14, 2007 Pryor Public Schools first day of classes

August 15, 2007 PACC Ambassador's Meeting Time Noon Location Pryor OK 74361 For More Information Phone: 918-825-0157 Email: www.pryorok.com Web: info@pryorok.com

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

8/18/2007 Cruise to Grove Civic Center 18th and Main Grove, OK 74344 918)786-4646 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

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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.

Aug 25th All School Reunion 256-7133

8/31/2007 Jana Jae Fiddle Camp Civic Center 1720 South Main Grove, OK 74344 (918)786-8896 Notes:

Fiddle workshops for all ages with outstanding instructors from different parts of the United States. Also there will an Amateur Fiddle Contest. For further information and registration cost contact Kathleen Pixley at (918) 786-8896.



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Little Davie watched, fascinated, as his mother smoothed cold cream on her face.

"Why do you do that, mommy?" he asked.

"To make myself beautiful," said his mother, who then began removing the cream with a tissue.

"What's the matter...?" asked Little Davie.

"Giving up?"

GRANDMA'S AGE:

LITTLE JOHNNY ASKED HIS GRANDMA! HOW OLD SHE WAS. GRANDMA ANSWERED, "39 AND HOLDING."

JOHNNY THOUGHT FOR A MOMENT, AND THEN SAID, "AND HOW OLD WOULD YOU BE IF YOU LET GO?"



