

# LINKS

FREE

VOLUME 8, ISSUE 4

*"The Little Green Paper"*

August 5th, 2007

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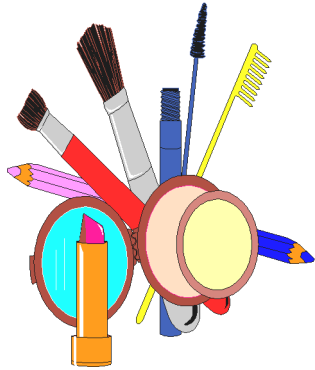
## Mt. Olive Lutheran School Implementing Two New Programs This Year.



**Students Of  
Mount Olive Lutheran School**  
From Left: Kylie Cooper, Kiersten Cochran, Matthew  
Johnson, Ryan Edwards, Dakota Jackson, Justin Patterson

Mt. Olive Lutheran School is pleased to announce two new programs that will be implemented this year.

A pre-kindergarten class is being added to Mt. Olive's program. This class will meet Monday through Friday from 8:15 to 3:00 and will focus on those skills that children need to become successful students as well as letter and number recognition and religion. To be eligible for this class, a child must turn 4 by September 1, 2007.



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Many Mt. Olive students go to a daycare setting after the end of the school day, resulting in an additional financial burden for their parents. Therefore, the school will offer Mt. Olive School Extended Services or MOSES. After school activities will include homework help, a snack, and play time and will extend from 3:00 to 5:30 at a cost of \$12.50 per week. Mt. Olive students may also attend MOSES on a "drop in" basis at a cost of \$5 per day.

For any additional information on these, or any other programs that Mt. Olive School has to offer, please call 542-4681 or 540-3456.

# FREE Clothes Closet

## Extended Hours for Back To School

On the first Saturday of every month the Big Cabin Baptist Church located at 188 N. Oak (1 block north of Main) has a Free Clothes Closet that is open to the public from 8:00am to noon.

For the month of August they will be extending their hours to 8:00am to 3:00pm to help with the back to school needs. Many sizes are available from children's to adult and that is including shoes and it is all free to the community.

So don't miss this back to school spectacular! For more information you may call (918) 783-5132

# LINKS

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"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 September 10<sup>th</sup> Edition will be featuring Nowata County History. If you have information please write or call us.**

**Many Thanks to those who sent in information for the Mayes 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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# Take Precautions To Prevent Heat Emergencies

Now that the rain has ended, temperatures are in the 90s. The American Red Cross encourages everyone to take extra precautions to prevent heat emergencies.

Heat can affect anyone but is most likely to affect young children, elderly people, people with health problems and those who work outdoors.

**Heat cramps** are muscular pains and spasms due to heavy exertion.

**Heat exhaustion** typically occurs when people exercise heavily or work in a warm, humid place where body fluids are lost through heavy sweating.

**Heat stroke** is the most serious heat emergency. It is life-threatening. The victim's temperature-control system, which produces sweating to cool the body, stops working. The body temperature can

rise so high that brain damage and death may result if the body is not cooled quickly.

Some tips to protect yourself and your family:

- **Slow down.** Avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4 a.m. and 7 a.m.

- **Stay indoors as much as possible.** If air conditioning is not available, stay on the lowest floor out of the sunshine.

**Wear lightweight, light-colored clothing** to reflect away some of the sun's energy.

- **Drink plenty of water regularly and often.**

- **Drink plenty of fluids even if you do not feel thirsty.**

- Water is the safest liquid to drink during heat emergencies. **Avoid drinks with alcohol or caffeine in them.** They can make you feel good briefly but make the heat's effects on your body worse. This is especially true about beer, which dehydrates the body.

- **Eat small meals and eat more often.** Avoid foods that are high in protein, which increase metabolic heat.

- **Avoid using salt tablets unless directed to do so by a physician.**

For additional information about outdoor and disaster safety tips, call the Rogers/Mayes County Service Center of the American Red Cross at (918) 343-1803.

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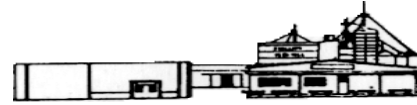
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# GOD LIVES UNDER THE BED

I envy Kevin . My brother Kevin thinks God lives under his bed. At least that's what I heard him say one night.

He was praying out loud in his dark bedroom, and I stopped to listen, "Are you there, God?" he said. "Where are you? Oh, I see. Under the bed..."

I giggled softly and tiptoed off to my own room. Kevin 's unique perspectives are often a source of amusement. But that night something else lingered long after the humor. I realized for the first time the very different world Kevin lives in.

He was born 30 years ago, mentally disabled as a result of difficulties during labor. Apart from his size (he's 6-foot-2), there are few ways in which he is an adult.

He reasons and communicates with the capabilities of a 7-year-old, and he always will. He will probably always believe that God lives under his bed, that Santa Claus is the one who fills the space under our tree every Christmas and that airplanes stay up in the sky because angels carry them.

I remember wondering if Kevin realizes he is different. Is he ever dissatisfied with his monotonous life?

Up before dawn each day, off to work at a workshop for the disabled, home to walk our cocker spaniel, return to eat his favorite macaroni-and-cheese for dinner, and later to bed.

The only variation in the entire scheme is laundry, when he hovers excitedly over the washing machine like a mother with her newborn child.

He does not seem dissatisfied.

He lopes out to the bus every morning at 7:05, eager for a day of simple work.

He wrings his hands excitedly while the water boils on the stove before

dinner, and he stays up late twice a week to gather our dirty laundry for his next day's laundry chores.

And Saturdays-oh, the bliss of Saturdays! That's the day my Dad takes Kevin to the airport to have a soft drink, watch the planes land, and speculate loudly on the destination of each passenger inside. "That one's goin' to Chi-car-go!" Kevin shouts as he claps his hands.

His anticipation is so great he can hardly sleep on Friday nights.

And so goes his world of daily rituals and weekend field trips. He doesn't know what it means to be discontent.

His life is simple.

He will never know the entanglements of wealth of power, and he does not care what brand of clothing he wears or what kind of food he eats. His needs have always been met, and he never worries that one day they may not be.

His hands are diligent. Kevin is never so happy as when he is working. When he unloads the dishwasher or vacuums the carpet, his heart is completely in it.

He does not shrink from a job when it is begun, and he does not leave a job until it is finished. But when his tasks are done, Kevin knows how to relax.

He is not obsessed with his work or the work of others. His heart is pure. He still believes everyone tells the truth, promises must be kept, and when you are wrong, you apologize instead of argue.

Free from pride and unconcerned with appearances, Kevin is not afraid to cry when he is hurt, angry or sorry. He is always transparent, always sincere. And he trusts God.

Not confined by intellectual reasoning, when he comes to Christ , he comes as a child. Kevin seems to know God - to really be friends with Him in a way that is difficult for an "educated" person to grasp. God seems like his closest companion.

In my moments of doubt and frustrations with my Christianity I envy the security Kevin has in his simple faith.

It is then that I am most willing to admit that he has some divine knowledge that rises above my mortal questions

It is then I realize that perhaps he is not the one with the handicap . I am. My obligations, my fear, my pride, my circumstances - they all become disabilities when I do not trust them to God's care

Who knows if Kevin comprehends things I can never learn? After all, he has spent his whole life in that kind of innocence, praying after dark and soaking up the goodness and love of God.