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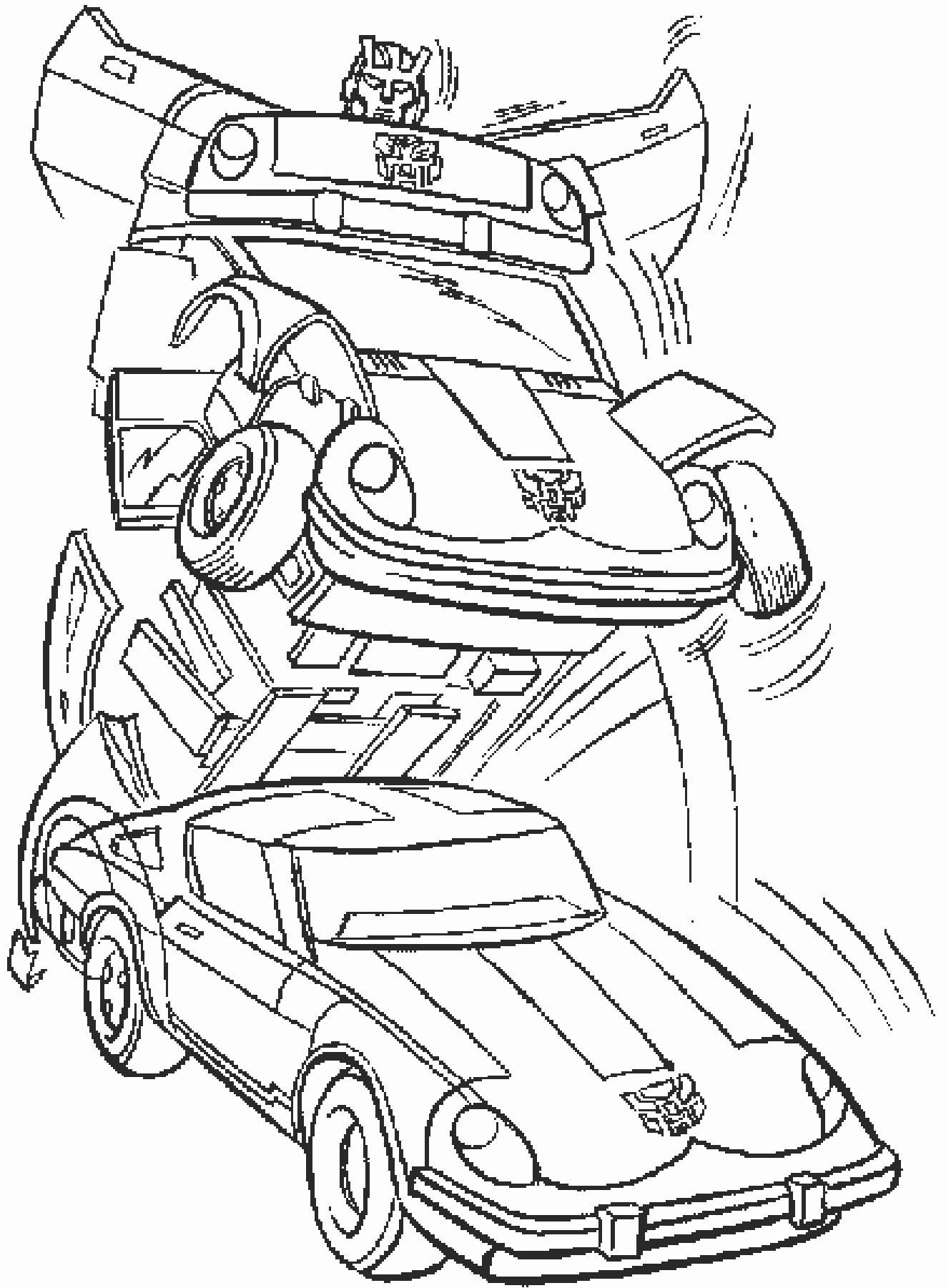
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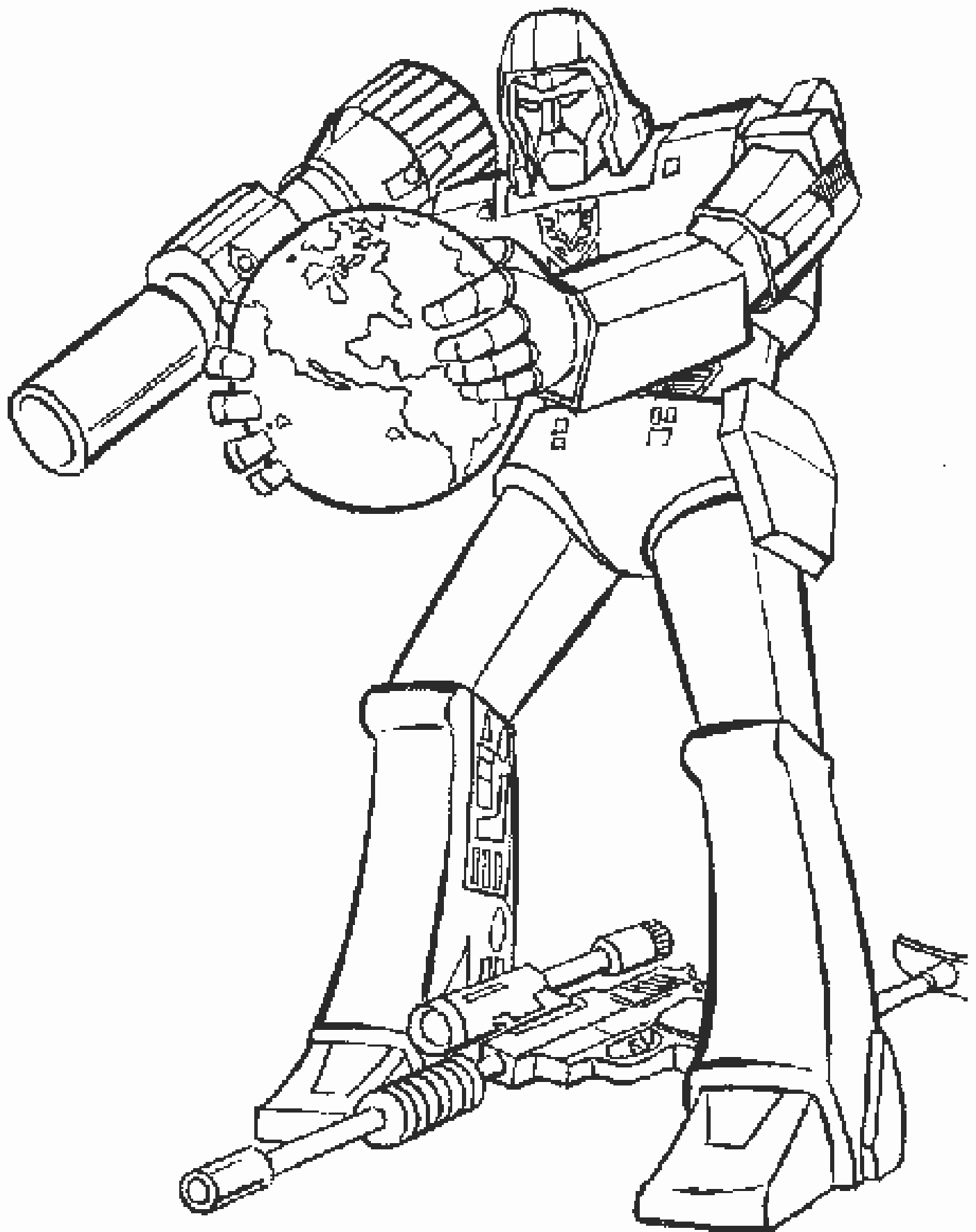
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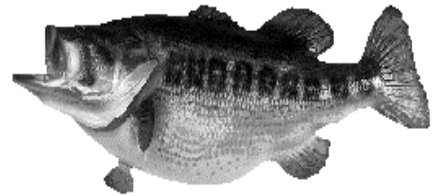
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Cherokee Nation Sponsoring 5K “Race For A Cure”

The Cherokee Nation will be sponsoring a 5K run and 1 mile fun run on Saturday, July 28, beginning at 8 a.m. in Stilwell.

The Cherokee Nation/Healthy Nation program along with the tribe’s Wilma P. Mankiller Health Center Relay for Life team is hosting the event, which will benefit the American Cancer Society.

The race is sanctioned and certified by the USATF and awards will be given to the top three overall male and female winners as well as to the top three male and female standard age group winners.

Registration begins at 7 a.m. on the day of the event. The cost to participate is \$10 for pre-registration and \$15 for registration on the day of the event. The first 200 registered racers will receive a free t-shirt.

For more information or for an entry form, please contact Darrell Dry at (918) 696-8875 or by email at Darrell-dry@cherokee.org.

Cherokee Nation District 7 Town Hall Meeting

Rogers County Cherokees please join Principal Chief Chad Smith and District 7 Councilwoman Cara Cowan Watts for a presentation showing how the gaming dividend is used to create Economic Diversity in the Cherokee Nation using revenue from tribal Gaming Operations.

Learn more about the details surrounding the “Seed Corn” methodologies concerning budgeting now and for the future.

Thursday, July 26th
6:30pm to 7:30pm
Cherokee Casino & Resort Golf Course Clubhouse
(Just West of the Catoosa Casino across the parking lot)
Catoosa, Oklahoma

Light refreshments will be provided. Contact Cara Cowan Watts at 752-4342 for more information.

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Cherokee Nation To Host Jr. Miss Cherokee Leadership Competition



The 2007 Jr. Miss Cherokee Leadership Competition will be held August 18 in Tahlequah.

The Cherokee Nation will be hosting the 2007 Jr. Miss Cherokee Leadership Competition on Saturday, August 18, at 6:30 p.m. at Sequoyah Schools in Tahlequah. The competition is held in conjunction with the 55th annual Cherokee National Holiday.

Contestants must be between the ages of 14 and 17 years of age, possess a Certificate of Degree of Indian Blood (CDIB) card, and be a citizen of the Cherokee Nation. Contestants will be judged during an interview process on Cherokee history, traditional dress, current issues and scholastic achievement. A cultural presentation and a two-page essay will also be required for the competition.

The 2007 Jr. Miss Cherokee will serve as a goodwill ambassador of the Cherokee people, and will have several opportunities to share knowledge of Cherokee culture and history.

Completed applications must be received by 5 p.m. on Wednesday, July 25 and mailed to Cherokee Nation Jr. Miss Cherokee Leadership Competition, ATTN: Reba Bruner, PO Box 948, Tahlequah, OK, 74465. Hand delivered or faxed applications will not be accepted.

The Cherokee National Holiday has been held since 1953 in tribute of the signing of the 1839 Cherokee Constitution. It has grown into one of the largest events in Oklahoma, attracting more than 90,000 visitors from across the world.

This year's theme is "Common Values, Common Ground," in commemoration of the rich history of the Cherokee Nation, which spans 169 years, and the 100th anniversary of Oklahoma's statehood.

"This theme is a tribute to the partnership that exists between the Cherokee Nation and the great state of Oklahoma," said Chad Smith, Principal Chief of the Cherokee Nation. "Throughout the years we have worked together to create better and stronger communities all over the state. This year's theme of 'Common Values, Common Ground' reiterates the importance of the continuation of this relationship for the betterment of Cherokee citizens and our Oklahoma neighbors. The Mission of the Cherokee Nation is: 'ga du gi': working together as individuals, families and communities for a quality of life for this and future generations. In our partnerships with the state and community organizations all across Oklahoma we can in effect help to create a better Oklahoma for everyone."

For applications for the Jr. Miss Cherokee leadership competition or for more information, contact Reba Bruner at (918) 453-5397.



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**For more information and/or entry forms, contact:
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P.O. BOX 317
Chelsea, OK 74016**

Taco Soup

2 pounds ground beef
2 cups diced onions
2 (15 1/2-ounce) cans pinto beans
1 (15 1/2-ounce) can pink kidney beans
1 (15 1/4-ounce) can whole kernel corn, drained
1 (14 1/2-ounce) can Mexican-style stewed tomatoes
1 (14 1/2-ounce) can diced tomatoes
1 (14 1/2-ounce) can tomatoes with chiles
2 (4 1/2-ounce) cans diced green chiles
1 (4.6-ounce) can black olives, drained and sliced, optional
1/2 cup green olives, sliced, optional
1 (1 1/4-ounce) package taco seasoning mix
1 (1-ounce) package ranch salad dressing mix
Corn chips, for serving
Sour cream, for garnish
Grated cheese, for garnish
Chopped green onions, for garnish
Pickled jalapenos, for garnish
Brown the ground beef and onions in a large skillet; drain the excess fat, then transfer the browned beef and onions to a large slow cooker or a stockpot. Add the beans, corn, tomatoes, green chiles, black olives, green olives, taco seasoning, and ranch dressing mix, and cook in a slow cooker on low for 6 to 8 hours or simmer over low heat for about 1 hour in a pot on the stove. To serve, place a few corn chips in each bowl and ladle soup over them. Top with sour cream, cheese, green onions and jalapenos.

Peanut Butter Cheese Cake Minis

Crust:

1 1/2 cups graham cracker crumbs
4 tablespoons sugar
1/4 cup (1/2 stick) butter, melted
12 bite-size peanut butter cups

Filling:

2 (8-ounce) packages cream cheese, at room temperature
1 cup sugar
1/4 cup all-purpose flour
1 teaspoon pure vanilla extract or almond extract
2 eggs

Preheat oven to 350 degrees F. Place a paper cupcake liner in each cup of a standard muffin pan.

To make crust, in a bowl, combine graham cracker crumbs, sugar and melted butter until crumbs are moistened. Press crust into bottom of each muffin cup. Put 1 peanut butter cup into the center of each crust.

Beat cream cheese with a handheld electric mixer until fluffy. Add sugar, flour, and vanilla, beating well. Add eggs, 1 at a time, beating well after each addition. Spoon cream cheese mixture over peanut butter cups and graham cracker crusts. Bake until just set, about 20 minutes. Allow to cool completely before serving.