And one day, when the mysteries of heaven are opened, and we are all amazed at how close God really is to our hearts, I'll realize that God heard the simple prayers of a boy who believed that God lived under his bed.

Kevin won't be surprised at all!

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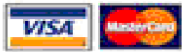
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## No-Prick Blood Sugar Tests Unveiled Fewer Finger Pricks With Future Blood Sugar Tests

New devices for people with diabetes may make their lives a little easier.

Researchers say using light beams to measure blood sugar through the skin will mean needing finger pricks only for calibration.

Diabetes means your body has trouble controlling the amount of sugar in your blood. The key to diabetes treatment is blood sugar control.

That's why people with diabetes -- particularly those who need insulin -- have to check their blood sugar levels several times during the day. This means getting a drop of blood by pricking a finger.

The discomfort and inconvenience of finger pricking is one reason people with diabetes don't check their blood sugar as often as they should.

Moreover, continuous blood sugar monitoring ideally would be better than checking blood sugar only at intervals. And such monitors could be hooked up to insulin pumps to ensure people get insulin when they need it, 24 hours a day. But current devices use a thin needle inserted be-

neath the skin.

Several companies are competing to bring patients blood sugar monitors that all but eliminate blood letting. One is the GlucoLight Corp. Another is OrSense Ltd. Both reported progress at the American Diabetes Association's 67th Annual Scientific Sessions, held June 22-26 in Chicago.

The two companies' devices are very different. The OrSense device uses a finger cuff that periodically restricts blood flow -- much like a blood pressure test -- and then uses a sensor to detect blood-specific signals from infrared light transmitted through the finger.

A bulky version is already approved for sale in Europe. And a new model would strap to the wrist like a large watch, with a small wire connecting it to a ring on the index finger.

The GlucoLight uses a sensor to scan the skin using infrared light. The sensor is attached to a monitor that, in the current version, is too big to carry around. It's currently being

tested in intensive care wards, where constant blood sugar monitoring is essential for many patients. A much smaller, wearable device is in the works but still years away.

Both devices still need blood for calibration -- once when first connected, and then at regular intervals. The OrSense device can go about 12 hours without calibration, Gideon Fostick, OrSense chief operating officer, tells WebMD.

"Our goal is to extend this duration," Fostick says. "Right now, it can cover a day or a night."

The GlucoLight, once calibrated, is good for four days, according to the company's presentation.

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## HEALTH QUESTION & ANSWER SESSION *I Love this DOCTOR!!!!* Part 2

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**Well, I hope this has cleared up any misconceptions you may have had about food and diets.**

**And remember:**

"Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well preserved body, but rather to skid in sideways - Char-donnay in one hand - chocolate in the other - body thoroughly used up, totally worn out and screaming, "WOO HOO, What a Ride

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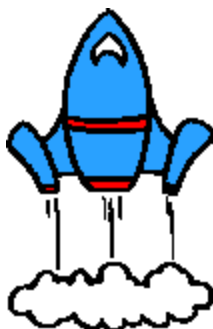
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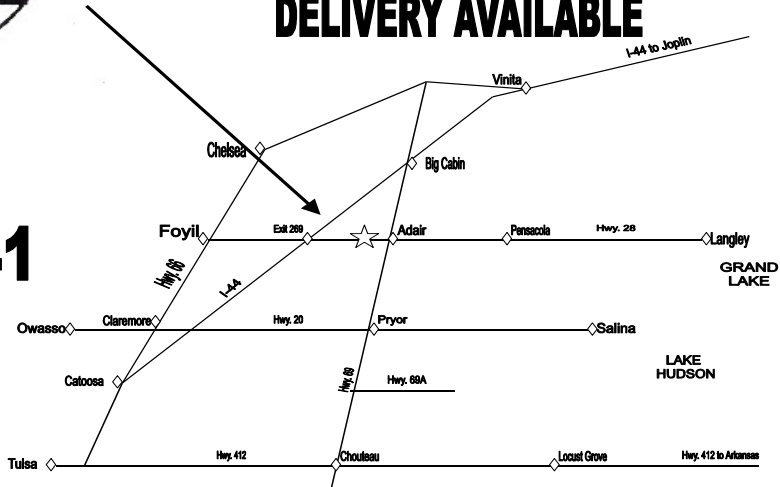


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## Craig County Volunteer of the Month.



Connie Wilcox has been chosen as the Volunteer of the Month for July. Connie has volunteered for over 3 years. Connie says she volunteers because she likes helping people and hearing their stories. Connie loves to stay active. She is active in her church, and loves to garden, camp, fish and quilt. Connie says " Everyone should volunteer because it is a great feeling to be needed and help others!.

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 at the Craig County Health Dept. Janea Hogan



# Rogers County Senior Companion of the Month

Jeri Collins of Claremore has been named the



Rogers County Senior Companion of the Month. Jeri joined the Senior Companion 4 years ago after becoming a widow. " I needed some thing meaningful to do but I didn't want a full time job. I love helping people so this great. I mostly go shopping and pick up medications for my clients." says Jeri.

Jeri says she enjoys the volunteer's monthly meetings. " We learn about what services are available for Sr. Citizens and help them access these services. It helps them to stay in their homes longer". Thanks you Jeri for your service to others.

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 Contact Celene Windle at the Rogers County Health Dept. 341-3166

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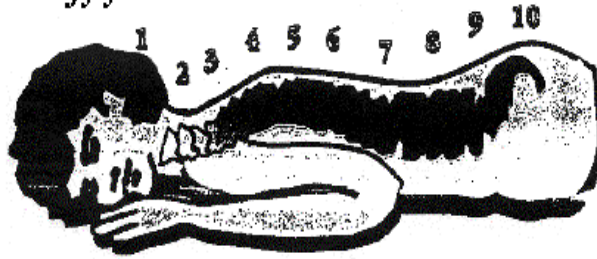
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| 3. Muscular pain of upper back, shoulder, arms             | 8. Lumbago, low back pain, hip pain                   |
| 4. Difficulty in breathing, bronchitis, asthma, chest pain | 9. Scistias, constipation                             |
| 5. S. stomach and liver dysfunction                        | 10. Bladder disturbances, colon disorders, leg pain   |

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## Latest Drug in Middle School

Latest Drug in Middle School - Dusting First, I'm going to tell you a little about me and my family. My name is Jeff. I am a Police Officer for a city which is known nationwide for it's crime rate. We have a lot of gangs and drugs. At one point we were # 2 in the nation in homicides per capita. I also have a police K-9 named Thor. He was certified in drugs and general duty. He retired at 3 years old because he was shot in the line of duty. He lives with us now and I still train with him because he likes it. I always liked the fact that there was no way to bring drugs into my house. Thor wouldn't allow it. He would tell on you. The reason I say this is so you understand that I know about drugs.

I have taught in schools about drugs. My wife asks all our kids at least once a week if they used any drugs. Makes them promise they won't.