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DEALING THE HAND WE'RE DEALT

As I write, dozens of teenagers are gathering in a school building not far from where I live. A month ago this same group gathered to celebrate the end of high school and the beginning of life. Tonight they are gathering to grapple with life's harshest reality.

Two of their classmates – both extraordinarily popular and talented – have been in a serious car accident. One of them is dead; at this moment the other is in critical condition.

And suddenly that wonderfully exciting world the Class of 2007 seemed poised and ready to conquer four weeks ago is a lot less wonderful.

And a lot more frightening.

"This is just . . . surreal," said one student, her red eyes clearly reflecting a mix of pain, anguish and confusion. "I keep thinking we're going to wake up and it will all be a bad dream."

"It doesn't make any sense," said another, shaking his head, still numb from the news. "Why . . . why . . . why . . ."

He couldn't complete the sentence, but he didn't really have to. Everyone within the sound of his voice was asking the same incomplete question: "Why . . . why . . . why . . ."

For now there are no satisfying answers.

Not for the Class of 2007. Not for anyone.

The fact is, philosophers have struggled to find answers to those questions for centuries. About the best they've been able to come up with is: "Because . . . because . . . because . . ."

That's why I value the perspective of Leon, a friend of mine who fought – and lost – a valiant battle against cancer some years ago. At the time Leon was a man in his prime. A lifetime of hard, physical labor had given him the physique of a man much younger than his 58 years. And coming up through the School of Hard Knocks had given him a refreshing point of view and a delightfully quick, cheery, self-deprecating wit.

"I figured you might be able to use these," he said one summer as he handed over a box filled with the plumpest, juiciest peaches I had ever seen. "If I figured wrong, just wrap up the box and give 'em back to my wife for Christmas. She loves dried fruit."

The discovery of his cancer seemed to set off a chain reaction of bad events in Leon's life. There were problems with

Workman's Compensation, then problems with his medical insurance. Then his brother died. Then Leon became paralyzed. Then there were car problems. Then came word that the cancer had spread so far so quickly that nothing could be done.

Leon wasn't quite keeping pace with Job. But he was close.

At first, Leon told me, he found himself asking "why" – a lot. Why him, when he was the only member of his family who hadn't abused his body with alcohol? Why now, when he and his sweet Mae were looking forward to slowing down a little and enjoying the grandkids? And why cancer, with all of its attendant pain and uncertainty?

But as he got closer to the end he stopped worrying about "why" and started focusing on "how": how to make the best use of the time he had left; how to make amends for past insensitivities; how to accept and live life as it is; how to cope.

"The way I see it, God's the only one who knows why, and He doesn't seem to want to tell me," Leon said. "So I can't worry about why. I can only worry about what is. This is the hand that life has dealt me, and so I'm going to play it out the best I can."

Which, I'm proud to report, is exactly what he did. Right to the end.

Now, that attitude may not play very well in a world that demands instant answers and complete satisfaction within the time frame of a 30-minute sitcom. But it worked for Leon, and I suggest that it can work for the Class of 2007, too. Yes, there is pain and sorrow in the world, and sometimes bad things happen to good people. We can't change that, nor can we always explain "why." But with faith and courage we can take the hand that life deals to us and play it out the best we can. Faith is what helps us cope with "whys" when the only answer is "because." And courage is what it takes to accept "because" as an answer without surrendering to it.

Which is a hard, painful lesson for members of the Class of 2007 to learn. But they'll learn it – just like we did. And before you know it they'll be back, conquering the world.

More poised and more ready than they were before.

ValueSpeak
A Weekly Column
By Joseph Walker

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Let Cherokees decide who's Cherokee

The tribe's requirement that members must prove a blood connection isn't racist.

I'M PROUD TO BE a Cherokee citizen who is also descended from black slaves, and the Cherokee Nation I know is one of the most diverse, welcoming societies on Earth. Yet today, my tribe stands accused of racism and is the target of legislation introduced by Rep. Diane Watson (D-Los Angeles) aimed at cutting off our federal funding because we amended our tribal constitution to affirm that, in order to be a citizen of the Cherokee Nation, you must prove by-blood descent from Cherokee Indians.

Can a tribe be both inclusive and have a by-blood requirement? My experience proves that it can, and I believe that Indians deserve the right to preserve our heritage through a direct connection to our ancestors.

The constitutional amendment is a recent chapter of a long history. In 1906, a census called the Dawes Roll was created, listing by-blood Indians along with non-Indian residents of Cherokee Territory. Some of those residents were former Cherokee slaves or their descendants, known as freedmen, and an 1866 treaty with the U.S. government called for them to have "rights of native Cherokees." Watson refers to that treaty as the basis for her contention that all freedmen should be tribal members.

But of course that treaty was controversial. It came after the infamous Trail of Tears and at the end of the Civil War, which ushered in half a century of fierce U.S. government efforts to destroy Cherokee (and other tribes') sovereignty and land claims. Ultimately, the only "rights of native Cherokees" left to speak of were the right of individuals to a private land allotment and a cash payment from the U.S. government — which non-Indian freedmen and Cherokees alike received when the U.S. dissolved our territory and made Oklahoma a state.

Then, for a long time, there was no functioning Cherokee government. It wasn't until 1975 that Cherokees were able to revitalize their nation and lay claim to self-governance. The Cherokee constitution was written then, and its intent was that Cherokee citizens should be Indians who could trace their lineage to at least one by-blood Indian listed on the Dawes Roll.

However, a group of freedmen who aren't Indian descendants sued for citizenship in our tribal court. In 2006, the tribal supreme court ruled that the Cherokee constitution was not clear enough about their status — a ruling that effectively granted citizenship to about 2,800 non-Indians by court order. (Before this court order, non-Indian descendants of Cherokee freedmen had sued twice in federal court and lost, and they also lost a suit in tribal courts as recently as 2001.)

Once our court overturned its earlier decision in 2006, the Cherokee Nation then went back to its citizens, including the non-Indian freedmen descendants, to clarify the constitution. By a vote of 77%, we disagreed with the court and amended the constitution to reflect

Once our court overturned its earlier decision in 2006, the Cherokee Nation then went back to its citizens, including the non-Indian freedmen descendants, to clarify the constitution. By a vote of 77%, we disagreed with the court and amended the constitution to reflect our passionate belief: We should be an Indian tribe made up of Indians.

The non-Indians have a right to appeal, and they are pursuing it. Until those appeals are exhausted, the freedmen descendants remain full citizens of the Cherokee Nation with the right to vote and use tribal services, such as our healthcare system.

Watson and others have tried to paint the Cherokee Nation's repeated attempts to make Indian descent a citizenship requirement as discrimination against blacks. As a freedmen descendant who looks black, and who is also a by-blood citizen, I'm offended by that. There was no racial issue when the Cherokee Nation welcomed me 14 years ago. In 1993, I received my citizenship card, which affirmed my connection to the tribe by blood through my great-great-great grandfather, Daniel Tucker — just as I am connected to my freedmen lineage through his wife.

For me, the crucial question is who decides who is an Indian? Does the United States government decide? Does misinformed public opinion decide? Or do Indians decide? And the issue is not one of discrimination but of how best to preserve Indian identity.

Through my own experience, I've come to believe that Indian ancestry is crucial to the preservation of our identity. It is simply what makes the Cherokees an Indian nation. As a group whose nation was almost erased, we know that defining that identity is crucial to maintaining it now. Establishing who is and who isn't a tribal citizen is the rightful function of a self-governing sovereign nation and a key to maintaining sovereignty. For virtually every tribe in the country, that means having a by-blood requirement for citizenship.

I treasure my African American roots, and I also feel fully a part of the Cherokee community. Some of my fondest memories are of participating in wonderful Cherokee traditions, and the Cherokee tribe accepts me regardless of my racial appearance. When I look at our schools, religious organizations and communities, I can see that this is the rule, not the exception. Multiracial and freedmen-descendant Cherokees like me are living proof that the nation welcomes all Cherokees equally.

But what unites us is our shared Indian ancestry. We should not be subject to false charges of racism and attack legislation when we seek to preserve and build on that shared history, enabling our children and grandchildren to keep their precious heritage alive.

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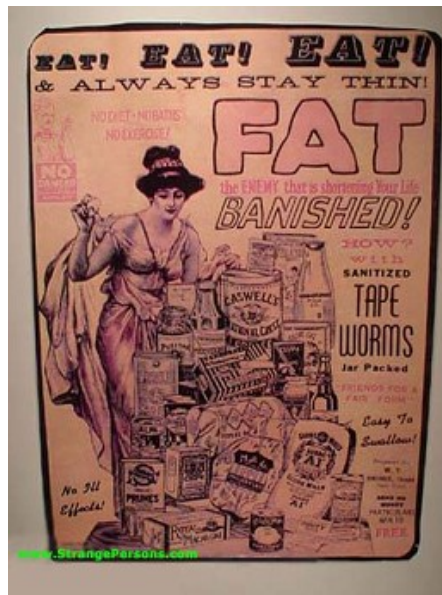
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conversion is wrought by the Holy Ghost in the heart of man. While conversion will inevitably manifest itself in the outward life of a person, it actually takes place in the heart and consists in this: that the heart, broken and contrite because of sin, trusts in Christ for grace and forgiveness. It is, therefore, essentially the bestowal of faith. In order to affect this change of heart, the Holy Ghost works repentance, offers grace, and works faith.

by the Law God works knowledge of sin and contrition of heart. By the preaching of the Law, God prepares the way for the preaching of the Gospel. Before any man will turn to Christ for grace and forgiveness, he must know his sins and repent of them.

the Holy Ghost calls men by the Gospel. The Gospel gives invitation and offers Grace. When the Law has accomplished its purpose in working contrition of the heart, the Holy Ghost has the Gospel, the glad tidings of the grace of God in Christ, preached to men. The invitation is free; it does not impose new conditions and obligations, which must be fulfilled before it may be accepted, but it offers to every sin-sick soul grace and forgiveness "without money and without price" (Isaiah 55:1).

the Holy Ghost enlightens Man with His gifts by working Faith in his heart. Whenever the Gospel call is effective, it works in the heart of man the acceptance of its invitation; it works faith. The knowledge of faith is a gift of God (Philippians 1:29), wrought in us by means of the Gospel (Romans 10:17).