I like building computers occasionally and started building a new one in February 2005. I also was working on some of my older computers. They were full of dust so on one of my trips to the computer store I bought a 3 pack of DUST OFF. Dust Off is a can of compressed air to blow dust off a computer. A few weeks later when I went to use one of them they were all used. I talked to my kids and my two sons both said they had used them on their computer and messing around with them. I yelled at them for wasting the 10 dollars I paid for them.

On February 28 I went back to the computer store. They didn't have the 3 pack which I had bought on sale so I bought a single jumbo can of Dust Off. I went home and set it down beside my computer.

On March 1st, I left for work at 10 PM. Just before midnight my wife went down and kissed Kyle goodnight. At 5:30 am the next morning Kathy went downstairs to wake Kyle up for school, before she left for work. He was propped up in bed with his legs crossed and his head leaning over. She called to him a few times to get up. He didn't move. He would sometimes tease her like this and pretend he fell back asleep. He was never easy to get up. She went in and shook his arm. He fell over. He was pale white and had the straw from the Dust Off can coming out of his mouth. He had the new can of Dust Off in his hands. Kyle was dead.

I am a police officer and I had never heard of this. My wife is a nurse and she had never heard of this. We later found out from the coroner, after the autopsy, that only the propellant from the can of Dust off was in his system. No other drugs. Kyle had died between midnight and 1 AM.

I found out that using Dust Off is being done mostly by kids ages 9 through 15. They even have a name for it. It's called dusting. A take off from the Dust Off name. It gives them a slight high for about 10 seconds. It makes them dizzy. A boy who lives down the street from us showed Kyle how to do this about a month before. Kyle showed his best friend. Told him it was cool and it couldn't hurt you. It's just compressed air. It can't hurt you.. His best friend said so.

Kyle was wrong. It's not just compressed air . It also contains a propellant called R2. It's a refrigerant like what is used in your refrigerator. It is a heavy gas. Heavier than air. When you inhale it, it fills your lungs and keeps the good air, with oxygen, out That's why you feel dizzy, buzzed. It decreases the oxygen to your brain, to your heart. Kyle was right. It can't hurt you. IT KILLS YOU.

The horrible part about this is there is no warning. There is no level that kills you. It's not cumulative or an overdose; it can just go randomly, terribly wrong. Roll the dice and if your number comes up you die IT'S NOT AN OVERDOSE . It's Russian Roulette. You don't die later. Or not feel good and say I've had too much. You usually die as you're breathing it in. If not you die within 2 seconds of finishing "the hit." That 's why the straw was still in Kyle's mouth when he died. Why his eyes were still open. The experts want to call this huffing. The kids don't believe its huffing. As adults we tend to lump many things together. But it doesn't fit here. And that's why its more accepted. There is no chemical reaction, no strong odor. It doesn't follow the huffing signals. Kyle complained a few days before he died of his tongue hurting. It probably did. The propellant causes frostbite. If I had only known.

It's easy to say hey, it's my life and I'll do what I want . But it isn't.

Others are always affected. This has forever changed our family's life. I have a hole in my heart and soul that can never be fixed. The pain is so immense I can't describe it.

There's nowhere to run from it. I cry all the time and I don't ever cry. I do what I'm supposed to do but I don't really care. My kids are messed up. One won't talk about it. The other will only sleep in our room at night. And my wife, I can't even describe how bad she is taking this. I thought we were safe because of Thor. I thought we were safe because we knew about drugs and talked to our kids about them. After Kyle died another story came out. A probation Officer went to the school system next to ours to speak with a student . While there he found a student using Dust Off in the bathroom. This student told him about another student who also had some in his locker. This is a rather affluent school system. They will tell you they don't have a drug problem there. They don't even have a dare or plus program there. So rather than tell everyone about this "new" way of getting high they found, they hid it. The probation officer told the media after Kyle's death and they, the school, then admitted to it. I know that if they would have told the media and I had heard, it wouldn't have been in my house.

We need to get this out of our homes and school computer labs. Using Dust Off isn't new and some "professionals" do know about. It just isn't talked about much, except by the kids. They all seem to know about it. April 2nd was 1 month since Kyle died. April 5th would have been his 15th birthday. And every weekday I catch myself sitting on the living room couch at 2:30 in the afternoon and waiting to see him get off the bus. I know Kyle is in heaven but I can't help but wonder If I've died and went to Hell.

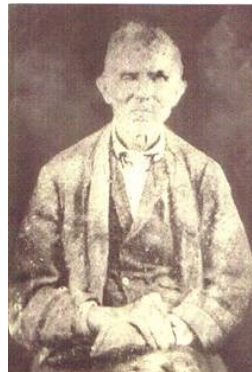
This Officer is asking for everyone who receives this email to forward it to everyone in their address book, even Law Enforcement Officers.

# 1812 GRAVE MARKING

Private Jacob Holley Chapter, National Society United States Daughters of 1812, held a special marking on Saturday, July 07, 2007, at the Strang-Spavinaw Cemetery, Strang, Oklahoma. The grave of Pvt. George Carruth Woodall, veteran of the War of 1812, was marked before the audience of chapter members, and guests; Woodall descendants and families; special guest Mary Duffe, USD 1812 Oklahoma State President, Donna Talley, State Vice President, Mary Craig, State Treasurer and Sharon DeLoache, State Historian.

President Ruth Faulkner called the marking to order at 2:00, followed by the posting of the Colors conducted by members of Adair Boy Scout Troop 167, under the direction of Carl Osborne, Troop Leader.

In conjunction with Woodall descendant Helen Vire, Mrs. Faulkner unveiled the Marker, with Mrs. Vire then giving a eulogy and history of her ancestor's life.



**George Carruth Woodall**



Private Jacob Holley Chapter, National Society United States Daughters of 1812 Grave marking of Pvt. George Carruth Woodall. First row left to right: Mary Duffe, State President; Ruth Faulkner, Chapter President; Helen Vire, Great-Great Granddaughter of George Woodall; Kathryn Albertson, Honorary State President; Phyllis Phelps, Amy Sparks. Back row left to right: Jean Evans, Chaplin; Donna Talley, State Vice President; Mary Craig, State Treasurer; Lorene Childers, prospective member; and members of the Adair Boy Scout Troop 167.



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George Carruth Woodall was born in South Carolina on April 27, 1804, son of William and Anna Woodall. George enlisted in the War of 1812 at Pendleton Court House, South Carolina on the 20<sup>th</sup> day of November 1814. His length of service was 4 years and 348 days. At the same time George enlisted in the War of 1812, his older brother, Thomas Woodall, enlisted, and we believe another brother named William Woodall enlisted as well.

From George's Discharge Papers: George Woodall, a Private of Captain George W. Melvins Company, Fourth Regiment of Infantry, is eighteen years of age, five feet four inches and half high, light complexion, grey eyes, light hair, and by occupation when enlisted a farmer. Was honorably discharge at Ft. Crawford, Alabama on the 19<sup>th</sup> day of November, 1819, stated he was 18 years of age when discharged. "I as musician was at the taking of Pensacola & St. Marks and many other places during the Campaign of 1818." Signed by: William Lean, Lt. 4<sup>th</sup> Regt. US Inf., Comd. Company.

George Woodall, and Ellen Moore, a Cherokee Indian, were married on the 10<sup>th</sup> of November, 1827 in Georgia. George and Ellen Woodall are listed on the Old Settler's Roll of the Cherokees. Eleven children were born to this union.