Messiah Lutheran Church

**460 N. Wilson
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**Sunday School and Bible Class 9:00 a.m.
Worship 10:00 a.m. (918) 256-3223
Email: messiahvinita@aol.com**

St. Paul. Lutheran Church

**Washington and Pine
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**Sunday School and Bible Class 9:15 a.m.
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Email: stpauluthch@aol.com**

Mount Olive Lutheran Church

2337 N. Main Miami, OK.

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THE RESPONSIBILITY OF FREEDOM

Freedom.

The word fairly reverberated around my father's old, beat-up, brown Buick as I drove south on the interstate. It was August, so the windows were rolled down (partly because I loved the feeling of freedom that it gave, but mostly because the air conditioning didn't work) and the radio was cranked up:

*Get your motor runnin'
 Head out on the highway
 Lookin' for adventure
 And whatever comes our way*

Oh yeah. Steppenwolf understood freedom. And now, for the first time in my life, so did I. Home, high school and constraint were in my rear-view mirror as I drove toward college and the wondrous autonomy that it promised. From this moment forward I could do what I wanted to do. If I wanted pie and Dr Pepper for breakfast, that's what I'd have. If I wanted to stay up all night eating pizza and listening to music, that's what I'd do. If I wanted to call girls on the phone after 9 p.m. – something I was never allowed to do at home – I'd make the call.

*I like smoke and lightning
 Heavy metal thunder
 Racin' with the wind
 And the feeling that I'm under*

I was about halfway to college when I noticed something else in my rear-view mirror: flashing red lights. I glanced at my speedometer. Heck, I didn't know the Buick could even go 90. I gulped and steered the car to the right side of the freeway and pulled to a stop, fearful that I might be celebrating my first day of real freedom by being arrested.

The highway patrolman paused and looked in the back seat of the car, which was loaded with boxes and stereo equipment. Neither one of us said a word as I handed over my driver's license and the Buick's registration (yeah, I knew the drill – it wasn't the first time I had seen red lights in my mirror). He walked back to his patrol car, leaving me to agonize about the awful possibilities. What would my parents say? What would my college dean say? What would all those girls say if I called them after 9 p.m. – from jail?

The officer came back and leaned over to look me directly in the eye.

"You heading to school?" he asked.

"Yes, sir." I said.

"First time away from home?"

Oh man – did it show?

"Yes, sir," I said.

He paused, then said with a smile. "I remember my first time away from home," he said. "I remember the feeling . . . the freedom. It was great!"

He got it! He understood – I was sure of it! From the look in his eye I could see that he knew what it felt like to feel the need to "go make it happen," to "take the world in a love embrace," to "fire all of your guns at once and explode into space!" He was, like me, a "true nature's child," and we were both "born to be wild!"

Then he handed me the ticket.

"Consider this your first college lesson," he said. "Freedom is great, but freedom is also a responsibility. Use it wisely."

I wish I could say that I accepted his advice and used my freedom wisely that first semester at college. My college transcript would suggest otherwise. But through the years I've learned, as I hope we all have, that "freedom isn't free. You've gotta pay the price, you've gotta sacrifice for your liberty."

And no, Steppenwolf didn't sing that. But maybe they should have.

ValueSpeak
A Weekly Column
 By Joseph Walker

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An Amish boy and his father were visiting a nearby mall. They were amazed by almost everything they saw, but especially by two shiny silver walls that moved apart and back together again by themselves.

The lad asked, "What is this, father?"

The father (having never seen an elevator) responded, "I have no idea what it is."

While the boy and his father were watching wide-eyed, an old lady in a wheelchair rolled up to the moving walls and pressed a button. The walls opened and the lady rolled between them into a small room. The walls closed and the boy and his father watched as small circles lit up above the walls.

The walls opened up again and a beautiful twenty-four-year-old woman stepped out.

The father looked at his son anxiously and said, "Go get your mother."

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"Senility Prayer"

...God grant me...

The senility to forget the people I never liked

The good fortune to run into the ones that I do

And the eyesight to tell the difference."

GIFT OF LIFE

by Michael T. Smith

I get to celebrate twenty-one years of fatherhood this Father's Day.

My wife Georgia had been in the hospital for seven weeks, waiting for our first child to come into the world.

One day, she picked me up from work when she was well along in her pregnancy and said, "The doctor wants to put me in the hospital."

"The hospital? When?" I asked with a hint of fear in my voice.

"Now! The doctor took blood tests and said I was showing signs of toxicity. He wants me in the hospital and off my feet."

"How long will you have to be in there?" It was frightening. My baby with a baby had to be in a hospital. Up until that point, everything had been going fine. Georgia was still working and feeling great. What had changed?

"Most likely until the baby is born." she said.

"But you're not due for a month. Will you have to be there that long?"

"That's what the doctor said." She leaned over and hugged me. "Don't worry. It's going to be fine." She was the one going to the hospital and she was reassuring me.

Georgia was eleven years older than me, so when we married, we decided to have children right away. We wanted two children -- hopefully a boy and a girl. The names for our children were picked before we were even engaged. We wanted a Justin and a Vanessa.