George folded his tent for the last time on 01 June, 1880, at the residence of his son J. T. Woodall, in Delaware District, Cherokee Nation. The funeral of Mr. Woodall was preached at Honey Creek Church, Delaware District, Cherokee Nation. George and Ellen Woodall were originally buried in the old Spavinaw Cemetery. Their remains were removed to their present location at the Strang-Spavinaw Cemetery around 1924. The old Spavinaw Cemetery was moved to provide space for a lake and water source for the City of Tulsa.

After Mrs. Faulkner's dedication of the marker, both she and Mrs. Vire placed a wreath on the grave. The ceremony concluded with a reading by Kathryn Albertson, "Farewell Peace," a popular American song at the time of the War of 1812, the singing of the "Star-Spangled Banner", written during the War of 1812 by Francis Scott Key and the Retiring of the Colors by the Adair Boy Scout's.

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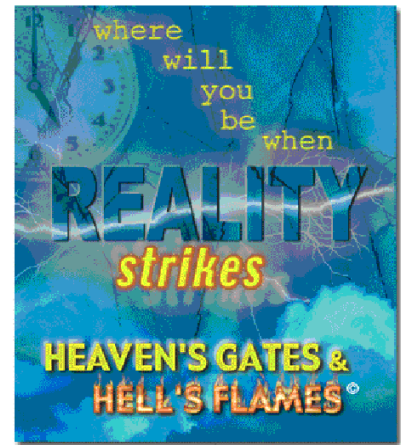




# Heaven's Gates & Hell's Flames

will be presented by the drama department at 1st Assembly of God Church in Miami in conjunction with Reality Ministries of Canada.

Using elaborate lighting, sound, costumes and backdrops, Heaven's Gates & Hell's Flames is a high-impact and compelling presentation of the reality of Jesus Christ. Play dates are Sun-Mon-Tues August 26-27-28 at 7 pm nightly. Childcare is provided. Transportation is available. All Seats are FREE. Church address is 1815 E Steve Owens Blvd, Miami Phone is 918-540-1585, website is [www.miamifirstag.org](http://www.miamifirstag.org)



## Grilled Chicken Paillard with Lemon and Black Pepper and Arugula-Tomato Salad



- 1/4 cup fresh-ly squeezed lemon juice
- 1 small shallot, chopped
- 1/4 cup pure olive oil
- 1/4 teaspoon coarsely ground fresh black pepper
- 4 boneless, skinless, chicken breasts, pounded thinly
- Salt
- 1/2 pound arugula
- 2 ripe beefsteak tomatoes, diced
- 1 small red onion, peeled, halved and thinly sliced
- 2 tablespoons red wine vinegar
- 2 tablespoons extra-virgin olive oil, plus additional for garnish
- Lemon halves, for garnish

fresh-

Whisk together lemon juice, shallot, olive oil and black pepper in a large baking dish. Add the chicken, turn to coat and marinate in the refrigerator for 30 minutes.

Preheat grill to high. Remove chicken from marinade, season with salt on both sides and grill for 2 to 3 minutes per side or until golden brown and just cooked through.

Combine arugula, tomatoes and onions in a large bowl, toss with the vinegar and oil and season with salt and pepper, to taste. Place each paillard on a large plate, drizzle with extra-virgin olive oil and top with some of the arugula-tomato salad. Garnish with lemon halves.

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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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## Fruit Kebabs on Sugar Cane Skewers with Lime Honey



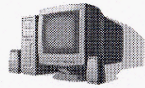
- 1 mango, pitted, skinned and cut into 8 (1-inch pieces)
- 2 tablespoons honey
- 1/2 teaspoon lime zest

Thread each sugar cane skewer with a slice of pineapple, banana, apple and mango, and repeat with the same fruit in the same sequence. Follow this procedure with the remaining 3 skewers. Combine the honey and lime zest in a small bowl and set aside until ready to use.

Preheat a grill to medium. Place the kebabs on the grill and cook, until lightly charred, about 3 minutes. Turn the kebabs over to the opposite side and cook for another 3 minutes, brushing with half of the lime-honey. Turn over again and cook for 1 minute while you brush the remainder of the honey on the second side of the kebab. Turn once more and cook for 1 minute longer on the second side. Remove the kebabs from the grill and serve immediately.

- 1 (10-inch) sugar cane cut into 4 (1/4-inch) sticks (or 4 (10-inch) bamboo skewers soaked for 1 hour)
- 1/4 pineapple, cored and cut into 8 (1-inch) cubes
- 1 banana, peeled and cut into 8 equal portions
- 1 Gala, Fuji or Red Delicious apple, cored and cut into 1-inch pieces

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Community Links of Chelsea

Phone: (918) 789-2862

Fax: (918) 789-5916

E-Mail: [communitylinks1999@yahoo.com](mailto:communitylinks1999@yahoo.com)

## Upcoming and Chamber Events

### PRYOR LUMBER COMPANY

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**7:30-5:30**

**Saturday**

**7:30-5:00**

**1031 W. Highway 20  
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### Chelsea Tag Office

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**789-2332**

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9am to 12pm 1pm to 5pm  
and 9am to 12 pm Saturday  
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#### 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. **Aug. 7th is the next meeting**

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

1<sup>ST</sup> 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.

3<sup>rd</sup> 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 3<sup>rd</sup> 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

#### AUGUST

August 3 -5 ..... Gatesway Balloonfest Cherokee Casino Will Rogers Downs [www.gatesway.org](http://www.gatesway.org)

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

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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](http://www.pryorok.com) Web: [info@pryorok.com](mailto: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](http://www.pryorok.com) Web: [info@pryorok.com](mailto:info@pryorok.com)

Aug 11 SECOND SATURDAYS AT SIX Come to Downtown Grove for Second Saturdays at Six for Shopping, Art, Food and Fun from 6:00pm to 8:00pm on the Second Saturday of each month. Sept 8 Oct 13. For further information please call (918) 787-2481. Website: [groveseccondsaturdays.com](http://groveseccondsaturdays.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

Aug 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](http://www.pryorok.com) Web: [info@pryorok.com](mailto:info@pryorok.com)

15<sup>th</sup>: 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 of auto enthusiasts. For further information contact Dave, Beverly, or Andy Helms at (918-786-4646) or E-Mail: [grandpro@sbcglobal.net](mailto:grandpro@sbcglobal.net).

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- 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 Junc

tion. 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 25<sup>th</sup> All School Reunion 256-7133

August 26 - 28 - Miami 1st Assembly of God will present Heaven's Gates and Hell's Flames, Sun - Tues, August 26 - 28 at 7 pm nightly. This is an elaborate, high-quality dramatic presentation by Reality Ministries of Canada. Admission is Free of Charge and everyone is welcome. Call the church at 918-540-1585 for details or to request a ride on the church van. Child-care provided. We would love to see you there!

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.

## SEPTEMBER

2<sup>nd</sup> & 3<sup>rd</sup>: Clem McSpadden's Labor Day 101 Pasture Roping and Barrel Race. Contact Clem or Donna McSpadden at 918-789-3237 or 918-789-2408 for more information.

6<sup>th</sup>-8<sup>th</sup>: GFWC Chelsea Delphian Review Club. For information please call Donna McSpadden at 918-789-3237 or 918-789-2408.

6<sup>th</sup>-8<sup>th</sup>: 28<sup>th</sup> Annual Bluegrass & Chili Festival on the grounds of the Claremore Expo Center. Contact the Claremore Chamber at 918-341-28185/877-341-8688 or go to [www.claremore.org](http://www.claremore.org) for more information.

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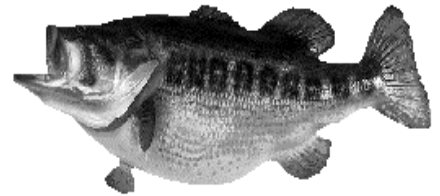
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## Keep Food Poisoning Off Summer Menu

Don't Forget Food Safety at Summer Food Festivals, Family Reunions

Food poisoning sent at least 10 people to the hospital and sickened more than 100 others at this year's Taste of Chicago food festival.

All of those people ate at the Pars Cove Persian Cuisine booth at the Taste of Chicago festival, which was held in Chicago from June 29 to July 2.

At least nine festival-goers who ate at that booth were infected with salmonella, which are bacteria that typically cause fever, abdominal cramps, and diarrhea, which may be bloody.

Most people recover from salmonella infection within a week. But some cases may be severe and even life-threatening. Babies, the elderly, and people with weak immune systems are more likely to experience severe illness from salmonella infection.

The *Chicago Sun-Times* reports that tahini -- a sesame seed paste used to make hummus -- may be linked to the salmonella outbreak. The restaurant's owners say their facility is clean and that they practice food safety.

However, food poisoning doesn't just happen at restaurants. Home cooking can also harbor health hazards -- even at family reunions, as a new CDC report points out.

Family Reunion Food Poisoning

Talk about a family reunion gone wrong -- so wrong that it's featured in this week's edition of the CDC's *Morbidity and Mortality Weekly Report*.

The family reunion, held last October in West Virginia, included 53 relatives from Florida, Maryland, New York, Pennsylvania, Virginia, and West Virginia.

More than half of the attendees came down with diarrhea or vomiting, and six of them sought medical care for their symptoms.

Four other people who weren't at the reunion but live with reunion attendees also got sick.

A norovirus outbreak linked to the family reunion caused the illnesses. Noroviruses are America's leading cause of upset stomachs, according to the CDC.

After interviewing 48 reunion attendees, health officials zeroed in on three menu items that appeared to be related to the outbreak. Those three foods were chicken, scalloped potatoes, and a chocolate cheese ball.

The CDC, which hasn't named the family in question, doesn't mention whether those foods were all made by the same person, whether the foods weren't stored safely, or whether people were passing food around without having washed their hands first.

Food Safety Tips

Even if you're not going to a food festival or family reunion this summer, it never hurts to brush up on your food safety know-how.

Basically, it boils down to four steps:

Clean your hands, cooking surfaces, countertops, and utensils in hot, soapy water before and after preparing each food item. Rinse produce in running water.

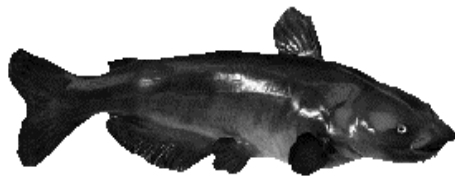
Separate raw meat from cooked foods. Clean plates, utensils, and cutting boards that have touched raw meat.

Cook foods thoroughly. Use a (clean!) cooking thermometer to make sure meat and poultry is done.

Refrigerate meat or poultry as it defrosts; don't let it thaw on the countertop. Store foods promptly; don't let them linger on the table.

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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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## **BE STILL**

Psalms 4:4 "Meditate within your heart on your bed, and be still."

I have restless leg syndrome. A TV commercial for a certain pill describes the exact feeling I have when my legs are at rest—a creepy, crawly, itchy, just-have-to-move-my-legs feeling. When I lay my head down on my pillow, I fall asleep almost instantly, only to be awakened 15 minutes later, with the strange undeniable urge to move my legs. I just can't get them comfortable. It is sort of like an old dog who turns around 3 times and scratches the ground before he lies down.

Before I started taking a certain prescription product for this syndrome, I would get up three or four times a night, walk the floor, stretch my legs, rub liniment, take over-the-counter pain pills that never helped.

Now that I have a prescription that helps, I sleep sometimes 5 hours straight without waking up, but occasionally I sleep 8 hours. However the side effect that bothers me most is grogginess in the morning until I have several shots of caffeine. Speaking of caffeine, I used to always say caffeine never bothered me. I could drink it all day and all night with no effects, but now I have recognized that caffeine after 5 p.m. does interrupt the working of that prescription so that I still wake up with the urge to move.

I would like nothing better than to go to sleep. I can remember telling the children, Be still and go to sleep. (We don't say Shut Up in my home.)

The Bible teaches me to meditate on God and on His Word within my heart on my bed and be still. God's word has the power within it to bring healing, but I also believe in the use of medical treatment. Until the symptoms are completely gone, I will continue to meditate on God's Word, which also says "He gives His beloved sleep," Psalms 127:2.

Lavon Hightower Lewis

Lavon

Email me at [llewis2138@sbcglobe1.net](mailto:llewis2138@sbcglobe1.net)

To join my Jewels From The Word devotional group go to

<http://groups.yahoo.com/group/jftw>

Learn how to pray for your children with my new email group, <http://groups.yahoo.com/group/howtoprayforyourchildren>

Remember this: "Meditate within your heart on your bed, and be still." Psalms 4:4.

## OUR BEAT UP OLD PIANO

I wasn't trying to take advantage of Chris.

Honest, I wasn't.

Not only was he a close and trusted work associate, but he was a friend. We did things together socially. We had some great times together (except when he was trying to convert me to British farce comedy, which I could never really appreciate no matter how many times Chris made me watch Monty Python). Why would I want to risk ruining that?

Especially over a beat up old piano?

But Chris and his wife were in the middle of an ugly divorce (which is not to say there is such a thing as a beautiful divorce, but only to suggest that this one was particularly nasty), and Chris was getting rid of stuff.

"Hey, you want a piano?" he asked me one day at work. It was an intriguing idea. Anita and I had talked about the value of music in the home, and we loved the idea of piano lessons for our young children. But things were tight for us, and there wasn't a lot of room in the budget for lessons – much less, a piano.

"How much?" I asked.

"I don't know," Chris said. "How much can you afford?"

I really had no idea how much a piano is worth. Honest, I didn't. So I said the first number that popped into my mind – an amount that sounded like a lot of money to me at the time, but was still relatively doable for us financially.

"Fifty dollars," I said.

"Sold!" Chris said, smiling. "But you have to come get it on Saturday. I want it gone."

So for \$50 and the cost of a rental truck we bought a piano. It wasn't much to look at – time and children had already taken their toll on the piano case – but it worked just fine. Once we had it tuned it became a focal point for family musical growth and appreciation. All five of our children have taken piano lessons on it (if you count Joe Jr.'s three-month exercise in pain and suffering as piano lessons) and we have all used it for musical expression through the years.