When we went for walks and saw small children playing we would say, "Oh, look at all the Justin's and Vanessa's."

Four months after we married, we were pregnant. Now Georgia had to go to the hospital. I was afraid for her and our unborn.

We drove home, packed her bags and admitted her to the hospital.

One week led to another. I visited every day after work. One time I brought lobsters to her. After weeks of hospital food, she devoured this special treat. I brought her May flowers to make her room smell nice. She was

bored to death, so I brought books and puzzles to give her something to do.

The ward had a craft class. Once a week, Georgia knitted and crocheted dolls, hats, and booties. She watched other mothers give birth and leave the hospital, but our baby stayed where it was, with no signs of wanting to enter the world.

Her due date came and went. We waited as patiently as we could. I put a count-down to the baby's delivery in the window of my office, for passing cars to keep track of the coming event. I was nervous. She was more than two weeks overdue. I also worried if I be a good father. What did I know about babies, diapers, and midnight feedings?

One night, after I arrived home, the phone rang.

"Honey, it's me. The contractions have started. They're small yet. The doctors think it will be awhile."

"Should I come in right now?" She had been having small contractions for a week. I wondered if this was a false alarm.

"They think it will be awhile yet. I know you were going to mow the lawn tonight. Why don't you do that and then call me." I did as I was told.

When the lawn was mowed, and I was showered, I called her.

The nurse on her floor answered. "They have taken Georgia to the labor room."

Labor room? I panicked. Was I going to miss the delivery?

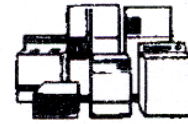
I ran around the house looking for what I needed to take with me and realized I didn't need anything but a jacket. So I jumped in the car for the 20 mile ride, achieved in record time! I rushed into the hospital, sweating and out of breath, to find Georgia calmly sitting

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in bed, talking to her friend Lisa, who had been visiting.
 "Are you OK? What did the doctors say? When will it be born? Are you in pain? Is there anything I can do? Did you call your mother? Did you call my mother?" I shut up, when I realized I was acting insane. I hadn't even kissed her yet.

"Michael, calm down, I'm fine. The doctors say everything is normal, and yes, I called our mothers."

I sat down with a sigh, "OK, what do I do?"

"You sit."

"That's it?" I thought. I just sit. How could a man sit at a time like this? Now it was clear why they showed expectant fathers pacing. I got up and paced. It felt better some how.

Several hours later, the contractions became stronger, and Georgia was moved to the delivery room. I put on my cap and gown, stood by her side, and held her hand. With each contraction, her grip would tighten, and my hand would go numb, until the contraction ended and blood could flow to my fingers again.

We had taken Lamaze classes together, so I knew what to do. When the contractions became stronger, I helped Georgia do the breathing -- pant, pant, pant, blow.

"Michael, stop it! Stop blowing in my face, darn it!"

"Yes, dear. I'm sorry. Pant! Pant! Pant! Blow"

Yes, dear. I'm sorry. Pant! Pant! Pant! Blow"

"Michael, I said stop it!" She growled as another contraction took control of her body, and she became a she-devil.

After one particularly bad contraction, the nurse announced, "The head is crowning. Come see, Mr. Smith."

I took a tentative peek. "Yup, that's a head," and went back to my Georgia's side. I wanted to see the baby, but I was afraid I'd pass out. I stayed where I was after that, with Georgia trying to rip my arm from its socket. Another contraction, the doctor said, "Push, Mrs. Smith. Push!"

"PUSH!" I screamed.

She pushed, and little Vanessa popped into the world. They took her aside to clean her up.

"Is she OK?" I asked.

The nurse returned, "She's just wonderful," and put the little bundle in my arms. "Say hello to your new daughter."

The tears started. They flowed down my cheeks and dropped onto the little blanket covering our Vanessa. She stared back at me. Her little blue eyes full of wonder.

The nurse took her and put her to Georgia's breast, as I continued to cry.

"Michael," Georgia said weakly. "Look at her eyes. She is so alert. She's watching everything. And look at her fingers. They're so long."

"And she's bald," I said.

Georgia laughed. "It will grow."

She looked up at me then, "Michael, that wasn't so bad. I could do it again. We'll have our Justin one day."

The tears started again. My Georgia had been through so much for our first baby. Seven weeks of hospitalization and a painful birth, and she was lying there telling me she was ready to do it all over again. I cried and hugged her. She gave me the gift of a daughter.

The love and happiness I felt that moment will not be forgotten. The three of us -- a new family -- stayed in an embrace until it was time for Georgia to go to her room and rest.


I left the hospital that morning, May 30, 1985, and screamed into the air, "I'm a dad!"

Two and a half years later, Georgia gave me a Justin. We got our boy and girl.

In October 2003, Georgia went to heaven, but her memory lives on in our children.





There would be no Father's Days without mothers. Georgia gave me Father's Day. Thank you, sweetie.

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INVENTIONS

Why Footbag?