Today that beat up old piano is still positioned prominently in our front room – older and more beat up than it was when we bought it from Chris. It rarely gets played anymore except by our granddaughters, who delight in pounding on the keys whenever they visit. But it is part of us, part of our history, part of our home.

And I've always felt a little guilty about it, especially after I found out how much a good piano is actually worth. Even with a slightly battered case, Chris probably could have demanded – and received – 10 times what we paid for it. My guess is he probably never thought another thing about it. But I did, even after I changed jobs and lost contact with Chris. I've always felt a little uncomfortable about it, like I got away with something even though I wasn't trying to.

Honest. I wasn't.

Thankfully, life will usually give you an opportunity to repay a debt like that. Our opportunity came a few weeks ago. A young man in our neighborhood was looking to borrow a fiddle to use during a four-day camping activity that our church was sponsoring, and it just so happened that during our family's musical journey we had purchased a nice violin that was now sitting in our basement gathering dust. We were pleased to let the young man use it, and we enjoyed the beautiful sounds he was able to coax out of those old, dusty strings.

At the end of the camp the young man's mother asked if we would be willing to sell the old violin. Anita and I looked at each other and smiled.

"Sure," we said. "And we already know the perfect price."

The young man's mother balked at the suggestion. "That violin is worth way more than \$50," she said. "I'd feel like I was taking advantage of you."

So we told her the story of our beat up old piano, and we sold her the violin for \$50.

And we didn't feel the least bit taken advantage of.

Honest. We didn't.

By Joseph Walker

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"Change is inevitable,  
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"As long as there are tests,  
there will be prayer in public schools"

"I didn't fight my way to the top  
of the food chain to be a vegetarian."

"When you do a good deed, get a receipt,  
in case heaven is like the IRS."

"I took an IQ test  
and the results were negative."

"Where there's a will,  
I want to be in it!"

"Okay, who stopped payment  
on my reality check?"

"If we aren't supposed to eat animals,  
why are they made of meat?"

"Time is the best teacher;  
unfortunately it kills all its students!"

"Warning: Dates in calendar  
are closer than they appear."

"Give me ambiguity or  
give me something else."

"We are born naked,  
wet and hungry.  
Then things get worse."

"Make it idiot proof  
and someone will make a better idiot."

"Always remember you're unique,  
just like everyone else."

"Lottery:  
A tax on people who are bad at math."

"Very funny, Scotty.  
Now beam down my clothes."

"Be nice to your kids.  
They'll choose your nursing home."

"There are 2 kinds of people in this world:  
those who can count & those who can't."

"Diplomacy is the art of saying 'Nice doggie!'  
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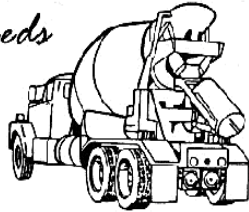
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She replies "Honey, I have a confession to make. I have been unfaithful to you in the past, and every time it happened I placed a corn cob in the box."

Since there are only 8 cobs in the box the man decides that he can forgive his wife. He tells her that he forgives her for being unfaithful, and then asks where the \$5,000.00 came from.

The wife answers "Oh, well every time I got a gross of cobs I sold them!"

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**Saturday August 18th at 10:00am - Mary McGlasson**

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# Getting to Know the Lutherans

The Lutheran Churches of Northeast Oklahoma  
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## Peace in the Thunderstorm

It was a typical Oklahoma thunderstorm in the middle of the night. Bright flashes of lighting were followed with loud cracks of thunder and a violent shaking of the house. The entire household was awake in a second, and before the parents could count to 3 their bed was filled with children and pets. The storm continued and the children pulled the covers over their heads. It was still scary, but they felt much more safe and secure snuggled up to their parents. Soon they were sleeping and the storm rolled on up interstate 44 to awaken other families. It's strange, isn't it, how just being with someone else can make us feel much better during a storm.

Fortunately we don't have to face the storms of life alone. God assures us of His presence with us. He loves us with a love great enough to give His one and only true Son to suffer and die for us. With love that great for us, we can live with confidence and peace even in the times of storms in our lives.

The Lutheran churches of northeast Oklahoma welcome you to find out more the peace that only God can provide—the peace of Christ Jesus.

### Messiah Lutheran Church

460 N. Wilson  
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Worship 10:00 a.m. (918) 256-3223  
Email: messiahvinita@aol.com

### St. Paul. Lutheran Church

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### St. John Lutheran Church

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# Community LINKS of Chelsea



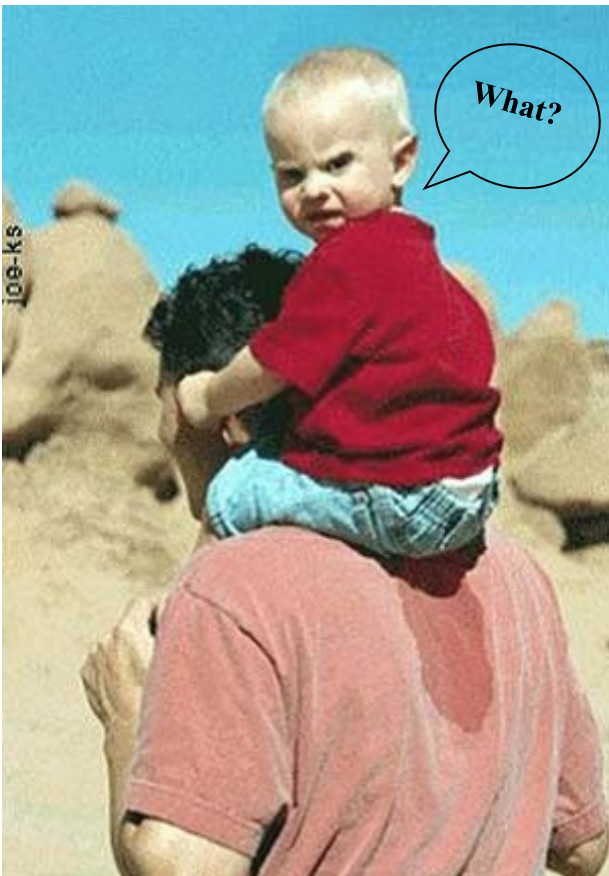
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## Why We Love Children



One day the first grade teacher was reading the story of Chicken Little to her class. She came to the part where Chicken Little warns the farmer. She read, "...and Chicken Little went up to the farmer and said, "The sky is falling!" The teacher then asked the class, "And what do you think that farmer said?" One little girl raised her hand and said, "I think he said: 'Holy Sh\*t! A talking chicken!' The teacher was unable to teach for the next 10 minutes.

When I was six months pregnant with my third child, my three year-old came into the room as I was preparing to get into the shower. She said, "Mommy, you are getting fat!" I replied, "Yes, honey, remember Mommy has a baby growing in her tummy." "I know," she replied, "but what's growing in your butt?"



# Crazy Definitions!

Definitions you won't find in the dictionary!

**ADULT:** A person who has stopped growing at both ends and is now growing in the middle.

**BEAUTY PARLOR:** A place where women curl up and dye.

**CANNIBAL:** Someone who is fed up with people.

**CHICKENS:** The only creatures you eat before they are born and after they are dead.

**COMMITTEE:** A body that keeps minutes and wastes hours.

**DUST:** Mud with the juice squeezed out.

**EGOTIST:** Someone who is usually me-deep in conversation.

**GOSSIP:** A person who will never tell a lie if the truth will do more damage.

**HANDKERCHIEF:** Cold Storage.

**INFLATION:** Cutting money in half without damaging the paper.

**MOSQUITO:** An insect that makes you like flies better.

**RAISIN:** Grape with a sunburn.

**SECRET:** Something you tell to one person at a time.

**TOOTHACHE:** The pain that drives you to extraction.

**TOMORROW:** One of the greatest labor saving devices of today.

**YAWN:** An honest opinion openly expressed.

**WRINKLES:** Something other people have. You have character lines.

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## SOMETHING WORTH LOSING EVERYTHING FOR

Hundreds of American flags line the street where Nathan lived for most of his 23 years. Yellow ribbons are tied around mailboxes, trees, street signs and fence posts. Taped to his boyhood home is a hand-lettered sign: "Returning home with honor."

And he is.

Sometime during the next week or so his family will gather to welcome Nathan home – and to bury him. According to the Department of Defense, he was killed "in Rushdi Mullah, Iraq, of wounds suffered when his unit was attacked by insurgents using small arms fire." Additional information suggests that he was hit as members of his unit were unloading from the helicopter that had flown them into battle.

And just like that, another promising life is over.

I didn't really know Nathan, not like I know his Dad and his elder brother Tim. But I knew who he was. He was a good kid – a lively, energetic, happy boy who I saw running around the neighborhood all the time. And "running around" isn't just a figure of speech in this case. He was always running – literally. The boy seemed to always be in a hurry to get somewhere.

And at age 19, "somewhere" was the military. His family has a long history of military service, and Nathan was anxious to be part of that tradition.

"He just felt like he wanted to do it," his father said. "He understood it takes a soldier's sacrifice to ensure peace and freedom."

Four years later he was serving his first tour of duty in Iraq. Only he was doing it his way: with energy, discipline, courage and compassion. For example, he was always volunteering for assignments and missions because, as he told his Dad, "I don't like to sit around." And he often wrote to his family about his love and concern for the children of Iraq. He talked about once being in a situation where he had to spend some time in a basement with three little Iraqi boys.

"He got out his flashlight and made shadow puppets on the wall," Tim said. "He liked to make them laugh."

I know – that isn't exactly consistent with the military bullies that are often portrayed in the media these days. But it is completely consistent with who Nathan actually was. He was a good kid, a great friend, an outstanding son and brother, and his passing leaves a hole in many hearts and lives. And I can't help but wonder what this terrific young man might have accomplished during the next 40 or so years of his life if only . . .

If only . . .

The harshest reality of war is that young people like Nathan are lost on both sides of the conflict, with each casualty depriving mankind of a full measure of untapped potential. Every lost soldier represents the ultimate sacrifice, and the ultimate anguish for family and friends.

And so we mourn, and we pray for an end to the mourning. But we also celebrate the energy of their commitment to honor, duty and country. Whether or not you agree with our national policy in Iraq, you have to respect people like Nathan who are willing to risk everything for a cause in which they believe.

Near the end of the film "The Wind and the Lion," a nomadic desert character played by Sean Connery is reminded of the heavy losses his people sustained in a battle to retain their land and their lifestyle. He speaks of it philosophically, as if the toll isn't really all that burdensome.

"But you've lost everything," a colleague reminds him emphatically. "Everything!"

"But isn't it wonderful," Connery's character asks, "to have something that is worth losing everything for?"

That's the way Nathan saw it. And that's the way his friends and family see it as they prepare to lay their hero to rest. Despite the sorrow they feel at his death, there is peace in knowing that he gave his life for something he believed in – something greater than self.

And that is what makes Nathan a hero to me. It's not the fact that he died, but the fact that he lived as he believed – even at the cost of comfort, convenience and, eventually, his own life. It's about principle. It's about integrity.

And it's about returning home – with honor.

ValueSpeak

*A Weekly Column*

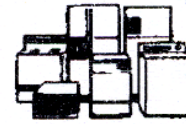
By Joseph Walker

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## GRANDMOTHER'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.

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



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# INVENTIONS

## The History of Apple Computer

On April Fool's Day, 1976, The released the Apple I computer and started Apple Computers. The Apple I was a first with a single circuit board used in a computer.

The first home computer with a GUI or graphical user interface was the Apple Lisa. The very first graphical user interface was developed by the Xerox Corporation at their Palo Alto Research Center (PARC) in the 1970's. Steve Jobs, visited PARC in 1979 (after buying out Xerox stock) and was impressed and influenced by the Xerox Alto, the computer ever with a graphical user interface. Jobs designed the new Apple Lisa based on the technology he said Xerox.

With the 1984 Apple Macintosh Steve Jobs made sure developers created software for the new Macintosh Computer. Jobs figured that software was the way to win the consumer over.

## History of Pen

The Parker Pen Company was established in 1888. George S. Parker improved on the feeds of the time and in 1892 he applied for a patent on the Lucky Curve feed. This feed allowed a pen to be carried in a pocket and then work properly when used. This invention along with aggressive advertising made Parker one of the leading pen makers in the world.

Early models are both functional and in many cases quite attractive. These include the gold overlays with mother of pearl as well as the legendary Snakes. The George W. Heath company produced the overlays for Parker from 1900 until 1915. These overlays are frequently marked with Heath's hallmark which is an H in a square box.

In 1921 Parker introduced the Duofold. This model was the first of many innovative designs that have kept the company as a leader.

For repair of modern pens that are less than 15 years old use the Parker Service Center.

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 2200 Foster Ave.  
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2<sup>nd</sup> Monday Every Month – Music  
6:30pm to 10:00pm

2<sup>nd</sup> Wednesday Every Month – Pot  
Luck Dinners

Every Thursday Night – Recreation  
& Card Games 6:30pm to 10:00pm. Dominoes, Pool ETC.

## BIG CABIN SENIOR CITIZEN'S

Seniors Welcome

## CHELSEA SENIOR CITIZEN'S

Open Mon, Wed. & Fri. Meals on M.W.F  
Homebound in City Limits. 618 Pine (918)  
789-2326

## COMMUNITY ACTION RESOURCE & DEVELOPMENT INC; Formerly known as WA-RO-MA SENIOR CITIZEN'S

Announcements:

Senior Citizen's open Monday-  
Friday 7:00 AM-1:00 PM.

Lunch served daily at 11:30 AM.

Seniors 60+ \$1.50 all others \$3.50

We serve 450 meals per day to  
Pryor, Locust Grove, Disney and Salina.

Bingo held on Monday and Friday.

## JAY SENIOR CITIZEN'S CENTER INC. 816 Main / PO Box 382 Jay, OK. (918) 253-8405

Open Mon-Fri. 7:30am to 1:00pm

Lunch served Mon-Fri 11am to  
12:30pm No Reservation Necessary. Senior  
55 and over \$3.00 donation, 54 and under  
\$3.50, Children 10 and under \$1.25.

Home deliveries with in city limits  
of Jay \$2.50 Please call by 10:30am for de-  
liveries. All meals include salad bar and  
drinks and are all you can eat.