“Footbag” is cooperative kicking sport (with roots in ancient China, Thailand, Native America, etc.) which was reinvented in the 70’s by two athlete dudes from Oregon, John Stalberger and Mike Marshall. Patented sold and popularized under the (then Wham-O) trade name of “Hacky Sack”, the sport of footbag continued to slowly grow in popularity through the 80’s, and now in the 90’s, is recognizable throughout most of North America. Millions of people, young and old, athletes and “couch potatoes”, have now kicked it around at least once and many thousands have been fully smitten.

Footbag not only unites the individuals within the kicking circle, but also symbolically links all the races and nations within the universal impulse to kick a ball. Kicking around a small, round object (a rock, an animal bladder, a sock, a rotten orange. . .) must surely be one of the oldest forms of human sport. It seems that practically every culture, from ancient history to modern times, has adapted some kind of home-grown variation on the foot-ball theme (takraw, Shuttlecock, Kemari, etc.) Of course, modern day soccer is widely recognized as the planet’s single most popular sport.

But footbag is not just another sport. Commonly played on street corners, plazas and campuses around the country, footbag finds its unique impetus not from the quest to “win”, but from *The sheer joy of dancing together in a circle and working toward a common good.* When everyone touches it before it falls, the entire group wins. In this simple way, footbag compels groups of disparate individuals to set aside their separate, ego-driven minds and behave, for a moment, with a cooperative worldview. *This is what makes footbag so special.*

It hasn’t been an easy road. While footbag has earned wider popularity, the game still faces significant prejudice and marginalization. Footbaggers are still pigeonholed as “Deadheads”, “druggies” or miscreants. Among secondary school teachers and administrators, footbag has been viewed as a symbol of juvenile delinquency. Schoolyard power struggles, prohibitions and confiscations are still commonplace. . . (extremely ironic considering the game holds such potential for addressing alienation, belonging and relationship issues among youth!)

Today, we kickers prize footbag as a *highly athletic and cooperative dance form and a complete aerobic workout*, comparable to a martial arts. Since the early 80’s a small but growing group of sack enthusiasts have also developed a lively society of competitive *footbag*. Footbag Worldwide runs a non-profit internet service for competitive footbaggers including on-line discussions, player lists, clubs and a footbag events calendar. The World Footbag Association (WFA), located in Steamboat Springs, Colorado, has been actively promoting competitive footbag for 15 years through a circuit of tournaments around the US and Canada. Competitive footbag consists of “*footbag net*”, “*freestyle*”, “*footbag golf*” and “*consecutives*” (speed and endurance) events. Although I’ve long championed the *cooperative Paradigm* of footbag, I’m also proud to participate in competitive footbag whenever possible. If you haven’t witnessed professional footbag play, check it out! The high level of athleticism and skill as well as the constant improvement among the top players makes this a special treat! But be sure not to fall into mere spectator-hood with a self defeating “*Oh, I’m just not good at that*” mindset. Grab yourself a bag, a friend and join or start a circle. It could change your life!

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ments and for info.

Bingo - 1st and 3rd Mondays,
10:00 a.m.

Line Dance - Every Monday and
1st, 2nd, 4th, and 5th Thursday and every
3rd Friday - 7-9 p.m.

Exercise - Every Tuesday and
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.

Alzheimer's Disease Support
Group - 3rd Thursday, 10:00 a.m.

Viet Nam Vets Support Group -
3rd Thursday, 7-9 p.m.

Fibromyalgia Chronic Pain Syn-
drome Support Group - 3rd Thursday, 7:00
p.m.

Pool (Billiards) - M-F, 8:00 a.m.-
3:00 p.m.

Pool Tournaments (Billiards) -
When they come up (announced).

Crafts, puzzles, games, conversa-
tion, and free use of game computer - M-F,
8:00 a.m.-3:00 p.m.

Newsletter, meal calendar
(shows which meals will be served), and
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Linda J. McAhren, Manager

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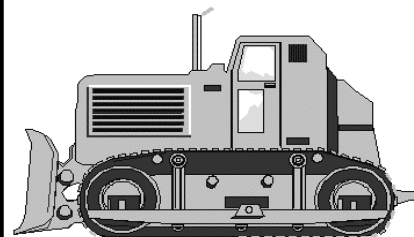
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"No temptation has overtaken you except such as is common to man; but God is faithful who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it," I Corinthians 10:13NKJV. Every temptation or trouble or trial is common to mankind (and wom-

en-kind.) What you are going through is no different from what someone else has gone through before you. And that means you are not alone. You have not been singled out to live through an ordeal that is worse than what anyone else has gone through.

God is faithful. He is always there. You might feel totally alone, like no one cares, no one even knows what you are going through, but God knows. He sees your struggles. He hears every cry of your heart and He knows the tears you have shed. In fact, He is saving up all your tears in a bottle and recording them as a memorial.

Psalms 56:8 "Thou tellest my wanderings: put thou my tears into thy bottle."

He will not allow you to be tempted more than you can resist. God knows how much strength you have. He will not allow you to be totally overtaken in sorrow and troubles. He knows your breaking point. He will say, "Just this far and no farther. This is enough!"

God always provides a way of escape. I have learned in all trials to look for the way out. And then take that way of escape. You are going through this. God doesn't leave us where we were; He leads us through it to a better place. One day you will look back and see just how far you have come.

Lavon Hightower Lewis

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