Tuesday and Friday Dominoes

Pool and Cards everyday

Lions Club 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays and  
noon

OHCE 2<sup>nd</sup> Monday at 11:30am

Narcotics Anonymous Tues. & Sat. at 7pm

Crafts for sale in our craft room.

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Rosalie Holt, Manager

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meals served Mon-Fri at 11:30 A.M. Meal  
reservation needed (call day before or be-  
fore 8:30 a.m. same day. If you call after  
business hours, leave message on tele-  
phone answering machine). Seniors 60 and  
older. Meals are paid for on a donation  
basis; recommended donation is \$2.00.  
Home deliveries, call to make arrange-  
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  
events calendar - 1st of every month.

Linda J. McAhren, Manager

## LANGLEY SENIOR CITIZEN'S

Cancer Support Meeting Every Monday  
Night at 6:30 pm at the St Francis of Rome  
Catholic Church Langley

## PRYOR CREEK SERTOMA CLUB - SENIOR CITIZEN'S BUILDING SERTOMA SENIOR CITIZEN'S

Announcements:

Tuesday and Friday buffets  
\$2.50 for Senior Citizen's (50+, guests and  
children)

## VINITA SENIOR CITIZEN'S

North Park, 222 W. Sequoyah

Vinita, OK 74301

(918) 256-8270

Announcements:

Blood Pressure taken every Friday 12:00-  
2:00 PM.

Free Hearing Tests-1<sup>st</sup> and 3<sup>rd</sup> Wednesday  
each month.

Hot noon meals each day, reservation nec-  
essary, \$1.50 donation.

Recreation-card games, dominoes, pool,  
etc.

Bingo each Friday at 1:30 PM.

Assisted shopping-every Wednesday.

Open Monday-Friday 8:30 AM.-4.00 PM.



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# Library News



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 Drew Turner, D.Ph.

### CHELSEA PUBIC LIBRARY

618 Pine \* Chelsea, OK 74016  
 (918) 789-3364

#### HOURS:

Tues-Fri . 9:00am to 6:30pm  
 Sat. 9:00am to 1:00pm  
 Sun. & Mon Closed

Literacy Reading Program is available at the library. Please call for information.  
 265 New Books for all ages. A MUST come and see for the whole family.

### DELAWARE COUNTY LIBRARY

429 S. 9th St. Jay, OK 74346  
 918-253-8521 fax 918-253-8726

Web: [www.eodls.lib.ok.us/jay.html](http://www.eodls.lib.ok.us/jay.html)

Mon., Wed., and Fri. 8:30-5:00  
 Tues. and Thurs. 8:30am-9:00pm  
 Sat. 9:00am-1:00pm

Closed Sundays and holidays  
 Saturday Storytime at 10:30am  
 3<sup>rd</sup> Wed. Books and Buffet potluck program at noon.

Continuous used book sale in lobby.  
 Summer reading Program iJune 2 thru July 28th

### GROVE PUBLIC LIBRARY

Hours Sunday Closed  
 Mon. 8:30am-5:00pm  
 Tues. 8:30am-9:00pm  
 Wed. 8:30am-5:00pm  
 Thurs. 8:30am-9:00pm  
 Fri. 8:30am-5:00pm  
 Sat. 8:00am-12:00pm

### LANGLEY PUBLIC LIBRARY

Hours  
 Mon. - 9 to 12 & 1 to 5  
 Tues. - 9 to 12 & 1 to 6  
 Wed. - 9 to 12 & 1 to 5  
 Thurs. - 9 to 12 & 1 to 6  
 Fri. 9 to 12 & 1 to 5  
 Library is closed Sat. & Sun.

### MIAMI PUBLIC LIBRARY

(918) 542-3064

#### Hours:

Sun. - 1:00pm to 5:00pm  
 Mon. - 9:00am to 8:00pm  
 Tues. - 9:00am to 5:00pm  
 Wed. - 9:00am to 8:00pm  
 Thurs. - 9:00am to 8:00pm  
 Fri. - 9:00am to 5:00pm  
 Sat. - 9:00am to 5:00pm  
 Genealogy Department - Call for hours open

### PRYOR PUBLIC LIBRARY

(918) 825-0777

#### HOURS:

Monday & Thursday - 1:00 PM-9:00 PM  
 Tuesday, Wednesday and Friday - 9:00 AM-5:00 PM  
 Saturday - 9:00AM-12:00 Noon  
 Sunday - Closed

Genealogy second Monday of each month at 7:00 PM.

### VINITA PUBLIC LIBRARY

215 W. Illinois Vinita, OK. 74301  
 (918) 256-2115

#### HOURS:

Mon. 12 to 7pm  
 Tues. 12 to 6pm  
 Wed. 12 to 6pm  
 Thurs. 12 to 7pm  
 Fri. 12 to 6pm  
 Sat. 12 to 3pm

Check out the new books that have been added to the "Books for Sale" area.

Eastern Trails Museum is Open Monday-Friday 1:00 PM.-4:00 PM. Remember this is done by volunteers, please call ahead especially if you live out of town.

Literacy Reading Program is available at the library. Please call for information.

Genealogy 1:00 PM-4:00 PM Monday-Friday. Please call ahead to assure time and days.

Do you have Library News?  
 Just send it in!

## Defining Forces

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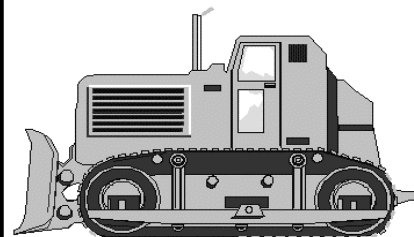
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JEWELS FROM THE WORD

## BOTH HANDS FULL

I am repairing computers and computer tutoring. I took an early retirement from the phone company in 2003, but after being off for a year, I decided to start doing some kind of work to bring in more income. I feel like God let me have a year's vacation, because I had been working since I was 15 years old.

I pray for the Lord to give me wisdom, not only in how to make money, but how to handle the money I have. I am still receiving His wisdom. Some months I do better than

others but just like everything in life, it is a learning experience. God doesn't just dump wisdom on you in one heap. He sends it a little at a time, so that as you receive it and put it into practice, you are learning and receiving more.

When God teaches us something, He expects us to put it into practice before He gives us the next lesson. Some of us are still stuck in First Grade. Others have graduated from High School and are enrolled in college, but each person has had to build on the lessons of life one step at a time.

Proverbs 3:16 says "Length of days is in her (Jesus personified as Wisdom) right hand, In her left hand riches and honor."

God sends us two types of wisdom, the kind that comes from experience and the kind from the Word of God. If you take the wisdom from the Bible and put it into practice, you might not have to learn wisdom the hard way, by experience. Do you want to live forever? Length of days, long life comes from the Lord. The fountain of youth is in Wisdom's right hand, life everlasting, through belief in the precious blood of

Jesus Christ, our Savior and Lord. He is the only way to eternal life.

Do you want to have plenty, enough to meet your needs and some to give away? In Wisdom's left hand are riches and honor. These riches come with honor, not dishonor or dishonesty.

This wisdom from God comes with both hands full of blessings.

Lavon Hightower Lewis

Email me at

llewis2138@sbcglobal.net

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**Remember this:** "This wisdom from God comes with both hands full of blessings."



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